Thrusting ones head out of the prison of logic.

“Even though people keep ringing my bell continually, I only open my door to rain, and I am on the verge of fainting as their ring becomes insistent, but I am counting on the jealousy of rain to finally deliver me and when I set out my nets to catch birds of sleep, I hope above all to capture the marvelous paradise of total rain; there is a rain-bird as there is a lyre-bird. So don’t ask me if I will soon force my way into the consciousness of love as certain people would have it; I repeat that if you see me heading toward a glass chateau where nickelled measures of volume are preparing to welcome me, it is to surprise the Sleeping Rain Beauty who is to become my beloved.” An extract from ‘Soluble Fish’ by Andre Breton
Surrealists saw hysteria as a passion rather than a pathological illness. They enjoyed working with the bizarreness of the human condition. The notion of ‘Convulsive Beauty’ in Surrealism was to challenge the prison of logic, of social and moral constraints, in order to free all the emotion trapped inside. It was a desire to exist in love and by love to find happiness. Andre Breton believed ‘Beauty’ cannot be detached from real emotion and desire; it cannot be detached from the truth. The role of this practice of life is to heal mankind...to heal the wounded psyches of humanity.
Thrusting one's head out of the prison of logic.

The Road to nowhere by Salvador Dalí
The temptation of St Anthony by Salvador Dalí

Both by Magritte
André Breton, one of the founders of the Surrealist movement had studied a medico-science degree so was therefore interested in the inner dimensions of the human mind.
psyche and the medicinal nature of trying to heal the wounded psyches of mankind by revealing the truths hidden in the unconscious mind. Exploring dreams, disregarding logic and reason, he believed would lead mankind to true happiness. He invented 'automatic writing', a process of relaxing and writing all the thoughts down that come into your head regardless of their meaning or lack of it. He believed that this was away of dissolving the control of reason, to help one move beyond the boundaries of logic. Breton believed that the seemingly non-sensical writings which came out revealed a lot more about the truth of the psyche. This, to the Surrealists was the lost beauty, which they saw the whole world disconnected from. Imagination was seen as the central power in the human mind and that by moving beyond the prison of logic, beauty could be found. Surrealists expressed themselves essentially in poetry and painting.

The Surrealists saw poetry on very high regard, it was seen as a bridge from everyday reality to complete fantasy, it was seen as almost a mystical experience. The goal of Surrealism was to combine the two states of dream and reality to combine and form an absolute reality which they called ‘Surreality’.

**surrealism**

Responding work sheet

1) Choose one of the pictures on the sheets or in the room and look at it in silence for a few minutes.

*How does it make you feel, what thoughts does it conjure up?*

2) Take an A4 piece of paper and a pencil and find a solitary space in the room to undertake your own ‘automatic writing’ piece (this can remain private to you). Don’t look at it whilst you are writing; allow it to be a free stream of consciousness. When you have finished, read it to yourself.

*What feelings or ideas are evoked from your writing? Does your writing create a surreal imagery?*

3) Choose materials and attempt to paint the imagery that was revealed in your writing piece. Allow yourself to be inspired by the writing in whatever that means to you.

*Think about the use of colour and how it can be used expressively in this exercise.*

*Consider the use of symbols to represent ideas and emotions.*

4) Write an analysis of your work. Consider what possible meanings have revealed themselves in your artwork.

*How easy did you find translating feelings from word imagery to paint on paper? Was it difficult letting go of reasoning and logic for this exercise? Do you agree with Breton and think this could be a medicinal tool for humanity to heal their wounded psyches? Did you find this exercise helped with your articulation of your own ideas and feelings both visually and through the medium of writing?*
5) Share your ideas and experience with the group

*Did you feel a sense of well-being from undertaking this exercise?*