

Flow, Arts, Fire Magic, Community, and Health

Who and Why

Just like any form of art, anyone (you!) can learn object manipulation (fire and/or flow arts) and enter flow states to elevate the mind, body, and spirit!

- **Students with high arts participation and low socioeconomic status have a 4% dropout rate—five times lower than their low socioeconomic status peers**



- **Engaging in artistic expression and practice decreases stress, anxiety, depressing thoughts of worthlessness, and medical diseases and conditions while increasing physical and psychological well being, improved focus on positive life experiences, quicker emotional and physical healing self worth and social identity, and many**



- **Children who spent 3 years in art programs scored significantly higher in other academic areas and studies.**



<https://www.jstor.org/stable/1602156?origin=crossref&seq=7>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/>
<https://www.tandfonline.com/-doi/abs/10.1080/07421656.2013.787211>

Misconceptions of Artistic expression and “Magic”



- **Magic is a form of witchcraft, the devil, self destructive, and contains no positive benefits (is a waste of time!)**

- **Certain forms (often different, or those that are largely represented by minority groups) of individual and community expression, rituals and practices of other cultures, are unjustified, condescended, mocked, misunderstood (or seen as un-American), and should be banned**



- **Industrilization, Speciliation, and focus on Capitol have lead to a decreased focus on arts and humanities, which have lead to destructive consequences in social, environmental, and humanitarian and psychological and communal structures**



<https://www.jstor.org/stable/40327130?seq=4>