

Foreword

前言

This issue of *CAET* focuses on creative arts and body-mind-spirit integration: revitalizing the practical application of wisdom embedded in nature. This is a natural progression of the journal edition following the special issue on Covid-19 in 2020 (issue 6.1). After giving attention to our struggles and challenges during the pandemic, this special issue explores a revised pathway in the post-Covid era. It encourages us to go beyond the dimension of human beings and affirms the significance of nature and our intrinsic connection with it. We also see the stronger sense of belonging to a wider world community across different regions and cultures.

During the past year of Covid-19, I had the chance to live in another place closer to nature for several months. I noticed that my well-being had greatly improved even though the pandemic was quite serious in that region. While there were severe restrictions, our connection to nature was not interrupted. I realized how much better I could breathe and live in a more natural environment than within urban surroundings. Seeing and feeling the mountains, sea, plants, animals, and insects which had become more vibrant during Covid, suggested a new way of living with fresh and positive energy. It clarified for me the role that nature could play in healing and that this healing was organic, deep, spiritual, and sustainable. Nature, like the arts, can be spiritually uplifting.

In this issue, our authors explore their direct experiences with nature and art. Coming from diverse backgrounds, they have all been inspired by nature. Such experiences have allowed them to broaden their perspectives and feel more inclined towards cross-disciplinary and cross-cultural dialogue as well as new collaborations.

As Donna Dodson mentioned in her article “Interpreting the Natural: Contemporary Visions of Scholars’ Rocks”: “These rocks reveal some essential connections and shared beliefs that serve as an antidote to the isolation of these socially distant times. In that sense, they are the cosmic force that brought everyone together and forged new connections.” In this new era where people are seeking more intimacy with themselves and others, starting with building a closer and harmonious connection to nature and learning from its wisdom is essential.

Dr. Tony Yu Zhou, CMA
Founder and Executive Editor
CAET

本期CAET的重点是创造性艺术和身心灵的整合：重振大自然智慧的实际应用。这是继2020年新冠特刊（第6.1期）出版后CAET期刊的一个自然发展。在关注了我们在全球疫情期间的挣扎和挑战之后，本期特刊探讨了后疫情时代新的发展道路。特刊鼓励我们超越人类的维度，并肯定大自然的意义以及我们与它的内在联系。我们还看到，在不同地区和文化中，人类对一个更广泛的世界社区的归属感变得愈发强烈。

在过去一年的疫情期间，我有机会在另一个更接近自然的地区生活了几个月。我注意到，我的福祉得到了极大的改善，尽管该地区的疫情还是相当严重的。虽然有严格的封城限制，但我们与大自然的联系并没有中断。我意识到，在一个更自然的环境中，我能够比在城市环境中更好地呼吸和生活。我看到和感受到高山、大海、植物、动物和昆虫，它们在疫情期间变得更加生机勃勃，这表明一种新的生活方式具有新鲜和积极的能量。这让我更加清晰地意识到自然在治疗中可以发挥的作用，而且这种治疗是有机、深刻、有灵性和可持续发展的。自然，就像艺术一样，可以在精神层面上振奋人心。

在这期特刊中，我们的作者探讨了他们对自然和艺术的直接体验。他们来自不同的背景，但却都深受大自然的启发和激励。这样的经历让他们拓宽了视野，从而能够更倾向于跨学科和跨文化的对话以及新的合作。

正如唐娜-多德森在她的文章《诠释自然：文房供石的当代视野》中提到：“这些岩石揭示了一些基本的联系和共同的信仰，能够作为这个时代社会隔绝的解药。从这个意义上说，它们是将大家聚集在一起并形成新联系的宇宙力量”。在这个新时代，人们正在寻求与自己 and 他人更亲密的关系。而从建立与大自然更紧密和谐的联系开始，并从大自然的智慧中学习，对于建立其他的关系至关重要。

周宇博士, 认证动作分析师(CMA)
《创造性艺术与治疗CAET》
创刊人兼执行主编