

Integrating C. Jung's Psychology and Taoist Seclusion Culture in Studio Practice: Pathways to Self-Inquiry

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Abstract

This study explores the connection between Carl Jung's psychology and Taoist seclusion practice, illustrating how artistic creativity and personal development can lead to the integration of psychological and spiritual aspects. This study utilised a qualitative self-reflective approach, conducting seven interviews with seasoned professionals from China. A three-step coding method was used to show different aspects of the themes and patterns connected with Jungian archetypes, Taoist enclosed practices, studio art expression, the process of becoming an individual, unconscious symbolism, and creative synthesis. This study discovered that combining Jungian psychology and Taoist principles can provide artists with a comprehensive approach to enhancing their creativity. This will contribute to personal growth, creativity, and inner development. Attendees emphasized the significance of Jungian archetypes and unconscious symbols in guiding creativity, as well as the therapeutic benefits of Taoist retreats in fostering tranquillity and inspiration. In addition, exploring the artistic expression of the studio and the individuation process provided them with opportunities to explore the connection between spiritual and psychological aspects, leading to a greater comprehension of oneself and the surrounding world. In this investigation, our goal is to gain a comprehensive understanding of the connection between psychology, spirituality, and art, focusing on the universal themes and myths that are present in the creative and cultural expressions of humanity. The theoretical and practical implications of this research can be seen in the context of art, psychology, and spiritual practice. These findings can contribute to the development of therapeutic interventions, educational practices, and cultural initiatives that aim to promote creativity, wellbeing, and personal growth.

Keywords: Jungian Archetypes, Taoist Seclusion Practices, Studio Artistic Expression, Individuation Process, Unconscious Symbolism, Creative Synthesis.

Introduction

There has been a noticeable rise in the integration of psychology and spirituality in art over the past few years. This intersection provides a unique perspective on exploring creativity, developing self-awareness, and fostering personal growth (Sikes, 2024). The concept of the collective unconscious, archetypes, and individuation developed by Carl Jung serve as the bedrock for psychology, art therapy, and spirituality (Daws & Cohen, 2024). This has captured the interest of artists who are delving into the depths of the human psyche, exploring the profound language of the unconscious and the transformative potential of self-discovery (Webb, 2024). Taoism, a philosophical perspective that highlights the importance of harmony, balance, and natural tranquilly, has the potential to be a source of inner peace and inspiration for artistic expression (Mikki, 2024). This study, thus, investigates the correlation between Jungian psychology and Taoist concepts in studio practice, demonstrating the potential of integrating psychological and spiritual aspects for artistic expression and overall well-being (Broderick, 2023).

Recent research has revealed the shared connections between psychology, spirituality, and art (Warchał-Leśniakowska, 2023). The intricate connections between these subjects have been extensively researched, uncovering the cognitive foundations of ingenuity, the healing benefits of artistic endeavours, and the profound aspects of personal growth and well-being. As per Warchał-Leśniakowska (2023), the state of mind known as flow, which often arises during the creative process, can greatly boost an individual's motivation, productivity, and overall sense of well-being. Huang (2023b) explored the concepts of self-actualization and self-expression in art, emphasising the importance of authenticity, autonomy, and creative freedom. In addition, there is scientific evidence to support the idea that artistic expression can be a powerful tool for promoting psychosocial well-being and revitalization. According to (Broderick, 2023), there is a theoretical connection between art therapy and a reduction in depression, anxiety, and trauma for individuals with mental health issues. Research has shown that art can serve as a means of self-expression, emotional processing, and enhancing social skills, allowing individuals to overcome challenges and cultivate resilience (P. T. P. Wong, 2023). The spiritual has been shown to

stimulate creativity and personal development in individuals, including both artists and non-artists. According to (Yu, 2023), meditation, prayer, and mindfulness are linked to the connection with a higher power or transcendent reality. This frequently enhances individuals' creative thinking and problem-solving abilities. (Tang, 2023) examined the translation of Taoist concepts of wu wei and siren into art, suggesting that they promote spontaneous and effortless activity, thereby enhancing creativity and intuition. However, the undeniable progress made in this field highlights the need for further investigation and exploration of certain gaps in the future (Trevor J. Thompson, 2022).

Significant advancements have been achieved in the fields of psychology, theology, and art research. However, there are still evident gaps in the existing literature (Zuo, 2022). The neglect of the interrelatedness between psychology, spirituality, and art has disrupted their synergistic influence on individuals' experiences (Buetow, 2022). A comprehensive investigation encompassing psychology, philosophy, religious studies, and art theory is required to comprehensively understand the intricate interplay among these fields. The majority of research has neglected to consider the cultural backgrounds of eastern artists (Daiyun et al., 2022). Further research is needed to explore the sociocultural influences on artistic expression and the interplay between psychological and spiritual factors with cultural identity, values, and customs (Manthe, 2022). Researchers today employ cross-cultural perspectives and methods to gain a deeper understanding of the universal themes and expressions that connect human creativity and culture (Morris, 2022). Prior research has focused on the extent of artistic expression, but there has been limited investigation into its clinical and communal relevance. (Zeng, 2022) suggests conducting research on the use of art therapy for psychological healing, wellbeing, and personal improvement in diverse communities. Further research is necessary to investigate the enduring impact of art engagement on mental health and quality of life. This research is crucial for promoting the integration of art therapy into healthcare and education systems (Graham, 2022). This study aims to explore the convergence of psychology, spirituality, and art and its potential impact on therapeutic interventions, educational systems, and cultural promotion of creativity, wellbeing, and existence.

This study aims to investigate the relationship between Jungian psychology and Taoism, specifically focusing on the concepts of archetypes, the collective unconscious, woo wee, and siren. The objective is to examine how these concepts contribute to artistic expression and personal development (Al, 2023; Daiyun et al., 2022; Gravert, 2021). This study builds upon prior empirical research to examine the transformative potential of integrating psychological and spiritual processes into the creative process. It establishes the theoretical basis, investigates the practical aspects of creative work, and proposes new avenues for future research. This study employs a qualitative self-inquiry approach and involves field experts from diverse cultures. It incorporates the artistic application of Jungian psychology and Taoist principles in studio practice, while exploring the universal themes and narratives found in human creativity and culture.

Literature Review

The psychological theories of Carl Jung and the practice of Taoist seclusion in studio work offer valuable insights into human cognition and imagination. Jung's analytical psychology explores the unconscious mind, archetypes, and individuation as explanations for human psyche and creativity (Liebscher et al., 2021). Taoist seclusion culture emphasises the cultivation of inner qualities, harmony with nature, and the concept of qi, which refers to vital energy. Artists explore the collective unconscious while maintaining a natural approach through a combination of these ideologies (P. T. Wong, 2023). The concept of individuation is fundamental in Jungian psychology, as it involves the process of achieving completeness and individualization through unification (Gravert, 2021). The Taoist practice of seclusion culture emphasises introspection and self-exploration for artists, providing them with mental privacy to delve into their thoughts (Shuyan & WenZe, 2024; Stein, 2021). Engaging in meditation, qigong, and immersing oneself in nature can potentially provide artists with a means of tapping into the collective unconscious for creative inspiration. The integration of Jungian psychology and Taoist seclusion practice in an artist's studio practice enhances self-understanding and fosters a deeper connection to the creative process (Park et al., 2021). The cyclical nature of the environment and the

dynamic interaction between yin and yang facilitate the organic development of artists' inspirations and ideas (Niglio & Lee, 2021). The integration of principles from both traditions helps artists achieve balance and peace of mind, enabling them to transcend ego-oriented demands that can hinder artistic creation. The studio serves as a vehicle for self-discovery, spiritual enlightenment, and artistic development.

Jungian Archetypes

Jungian archetypes are symbolic patterns that influence our thoughts, behaviours, and emotions (Kohanov, 2010). The Jungian archetypes encompass various figures such as the sage, mother, hero, shadow, and more. Archetypes possess distinct characteristics, motivations, and symbolic meanings that primarily represent the collective unconscious (Sakellariou, 2023). Jungian mythic archetypes provide studio artists with valuable symbolic images and motifs. Artists can derive material and meaning from archetypal forces, drawing on universal principles to enhance the depth and strength of their work (Zhaoguang, 2023). Artists often depict heroic characters in their artwork, capturing timeless concepts and historical events that resonate with people's memories (Satterwhite, 2023). Artists often utilise the Jungian archetypes to establish a deeper connection with viewers, tapping into the collective unconscious rather than focusing solely on individual experiences. This allows for a more symbolic and meaningful engagement (Pratami et al., 2021; Webb, 2024).

Artists use Jungian archetypes to gain insight into the complexities of human nature and the human psyche's dichotomy, which includes both positive and negative aspects (Freyermuth, 2023). Yu (2023) posited that the shadow symbolises the concealed and primal aspects of human nature that individuals often neglect or overlook. The exploration of the shadow archetype in an artist's studio practice can lead to self-discovery and transformation as they confront their inner demons and embrace their humanity. Artists' use of shadow enables them to gain insight into themselves and the motivations behind their creative endeavours, harnessing their unconscious to inform their work (Webb, 2024). Jungian archetypes elucidate the interrelationship of all life and phenomena as artists perceive the interconnectedness of the complete human experience. Exploring Jungian archetypes enhances artistic

productivity and fosters a connection between artists and audiences, thereby facilitating the creative process (Broderick, 2023).

Taoist Seclusion Practices

Taoist seclusion has long guided practitioners towards inner growth, harmony with nature, and spiritual enlightenment (Warchał-Leśniakowska, 2023). Taoist seclusion methods involve withdrawing individuals from the external world to establish a connection with the Tao, the fundamental source of all existence. The principles of woo-wee, symbolizing effortlessness, and siren, symbolizing naturalness, achieve this (Broderick, 2023). Taoists engage in meditation, qigong, and nature retreats to achieve mental tranquillity, physical equilibrium, and a sense of oneness with the universe (Yu, 2023). Taoist aesthetic strategies enhance art-making processes, fostering a closer connection between artists and their environment. This harmonious relationship facilitates self-discovery and encourages creative expression (Trevor J. Thompson, 2022).

Taoist solitude practices cater to artists, enabling them to maintain equilibrium and harmony with the universe while also unveiling the dualistic nature of the ego (Buetow, 2022). The concept of yin-yang in Taoist philosophy represents the complementary and interdependent aspects of the universe, such as light and darkness, male and female, and other opposing pairs (Manthe, 2022). Taoists practice meditation and qigong to achieve inner balance by harmonising opposing energies within themselves. Taoist seclusion techniques instruct artists to embrace the variability of inspiration, energy, and emotions in the studio, as these factors serve as the artists' sources of inspiration. As they adhere to Woo Wee and Siren, artists develop a belief in the wisdom of Tao and relinquish their control (Zeng, 2022). Taoist detachment fosters humility, respect for nature, and a joyful engagement with the creative process. It emphasises the artist's insignificance in relation to the universe, urging them to approach their work with curiosity, openness, and awe (Gravert, 2021; Hussein et al., 2023).

Studio Artistic Expression

The studio arts encompass painting, sculpture, photography, installation, and performance. A studio serves as an artist's personal space for self-exploration, experimentation, and self-discovery (P. T. Wong, 2023). According to Stein (2021), artists utilise their materials to convey intuition, spontaneity, and accidental elements. Artists employ different approaches and mediums, both individually and collaboratively, to express their visions. This expands artistic tradition and prompts viewers to perceive the world differently (Niglio & Lee, 2023). Artists endeavour to experiment with novel techniques and materials as a means of personal growth and self-improvement. Studio painting encompasses communication, self-discovery, spiritual growth, and creative evolution (Sakellariou, 2023). Art allows artists to connect with their inner selves and their audiences, enabling them to tap into individual differences and access the universal human experience.

Individuation Process

According to Satterwhite (2023), Carl Jung views the process of self-actualization as a significant path towards self-discovery and psychological integration. This journey involves individuals striving to achieve completeness by integrating their psyches through self-realization. Individuation refers to the process of engaging with various aspects of the self, including the person, shadow, animus/anima, and both conscious and unconscious elements (Freyermuth, 2023). Dream interpretation, active imagination, and self-reflection reveal the underlying motives, patterns, and conflicts that give rise to emotions, thoughts, and actions (Daws & Cohen, 2024). Artists explore their inner world and confront the aspects that evoke fear or fascination, allowing them to discover their true artistic essence (Mikki, 2024). Artists express their personal thoughts, emotions, and life encounters to their audiences and fans through their creative works, establishing a connection between themselves and their creations (Warchał-Leśniakowska, 2023).

Exploring one's identity is an ongoing process of growth and self-discovery (Huang, 2023). When individuals direct their attention towards themselves, they come

face to face with the obstacles that put their mental resilience and strength to the test. Continual personal growth occurs as we navigate various stages, including confronting our inner struggles and addressing existential challenges, as well as embracing the diverse aspects of our personality (P. T. Wong, 2023). The individuation course is where studio practice gains significance and worth as the artists provide a glimpse into the essence of their being and present a unique perspective to the public. Art has the power to ignite introspection, empathy, and personal growth by evoking curiosity in viewers to delve into their own lives (Tang, 2023).

Unconscious Symbolism

Based on Jungian psychology, the unconscious mind is rich with symbolism that can be observed in dreams, fantasies, and art (Zuo, 2022). It can manifest as motifs, archetypes, or images that are drawn unconsciously from the mind. According to Daiyun et al. (2022), Carl Jung viewed the unconscious mind as a vast and boundless storehouse of psychological content, represented through symbols that reflect universal themes, patterns, and experiences. Symbolism can be utilised by individuals to express their thoughts, emotions, and desires, revealing concealed meanings and messages (Morris, 2022). Within the studio, the incorporation of unconscious symbolism becomes an integral component of an individual's artistic vision and means of self-expression. Artists derive their symbols and archetypes from their subconscious in order to imbue their work with significance (Graham, 2022). Artists convey universal themes in their artwork, making it relatable and accessible to viewers through the use of symbols, signs, and figures (Achdiat et al., 2022; Jung, 2021).

Therefore, the unconscious symbolism not only combines the personal unconscious with the collective unconscious, but also connects individuals to human history and culture (Gravert, 2021). Jung believed that symbols such as the mandala, serpent, and tree of life have permeated various cultures and civilizations, indicating a shared symbolic language (Park et al., 2021). In the realm of academia, individuals utilise symbols and signs to tap into the collective unconscious, thereby unveiling the fundamental aspects of human qualities to the audience. Visualisation and motif

seamlessly integrate into the studio work as a result of subconscious symbols (Kohanov, 2024). Artists perceive a collective sub consciousness that transcends personal differences, resulting in artwork that has the power to astonish, provoke, and evoke familiarity. Exploring symbolism on a deeper level leads individuals on a profound journey of self-discovery, creative expression, and spiritual growth that goes beyond their own ego (Zhaoguang, 2023).

Creative Synthesis

The process of creative synthesising involves combining various elements, such as ideas, influences, and materials, to generate fresh solutions, artworks, or expressions (Webb, 2024). Collaborative synthesis combines different viewpoints, backgrounds, and contributions to create fresh ideas and unique ways of expressing them (Freyermuth, 2023). Through their own intellectual abilities, individuals rely on their knowledge and skills to make new discoveries and establish new connections. This innovative synthesis demonstrates a mastery of unique combinations and intersections, resulting in effects that surpass the individual components (Webb, 2024). Artistic technique is brought to life through creative synthesis, as artists draw upon their influences, techniques, and mediums to manifest their vision (Satterwhite, 2023). Artists provide a wide range of human experiences by blending elements such as history, culture, and individual personalities. By harnessing their imaginative prowess, artists have the power to push boundaries and discover novel avenues of self-expression (Zhaoguang, 2023). Through the process of synthesis, artists have the ability to create art that is incredibly impactful, touching the hearts of viewers and leaving a lasting impression on the culture for generations to come.

The creative synthesis is crucial for fostering multidisciplinary collaboration and facilitating the exchange of ideas among experts from various fields (Niglio & Lee, 2021). Experts and artists draw inspiration from the sciences, philosophy, and technology to develop innovative ways of thinking and operating. The interdisciplinary approach in this case is brimming with vitality (Kohanov, 2010). It fosters creativity and exploration as individuals navigate through different fields to tackle intricate challenges and acquire fresh knowledge. Artists discover their unique

style by combining various art forms, techniques, and traditions through a process of creative synthesis. This allows them to create expressive and interactive works of art (Stein, 2021). Artists can capture the intricacies of contemporary existence through a combination of traditional techniques and digital tools, or by blending unconventional materials with more conventional ones (Gravert, 2021). The fusion of imagination and innovation plays a vital role in bringing together artists and fostering a space for the exchange of ideas, inspiration, and different perspectives, often surpassing initial viewpoints and intentions. Exploring synthesis allows artists to embrace new creative possibilities and shape the future of art (Wong, 2021).

Methodology

The participants of our qualitative inquiry included seven practitioners from various fields, such as psychology, Taoist philosophy, and studio art, all hailing from China. Participants were selected for their expertise and experience in the corresponding fields. These individuals were chosen for their extensive knowledge of Carl Jung's psychology and Taoist asceticism culture. The sample included individuals from diverse backgrounds, such as academics, practicing artists, and spiritual beings, in order to conduct a thorough evaluation of the research topic. Participants were selected using purposive sampling to include individuals who were recognised experts in the subject matter and could make significant contributions to integrating Jungian's Psyche and Taoist Seclusion in studio practice. Interviews were scheduled with the subject's consent, at a mutually convenient time and location, either in person or online. Prior to commencing the interviews, informed consent was obtained from each participant.

This study utilised semi-structured interviews to gather information from each participant, focusing on their experiences, opinions, and insights related to the research topic (refer to table 1). The interview questions were designed to gather detailed data for analysis. Participants used this data to reflect on their daily practices and incorporate Jungian psychology and Taoist seclusion culture into their studio practices. The interviews were conducted in Mandarin Chinese, the participants' native language, with a duration ranging from 60 minutes to 1.5 hours each. The

interviews were recorded with the participants' consent and transcribed verbatim for subsequent analysis, as recommended by (Zaman et al., 2021). Data analysis followed a three-step coding method based on grounded theory principles (Anwar et al., 2021; Mangi et al., 2023). Theories aided in identifying themes, patterns, and insights within the interview transcripts.

Table 1: Respondents' profile

Respondent	Gender	Age	Occupation	Expertise
R1	Female	45	Professor	Psychology
R2	Female	38	Artist	Studio Art
R3	Male	50	Taoist Monk	Taoist Philosophy
R4	Male	55	Scholar	Jungian Psychology
R5	Male	42	Painter	Studio Art
R6	Male	48	Sculptor	Studio Art
R7	Male	60	Researcher	Eastern Philosophy

The analysis process consisted of multiple iterative stages. The analysis process consisted of multiple iterative stages. During the initial phase, each transcription was methodically annotated to identify recurring concepts, ideas, and themes. These concepts were later assigned rule codes to capture the essence of each piece of information and idea. In the second phase, codes were hierarchically grouped to enhance comprehension of the connections and relationships among various ideas. The motifs were utilised and enhanced. The comparison between tenderly sourced data and overnight analysis methodology was conducted in a systematic and organised manner. Using the third stage of analysis, we were able to identify recurring themes and trends from the data. These were presented in a clear and organised manner, highlighting the key findings and insights related to the research objectives. Using the triangulation method as our guide, we ensured that the coding and analysis of data were carried out by multiple independent researchers. This approach was taken to ensure the research was rigorous and feasible. The data analysis process was conducted with careful consideration of the researchers, their biases, and assumptions, which helped to enhance reflexivity and transparency. Participant validation was implemented, allowing individuals to review and confirm the research findings in the final stage. This ensured the accuracy and reliability of the results (see Table 2).

Table 2: Interview guideline

Variable	Interview Guideline
Jungian Archetypes	<ol style="list-style-type: none"> 1. Can you discuss your understanding of Jungian archetypes and their relevance in psychological theory? 2. How do you perceive the role of Jungian archetypes in the creative process? 3. Can you provide examples of how Jungian archetypes manifest in art? 4. In your opinion, how might artists consciously or unconsciously engage with Jungian archetypes in their work? 5. How do Jungian archetypes intersect with other aspects of the human psyche, such as the shadow or the anima/animus?
Taoist Seclusion Practices	<ol style="list-style-type: none"> 1. How would you describe Taoist seclusion practices and their significance within Taoist philosophy? 2. Can you discuss the potential benefits of Taoist seclusion practices for artists? 3. How might the principles of Taoist seclusion inform artistic expression? 4. In what ways do you see Taoist seclusion practices intersecting with other spiritual or meditative traditions? 5. How can artists integrate Taoist seclusion practices into their studio practice?
Studio Artistic Expression	<ol style="list-style-type: none"> 1. What does studio artistic expression mean to you? 2. How do you approach the creative process in your own studio practice? 3. Can you discuss any specific techniques or mediums that you commonly use in your artwork? 4. How do you navigate challenges or creative blocks in your studio practice? 5. How do you see your artwork evolving over time?
Individuation Process	<ol style="list-style-type: none"> 1. How do you understand the concept of individuation in the context of Carl Jung's psychology? 2. Can you discuss your personal experiences with the individuation process? 3. How might the individuation process influence artistic expression? 4. In what ways do you see the individuation process intersecting with other aspects of human development? 5. How can artists facilitate the individuation process through their studio practice?
Unconscious Symbolism	<ol style="list-style-type: none"> 1. What is your interpretation of unconscious symbolism and its significance in psychological theory? 2. Can you provide examples of unconscious symbolism in art? 3. How do you see unconscious symbolism influencing the creative process? 4. How might artists engage with unconscious symbolism in their artwork? 5. In your opinion, how does unconscious symbolism contribute to the depth and richness of artistic expression?
Creative Synthesis	<ol style="list-style-type: none"> 1. How do you define creative synthesis and its relevance in the context of artistic practice? 2. Can you discuss any experiences or examples of creative synthesis in your own artwork? 3. How do you approach the process of creative synthesis? 4. In what ways do you see creative synthesis fostering innovation and experimentation in the arts? 5. How can artists cultivate creative synthesis in their studio practice?

Results

Jungian Archetypes

The expression of archetypes as universal forms or symbols that shape our

thoughts, emotions, and actions not only links us to our inner unconscious, but also to the wider community and humanity as a whole. In addition, the participants emphasised the significance of Jung's archetypal ideas in the artists' creative process. They recognised the artists as the creators of imagery, skilfully crafting the visual elements that form the foundation of their work. The discussion highlighted the importance of archetypal symbolism in going beyond personal experiences and tapping into a collective understanding.

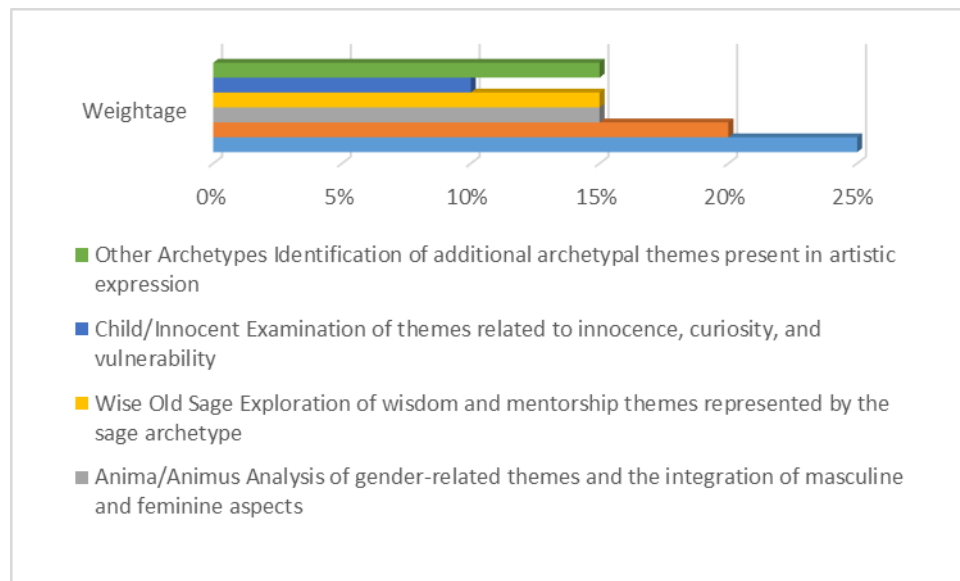


Figure 1: Thematic Analysis for Jungian Archetypes

R4: "With their enduring power and universal appeal, Jungian archetypes perform as stand-out symbols with which people at large identify on a mythical level. This trend is also reflected in my personal experience where I notice that story lines populated by archetypal figures like the wise elderly, invariably, capture this signature sense of the universal experience. " R6: "The process of speaking to the archetypes as part of my artistic journey has been an important part of it. " Plunging into the depth of the collective unconscious, I am able to attain a resource that is beyond the worth of my individual experiences and that of the limited personal recollection. Through Jungian archetypes, a girl definitely conveys the emotions and insights, which are related to the overall human psyche. She manages to connect with the audience on a deep level using the universal language (see figure 1).

The quotes from the interviews highlight the significance of Jungian archetypes in artistic expression and how this deepens the connection with the researchers'

collective unconscious. R4 explores the concept of archetypal symbols and their role in effectively communicating universal themes and stories. This aligns with the prevailing discourse on the role of Jungian archetypes as a potent and diverse repertoire of symbols and motifs for artists to utilise. Additionally, it reflects the prominent role of this line of thought in Jungian therapy (Jung, 2021). Similarly, R6 emphasises the significant impact that delving into archetypes as a subject matter has had on his artistic journey. It also emphasises the strong and deep emotions that such imagery evokes in the viewer. These findings, though, strengthen the empirical evidence gathered from this study, affirming the crucial role of Jungian Archetypes in guiding artistic processes and uncovering the deep essence of human beings (Gravert, 2021).

Taoist Seclusion Practices

Examining the combination of Carl Jung's psychology and Taoist seclusion culture, participants explored the significance of Taoist seclusion in fostering inner growth, connection with nature, and spiritual enlightenment through studio practice. During the course of discussion, it became evident that the Taoist withdrawal practices, such as meditation, qigong, and immersing oneself in nature, provided artists with a means of achieving a calm mind, balanced body, and a deep connection with the harmonious rhythms of the natural world. Participants emphasised the significance of Taoist recluship, which provides artists with a space for quiet introspection and meditation to foster creative inspiration.

R3: To my art such Taoist seclusion practices are core helping me to find out the way to inner peace and inspiring my art. Through exercises like meditation and Qigong I can silence the mind and use the reserved one coming from nature wat rmy creative brain. R7: As a student of Eastern philosophy, there is no doubt, I have been wondering, for a long time, about the point when the application of Taoist principles intersects with art. In my opinion, there is no doubt that Taoism through its seclusion practices gives artists an opportunity to tune in to our world harmonizing ourselves with natural rhythms promoting the sense of harmony and balance, which is an evident fact (see figure 2).

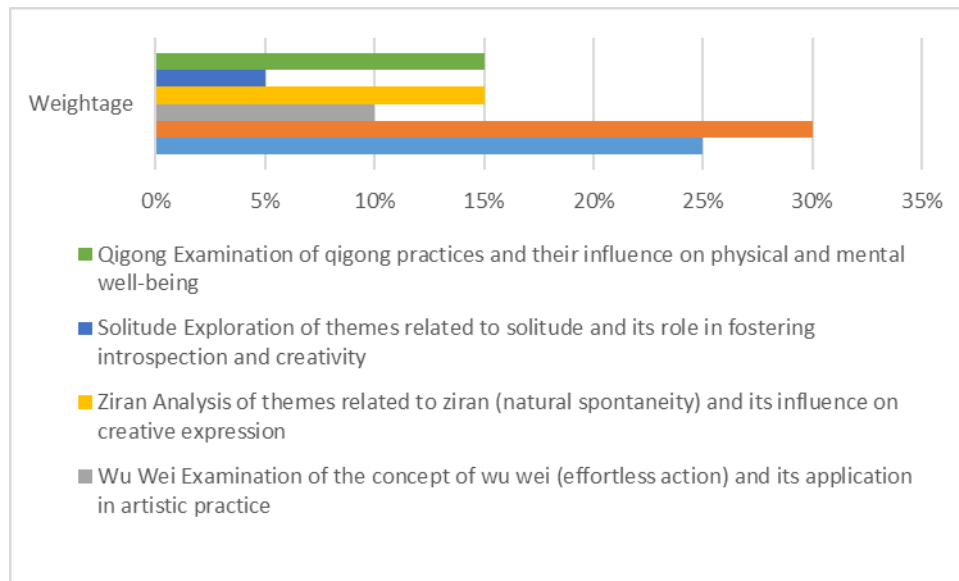


Figure 2: Thematic Analysis for Taoist Seclusion Practices

The quotations from the interviews highlight the significant impact of Taoist seclusion on guiding artistic expression and facilitating a more profound creative process. Within R3, the Taoist practices are emphasised as essential for the success of artists' creative pursuits. Using Taoist-inspired meditations and qigong can be a powerful way to overcome distractions and tap into a deeper creative aspect. Artists who are open to incorporating these practices into their creative routine may find great benefits. In line with the overall discussion on Taoist seclusion as a means of fostering creativity, artists are provided with a unique opportunity to delve into their inner thoughts and gain valuable insights. This condition encourages them to focus solely on these insights and explore them further. Similarly, R7 emphasises the significance of Taoist principles in the creation of art and how they empower the artist to achieve the desired balance and harmony depicted in the artwork. Previous studies have established that Taoist concepts had a significant impact on artists, serving as the bedrock of their spiritual endeavours. For instance, scholars such as [Graham \(2022\)](#) have delved into the intricate connection between Taoist philosophy and art, highlighting the influence of principles like wowed and siren on the artistic creative process. In a similar vein, researchers such as [Zeng \(2022\)](#) have explored the significance of Taoism-related practices like qigong and meditation. These practices are believed to enhance overall physical and mental well-being, thereby fostering creativity and innovation. The perspectives discussed in this study provide a solid

foundation for the results obtained. They support the theory behind Taoist seclusion practices, which can be utilised to enhance artists' creativity and foster a profound connection with the creator.

Studio Artistic Expression

During a studio practice interaction, participants emphasised the fusion of Jung's psychology and Taoist reclusive culture as they discussed artistic expression in their studio. Throughout the discussion, it became evident that artists employ a wide range of artistic techniques to plan their studio process. Studio attendees expressed their perspectives on the studio as a space for acquiring new knowledge, exploring new ideas, and finding personal fulfilment. Participants emphasised the importance of intuition, improvisation, and serendipity in artistic creation, as well as the crucial role of subjective selection of medium, technique, and concept, which stems from personal interests and background. Moreover, the discussion centred around the genuine difficulties and the sense of accomplishment that come with engaging in innovative work. These challenges involve grappling with creative block and enduring uncertainty, all while tapping into your imagination and pushing the boundaries of traditional artistic concepts. Essentially, the artists emphasised the studio as a sanctuary that not only enables individuals to pursue their artistic endeavours, but also showcases their unique creative expression.

R2: To me, the studio is a "sacred place," a virtual co-creative center where I am fully involved in the creative process. It is there that I feel most alive, most myself. In the studio, I get the chance not only to express my inner self but also to translate every single thought and emotion I have to the outside world through my artworks which speak of the human experience. R5: The studio practice is a very discovery-oriented voyage where I always keep on de-boxing my mind from the restrictions. The paths that are well known are not going to make you a great artist; hence, it's about pursuing the unknown, the unexpected, and allowing the intuition to lead the way. In the studio, I do nothing but keep on experimenting, learning, and developing as an artist (see figure 3).

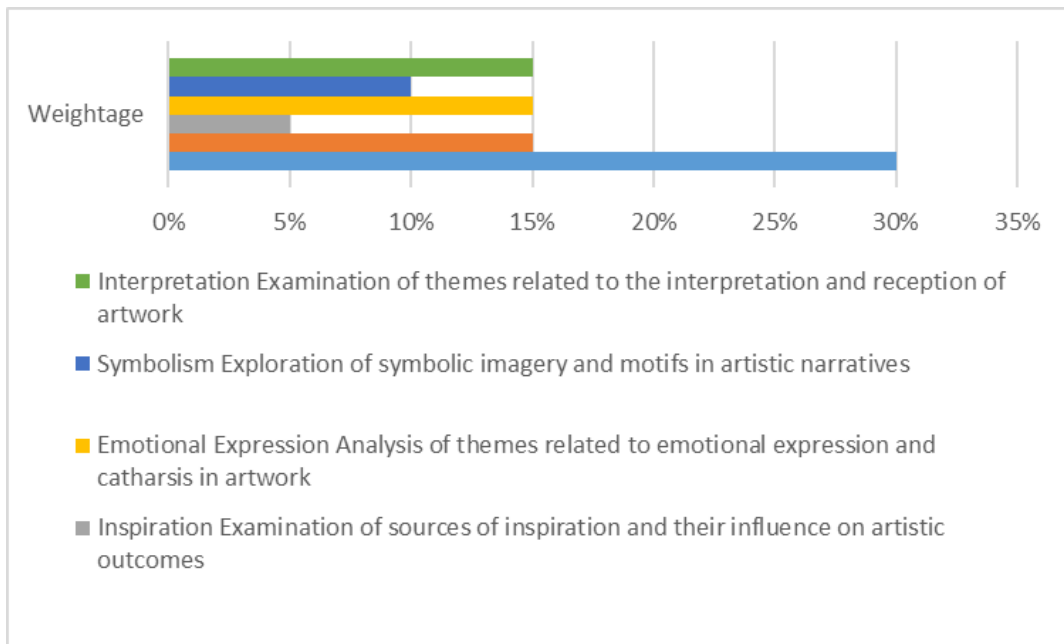


Figure 3: Thematic Analysis for Studio Artistic Expression

The quotes from the interviews emphasise the opportunities for artistic exploration, experimentation, and self-expression that these production studios provide. As R2 points out, studio practice is a profoundly personal endeavour that reminds us of the studio's role as a fertile ground for artistic creation and self-exploration. This is presented as a space where artists can fully immerse themselves in the art process, exploring their own unique perspectives and creative vision. R5, similarly, highlights the importance of a studio-based learning approach, emphasising the unique experience of being in a studio compared to simply working on projects. The results of this project align with previous research [Manthe \(2022\)](#), highlighting the role of art practice in facilitating self-expression and fostering artistic growth. For instance, researchers in this field have devoted their efforts to studying the concept of flow. One notable study by [Morris \(2022\)](#) explored the mental state of artists fully engrossed and focused on their work during studio practice. Many studies in this field are backed by important insights, leading to the conclusion that artists often use studio practice as a means of experimentation, exploration, and self-expression.

Individuation Process

The process of individuation, a crucial element in Carl Jung's psychology, combined with a secluded studio practice, became a transformative experience. The

participants engaged in a discussion about individuation as a spiritual journey, psychic integration, or a combination of both. Participants emphasised the importance of individuation as a significant lifelong journey, where individuals strive to discover their authentic identity and express their creativity with others. Given this perspective, it is important to incorporate Taoist principles, such as harmony and balance, along with Jungian concepts in order to facilitate the process of self-discovery and foster a deeper connection with one's creative potential.

R4: The individuation process occupies the main place in my view of human mind and creative process. By my own experience of self-exploration and becoming more consequent, I have learned more about the nature of the humans, their shadows and anima/animus that are hidden in their minds. For achieving perfection and adequacy, one has to integrate these latter aspects with all the parts of the self that are available. R6: Individuation being a process innate to artists` journey as well as mine is an inherent part of the creative process. By tapping into the universal psychological experience of archetypes and the collective unconscious, I am able to find a purer source of creativity and understanding that goes beyond those limitations of my individual ego. The self-actualization process gives me the opportunity to feel more in line with my authentic self and give the world my own perspective (see figure 4).

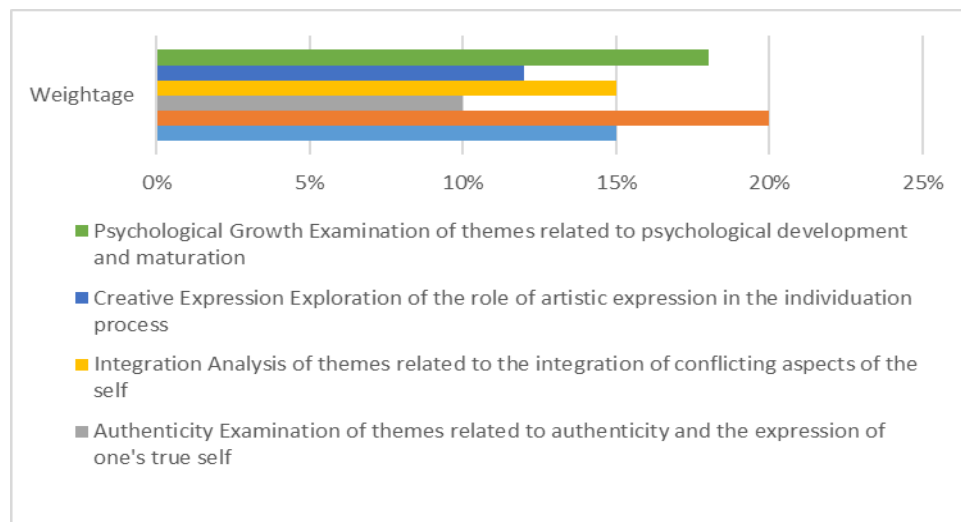


Figure 4: Thematic Analysis for Individuation Process

The direct quotes from the interviews emphasise the artwork that emerged from the individuation process, which aided them in establishing a deeper connection with their inner selves. Emphasising the importance of personal growth and self-

expression, R4 encourages individuals to fully explore and integrate all aspects of themselves in order to create authentic and meaningful artworks. This aligns with the overall presentation, where individuation is described as a process of self-discovery and achieving psychic unity. For example, R6 highlights another aspect that is currently undergoing individuation and artistic expression. He emphasises the value of grasping Jungian concepts, as they provide artists with the chance to delve deeper and uncover their hidden creative abilities. These observations highlight the transformative nature of the individuation process and the exploration of interpersonal dynamics, as well as the power of creative expression. Many studies have examined the importance of the mentioned study in relation to individualization in artistic expression and personal growth. As per [Daiyun et al. \(2022\)](#), the process of individuation facilitates the integration of different aspects of oneself. People will cultivate a sense of completeness and genuineness as they incorporate different elements of themselves. In a recent study, [Buetow \(2022\)](#) explores the role of individuation function in fostering creativity and self-expression. He suggests that for individuals, the process of individuation provides a chance to access their unique creative abilities and present themselves authentically to the world. The understanding gained from this research forms the basis for scholars to uncover the significance of individuation theory in cultivating a unique style and self-expression during the creative process.

Unconscious Symbolism

In exploring the connections between Carl Jung's psychology and Taoist introspection in the context of art demonstration, students have identified the motif of unconscious symbolic representation as a central theme. The motif of unconscious symbolism has proven to be incredibly significant in providing artists with a rich array of motives and symbols to incorporate into their works of art. In addition, the concealed nature of symbolism in individuals serves as a means to assist others in gaining a deeper understanding of the human mind and collective consciousness. The artist's exploration of universal themes and narratives in their work reflects a deep connection to the human experience. Through their artistic creation, they tap into the

collective consciousness, evoking a profound resonance with viewers (see figure 5).

R3: "My artwork is driven by psychological symbols which to me serve not only as a tool for communicating the viewers on a deep level but also an extremely resourceful tool for discovering and using those motifs that connect with the universal sides of human personality. R5: "By definition, the function of the artist is to catch and recreate the symbolism that stems from the unconsciousness. The artist gets sparks of inspiration either through dreams, fantasies or insightful moments, where the archetypal symbols are starting to appear and in clear sight, these symbols are telling the shared story of humanity."

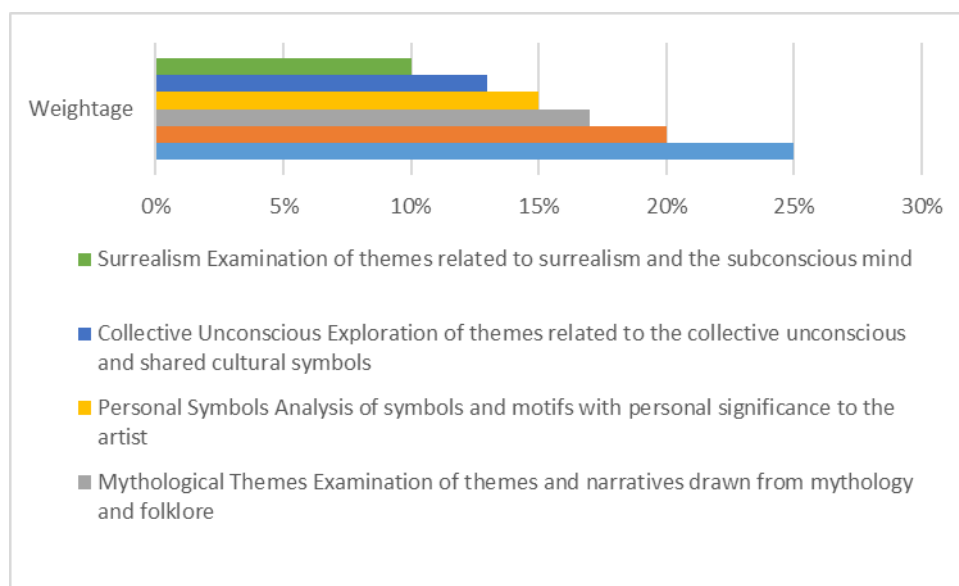


Figure 5: Thematic Analysis for Unconscious Symbolism

The interviews reveal the intriguing connection between unconscious symbols and artistic expressions, shedding light on the intricate relationship between imagination and reality within society. R3 explores the profound impact of unconscious representation in their art, illustrating how it functions as a distinct form of communication between the artists and their audiences. We fully support the essential depiction of suppressed symbolism, which greatly benefits artists by providing them with a vast range of symbolism and motifs to explore in their artistic endeavours. These intuitions reflect a profound unconscious symbolism that can stimulate creativity and serve as a means of self-expression. A recent study by [Trevor J Thompson \(2022\)](#) in the field of psychoanalysis and art sheds light on the historical significance of this research. It emphasizes the deep-seated symbolism in the artistic

creation process, as well as its contribution to the development of psychological theory. According to (Zuo, 2022), the unconscious symbols are believed to represent archetypes that exist within the minds of individuals. Despite being deeply rooted in our unconscious, these symbols actually originate from a collective unconscious that is shared among people. This collective unconscious has a significant influence on our thoughts and behaviours. The data form the foundation of the result, and they are supported by the theories of philosophers. These theories demonstrate the influence of unconscious symbols on artistic practice and the profound understanding they provide of the human psyche.

Creative Synthesis

Through an exploration of the connections between the thoughts of Carl Jung and the Taoist seclusion culture in studio practice, a fascinating discovery was made regarding the importance of creative synthesis in artistic expression. However, this knowledge was only shared with the participants involved in the study. The overall discussion highlighted the innovative combination of various concepts, inspirations, and contributions resulting in a cohesive outcome. As a result, this provides a platform for generating innovative solutions and captivating artwork. Furthermore, every knowledgeable and thoughtful endeavour highly values the art of creative synthesis, which allows for the potential to modify, reassess, and enhance artistic vision. The example at hand highlights the participants' emphasis on the ability of artists to generate a fusion of creativity through the use of various processes. These processes include intuitiveness, experimentation, and critical reflection, which ultimately foster innovation and discovery within the artistic community.

R2: "My artistic pursuit is an ongoing creative synthesis of different ideas and styles, which tangibly demonstrates the potential for interdisciplinary collaboration and experimentation that leads to the production of artworks that are meaningful to the viewers in a profound way. R6: "I, as a sculptor, am always trying to discover new ways of combining different materials and techniques to my artwork. By acquiring knowledge from various disciplines and traditions, I am able to make sculptures that are beyond the restrictions of typical forms, and enable the viewers to contemplate the

world in a more critical way (see figure 6).

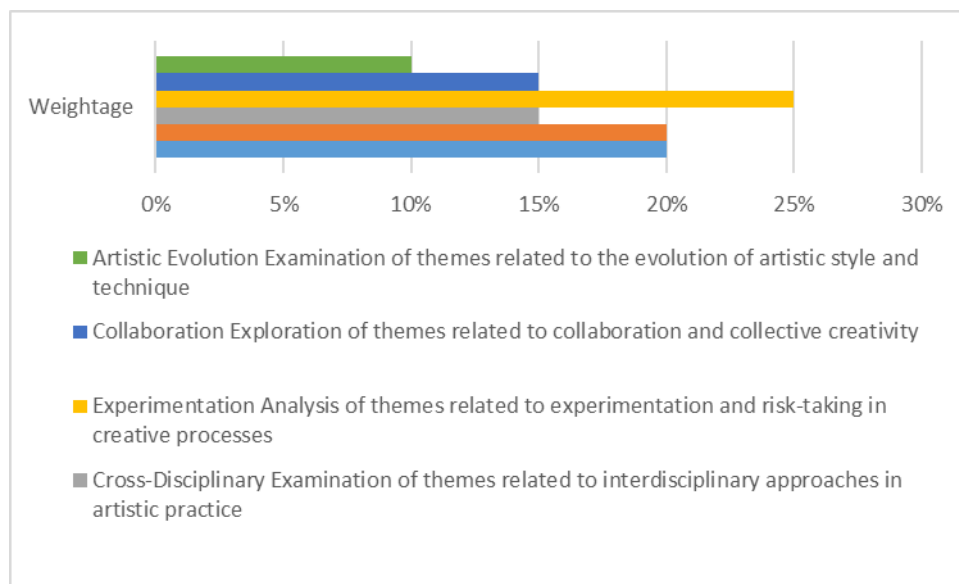


Figure 6: Thematic Analysis for Creative Synthesis

The quote from the interview highlights the importance of combining different ideas and perspectives to navigate artistic expression in the artistic community, leading to new and innovative outcomes. R2 emphasises the transformative power of art in their artistic practice, highlighting how it allows them to discover unexpected connections and explore the intersection of different ideas and influences. This aligns with the central idea of incorporating diverse perspectives and experimentation to foster innovative synthesis. In addition, R6 highlights the importance of creative association in driving innovation in art-making and capturing viewers' attention with works that elicit a profound sense of understanding. The insights reflect the positive impact of creative synthesis on the innovative and experimental aspects of the artistic community. Past research papers support the findings of this study, highlighting the role of creative synthesis in fostering creative expression and innovation. As an illustration, (Tang, 2023) suggests that when individuals with a creative mindset engage in the process of synthesis, they are able to merge various concepts and influences to create one-of-a-kind solutions and artwork. Similarly, scholars such as (Yu, 2023) have explored the power of interdisciplinary collaborations in fostering creativity and innovation. They argue that artists draw upon diverse sources and disciplines to push the boundaries of artistic expression. These findings align with the outcomes of our research and further emphasise the importance of innovative

synthesis in guiding creative expression and shaping the artistic community's growth.

Discussion

The combination of Carl Jung's psychology and Taoist seclusion, along with the practice of studio, unveils both ancient wisdom and new artistic knowledge. The artists can discover their true selves and transcend their ego by exploring the Taoist and Jungian Archetypes. This connection allows them to tap into the broader human experience and cultural legacy. The inseparability of Jungian archetypes and Taoist self-seclusion is encapsulated in their connection. This study concludes that Jungian archetypes help artists comprehend the human mind and the fundamental elements that unify the universal human experience. Taoist seclusion facilitates the cultivation of tranquility and spirituality, which are essential for artists to produce high-quality art. Artists gain insight by connecting with the inner realm of the mind, enabling them to access the subconscious, the origin of creativity. The psychological and spiritual aspects of artistic creativity contribute to a holistic understanding of creativity, enabling artists to explore their inner world and the vast universe. The integration of Jungian psychology and Taoist artistic isolation in studio practice aids artists in self-discovery, self-expression, and spiritual growth. This study explores the role of Jungian archetypes and Taoist concepts in enhancing individuals' self-understanding and comprehension of the universe. Meditation, qigong, and nature immersion serve as vital sources of inspiration for artists, enabling them to achieve inner peace and harmony, which in turn informs their creative output. Artists utilise Jungian mechanisms, such as the individuation process and unconscious symbols, to transcend their egos and attain self-actualization while expressing themselves artistically. The integration of psychic and spiritual dimensions in the artistic creative process allows artists to alter their mindset and convey a universal life experience that is commonly shared among people.

Integrating Carl Jung's psychology into Taoist seclusion culture during studio practices reveals the connection between artistic creation and social progress. The studio art programme promotes experimentation, exploration, and self-discovery. The participants in the studio expressed the perception that the artists possessed a capacity

for intuition and spontaneity, which they effectively employed in the creation of their artwork. Artists utilise various techniques, materials, and concepts to effectively convey their perspective. The studio offers a conducive environment for artists to delve deeply into their artistic pursuits by providing solitude and isolation. Studio art allows artists to achieve personal self-actualization and express their creativity beyond the constraints of ego. The studio practice enables artists to explore the process of individuation and understand the complexities of human psychology, as well as the ability of art to communicate. This study examined the process of individuation, which involves the exploration and integration of persona, shadow, and anima/animus, as a means of self-realization. Artists generate new ideas and inspiration through introspective exploration. The combination of Taoist concepts of *woo wee* and *siren* with Jungian's Individuation Process promotes peace and harmony in the creative process of artists (P. T. Wong, 2023). The study examined the role of creativity and individuality in the development of self-awareness and global consciousness. Artists utilise Jungian principles such as the individuation process and Taoism concepts of *woo wee* and *siren* in order to achieve self-realization and express themselves artistically beyond the ego. The integration of psychological and spiritual elements in artistic expression allows artists to delve into their inner selves and explore the profound meanings that define human existence.

The combination of Carl Jung's psychology and Taoist seclusion culture reveals deep insights into artistic production and the human subconscious, which are symbolically and creatively synthesised. The symbolism of the unconscious, as observed by the participants in this study, encompasses the content of dreams, images, motives, and archetypes that emerge from the depths of the soul and manifest in reality, fantasies, and creativity (Broderick, 2023). Participants emphasised the role of emotional symbolism as the foundation for artists' use of symbols and motifs to enhance their work. The archetypes of the shadow, anima/animus, and the collective unconscious offer artists a profound understanding of the depths of the psyche, which they subsequently explore to achieve maximum significance and impact. Artists can engage in a process of self-discovery and artistic expression by uncovering hidden meanings. This process goes beyond their ego and allows the unconscious aspects to

connect with deeper forces of human experience and cultural heritage (Huang, 2023).

The ability to synthesise and visualise enhances the creativity of artists and enables them to create their artwork. Passionate artists draw inspiration from various fields and disciplines to enhance their skills and create impactful works. The integration of Jungian concepts such as archetypes and the collective unconscious, along with Taoist principles like *wu wei* and *surrender*, fosters a culture of exploration and discovery within the art community. The concept of innovation and invention extends beyond traditional forms and conventions through the process of artist research, discovery, and creation (Warchał-Leśniakowska, 2023). The integration of psychological and spiritual aspects in artistic development allows artists to alter their perception and establish a connection with universal ideas and narratives that resonate with the experiences and emotions of humanity as a whole.

The arts have the capacity to transcend individual egos and offer alternative perspectives on the world through the amalgamation of diverse connotations, contributions, influences, and ideas. The artworks of the practitioner demonstrate a cultural resonance with the collective unconscious of Jungian and Taoist philosophies, exemplifying harmony and balance. The artistic journey begins with the exploration of subconscious symbolism and evolves into a process of creative synthesis. Artists strive for self-actualization and creative fulfilment, transcending traditional boundaries and conventions (Warchał-Leśniakowska, 2023). The artists are able to change their mood and awareness by combining psychological and spiritual elements in their artistic creation. This allows them to connect their minds with broader themes and narratives that are shared by people.

The Taoist influence on Carl Jung's psychological approach to art creation provides artists with a distinct perspective on their work. Artists embark on a journey of self-discovery and creative fulfilment through the use of archetypal imagery, exploration of the unconscious mind, and drawing inspiration from various artistic sources. This journey ultimately leads to effective transformation. The combination of Jungian ideas and Taoist doctrines enables artists to create awe-inspiring artworks that reflect a sense of inner peace. These artworks invite the audience to connect with universal stories and themes that are inherent to human beings. The inclusion of

psychological and spiritual perspectives in creativity allows artists to explore their inner world, expand their ability to connect with our shared humanity, and tap into their imagination, inspiration, and self-growth.

Conclusion

Ultimately, we can view the fusion of Carl Jung's psychology and Taoist hermitage culture in studio production as a multifaceted journey of self-discovery, creative expression, and spiritual growth. This research explores the projection of Jungian archetypes, unconscious symbolism, and artistic expression in the studio. The research delves into the process of individuation and creative synthesis, revealing the integration of psychological and spiritual aspects into the creative process. This research has far-reaching implications for various stakeholders, such as artists, psychologists, and spiritual practitioners. It emphasizes the multidimensional significance of the arts and the many benefits that artistic expression can bring to individuals and cultures. Considering the future, the research and communication field in this domain has the potential to be a significant source of inspiration for a wide range of applications. These include research advancements, therapeutic interventions, educational institutions, and cultural activities that promote imagination, healing, and collective unity in a diverse and interconnected world.

Implications of the study

This discovery has wide-ranging implications for psychology, spirituality, and art. In this exploration, we uncover the effective integration of cultural and philosophical backgrounds in the creative process. For instance, the combination of Carl Jung's psychological framework and Chinese Taoism practice serves as a source of inspiration in the studio. We gain an understanding of artistic expression and universal myths by delving into the study of human unconsciousness myths, collective consciousness, and individuation. The principles of seclusion in Taoism emphasise the interconnectedness of the individual, nature, and the Universe, as well as the unity of body and mind. These theories have connections to art-making and also hold broader significance for human life, intercultural communication, and

scientific endeavours exploring consciousness. The research adds our horizon of humanities into the realm of psychology and spirituality and so through the multi-disciplinary investigations and discussions, the people can explore on the creativity.

This project explores the stakeholders involved in the fields of art, psychology, and spirituality. Integrating Carl Jung's psychology ideas and the Taoist concept of seclusion into studio practice can have a profound impact on fostering creativity and individuality for artists. The concepts of Jung's archetypes, unconscious symbolism, and the individuation process have provided artists with a wealth of symbolic and metaphorical ideas to draw upon in their creative endeavours. By exploring Jungian psychology and Taoism, we can enhance our ability to think critically, foster emotional intelligence, and develop a deeper understanding of different cultures. This research extends beyond the studio as it encompasses not only immediate situations, but also explores future applications related to the enhancement of creative abilities, personal growth, and overall well-being.

Limitations and Future Research Directions

This paper explores the connection between Carl Jung's psychology and Taoist seclusion culture in studio practice. However, it highlights certain limitations and shortcomings in the research conducted so far. Using a qualitative self-inquiring approach, which relies on the opinions of field experts, may have a negative impact on the generalisation of the outcome. The 7 Chinese artists may not offer the same breadth of perspectives and stories as artists from other nations or regions. Research that relies on self-reported data can be prone to bias and misinterpretation, leading to potentially inaccurate conclusions. Artists who specialise in digital media, performance, and installation may have a lower profile in the art world, as traditional studio practices still hold sway. The study's approach, rooted in Jungian psychology and centred on Taoism principles, may overlook the influence of other cultures and spiritual traditions on the arts. A more comprehensive examination of the factors influencing cross-cultural creativity is required.

In order to overcome the limitations and enhance the depth of understanding in this field, it would be beneficial for future research to include artists from a wide

range of cultural backgrounds and artistic styles as participants. Exploring a cross-cultural approach would provide a deeper understanding of the psychological and spiritual aspects of art. It provides a thorough perspective that uncovers shared themes and narratives across different cultures. Longitudinal studies could explore the evolution of artists' development and their incorporation of Taoist elements into their studio practice. Further research can explore the intricate connection between psychology, spirituality, and artistic expression, which can have positive effects on therapy and education, etc.

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