Louisa Punt Fouché

A POETIC DECELERATION OF THE HUMAN CONDITION



BIOGRAPHY

Introduction



Introducing Louisa Punt-Fouché

Louisa Punt-Fouche, a South African author, poet, and artist, is an intellectual mystic and lifelong activist who embodies the spirit of service towards the voiceless. Her eleven books and numerous art exhibitions are a testament to her passion for the evolution of consciousness.

With luminous word paintings, Louisa's poetry beseeches humanity to listen to the everlasting sound of Nature, while her polyphonic song verses compose a novel anthem of interbeing.

Her work resonates with the music of life, like an agave tree that shoots towards the sky, collapses, and unravels into silver lace. Louisa's life and work inspire us to embark on a journey of self-discovery and service to others.

"Grace is within you: Grace is the Self."
- Ramana Maharshi



Introducing Louisa Punt-Fouché - Continued:

Her artworks and poetry are filled with accessible and spontaneous expressions in words and images. They reflect her experience of the world as an infinite paradox, united in one existence. Her poetry and art are textural compositions that convey touch and feeling through multiple voices.

Louisa's work has been heard and experienced in lecture rooms, educational institutions, festivals of psychological development, in the courtroom, in centres for abused women and children, in individual analytic psychotherapy settings and at conferences. In these disparate settings, her work and ability to share her experiential world through opening the imaginal spaces are moving and relevant, transcending the confines of the individual context.

As an artist and poet, my ultimate goal is to inspire humanity to follow a path of kindness.

The music of Bach, making art, writing poetry and yogic meditational practices have informed my life as an artist.



A poem growing in the Karoo

"Only when I began to paint mandalas did I see all the paths I took, all the steps I made, all led back to one point, that is, the centre. The mandala became the expression of all paths." - Carl Jung

I happened upon myself in a circle of wildflowers. Standing in the pristine Karoo veld, I realised I am a tiny wildflower in a forever changing circle... a living metaphor of the Creative Fire. I moved with others in a circular ritualistic prayer.

My skin softened as the air penetrated my painful body and ignited the twinkling stars of the Milky Way in my confused mind... my petals gently moving in the breeze of suppressed dreams.

And it was then that I happened upon myself as a flower, a poem... reciting the story of coming and going, the unfolding of conscious life.

Biography



"It became clear that all memories which have remained vivid to me had to do with emotional experiences that arouse uneasiness and passion in the mind...Only what is interior has proved to have substance and a determining value. As a result, outer events have faded, and perhaps these 'outer 'experiences were never essential or were so only in that they coincided with phases of inner development." - C G Jung

Academic History

Louisa Punt-Fouché has obtained the following degrees:

1.B. A. Degree (Afrikaans-Nederlands, Psychology) – Stellenbosch – 1979

2.Honors Degree in Counselling Psychology – cum laude – Stellenbosch – 1980

3.Master's Degree in Clinical Psychology – cum laude- Port Elizabeth –1982

4.D.Phil. Degree in Psychology – Port Elizabeth – 1993

5.Buddhist studies through Ken Holmes (3 years), Director of Studies at Kagyu Samye Ling, Tibetan Buddhist Monastery, and centre for World Peace – 2000 - 2003

6. A lifelong student of the Sacred books of the Vedas (The Eternal Path and Order of Wisdom) composed in Vedic Sanskrit as a source of ancient Indian history.

Associations, Institutes & Societies.

1. South African Institute for Psychotherapy (SAIP).
2. South African Association for Psychotherapy (SAAP)
3. South African Art Therapy Association.
4. Psychological Society of South Africa.
5. South African Society for Clinical Psychology.
6. Registered with Health Professions Council of South Africa (HPCSA).
7. Eastern Cape Art Association.
8. Jungian Institute, Cape Town. Facilitated a Jungian Study group in Port Elizabeth.
9. The Archive for research in Archetypal symbolism (Aras)
10. Member of Integral life
11. South African Society of Art

Introducing Louisa's Lifework: The Mandala

Louisa has been in clinical practice since 1984, has lectured students, social workers, and trauma specialists, has done psycho-legal work for sexually abused children, has supervised numerous master's dissertations, and has created post-trauma recovery mindfulness programs for abused women, children and the underprivileged and so much more.

Inexplicably, the creative fire led her from her career as a Jungian psychologist (D.Phil.) to creating works of art inspired by neglected aspects of nature, animals, children, and women.
She earned her doctorate in 1993 from the University of Port Elizabeth (now known as Nelson Mandela Metropolitan University). Her thesis was a phenomenological and analytical study of the use of mandalas in therapy to explore the in-between space. Her research aimed to find a solution to the dissolution of humanity brought about by the personal, ideological, and political crises in South Africa, which resulted in a divided human being.

The mandala symbolises the Self in a world that is constantly changing. It represents the possibility of change within the individual and collective psyche. Each person is a mandala, a seed symbol of the Self. After the massacre at Wounded Knee, Black Elk spoke of the loss of the centre and the death of the sacred tree. These words resonate deeply in a world where darkness seems to prevail.

Introducing Louisa's Lifework: The Mandala

"If I ask the value of my life, I can only measure myself against the centuries, and then I must say, Yes, it means something. Measured by the ideas of today, it means nothing". Carl Jung

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Introducing Louisa's Lifework; Continued

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Mandalisation, or individuation, is a progressive clarification of the structures of consciousness. It leads to a renewed perception, transformation, and mutation of creative living in a diaphanous world free from time. This process aims to bring about wholeness, where humans participate not as a part but integrally. We must know the present situation in all its manifestations to achieve this.

Louisa Punt-Fouché's research on mandalas has evolved and has become a cultural and psychological phenomenon, especially in the context of catastrophic events in the twenty-first century.

Her work has resulted in luminous ink drawings that feature chanting poetry, daring humanity to become one with nature and dream of a new world order based on interbeing.

The verses in her polyphonic songs recreate the diamond mandala, which shimmers with infinite angles of light and encompasses all possibilities of being.

Louisa's Lifework

Louisa Punt-Fouche



Mother Nature



Creator Poet Artist



Alchemist



Warrior



Explorer



The Little Child



Magician



Lover










Embrace the world around you, where textures and tones are your music, and your mind captures beauty with a butterfly net.



Louisa Fouche

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