

# Study on the Inner and Outer Aspects of Painting

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## ABSTRACT

Painting is a form of expressing an artist's deep abstract feelings, and it can also reveal the objective world outside of itself through the artist's observation and depiction of the external world. As a form of artistic expression, it cannot be separated from the exploration of the inner and outer aspects of artists and works. The inner and outer aspects of painting have their unique forms and ways of expression. Artists need to fully consider their inner feelings and thoughts during the creative process, and also need to flexibly use different techniques and forms to express their creativity. Through this way, artists can truly express their thoughts and feelings. Artists' paintings are a comprehensive reflection of their inner and outer aspects, expressing personal emotions and thoughts, as well as reflecting the external environment and social reality. Through painting, artists open the window to their hearts, allowing viewers to gain a deeper understanding and experience of the world they see and experience. They can also further arts, creating true works of art.

**Keywords:** Artist, The inner aspect of the heart, External appearance.

## 1. INTRODUCTION

Painting is a form of expressing an artist's deep abstract feelings, and it can also reveal the objective world outside of itself through the artist's observation and depiction of the external world. As a form of artistic expression, it cannot be separated from the exploration of the inner and outer aspects of artists and works. This article aims to explore the concepts, characteristics, and connections of the inner and outer aspects of painting works, analyze the artists' expressions of the inner and outer aspects in different states, continuously delve deeper into their hearts, explore their feelings, and explore the possible interaction and influence relationship between the two.

## 2. THE CONCEPT AND CHARACTERISTICS OF THE INNER AND OUTER PHASES OF THE HEART

There is a saying in Buddhism that there are "two types of inner and outer mental states" [1], which refers to the inner and outer mental states of the heart. The first type of inner mental state refers to the pure and equal nature of the heart; the second type of outer mental state refers to the various inner

and outer mental states that arise from various factors. Coincidentally with this article, this article mainly focuses on the expression of the inner and outer mental states in artists' paintings. Artists are wealthy individuals with a state of mind and emotions, who can transform their inner world into works of art and present their inner and outer selves in the form of works to the audience.

The inner meaning refers to the abstract feeling deep within the heart, which is the artist's deep analysis and expression of their own emotions and thoughts. The unique emotions, artistic conception, style, and ideas expressed in the painting work are the soul of the art work, that is, the emotional and imaginative world experienced by the artist. This inner feeling is often closely related to the artist's life experience, cultural background, and spiritual state. The inner aspect is an effective way for artists to create personalized works, often representing their unique attitudes and insights into the real world.

Painting is a form of art where artists express their inner emotions and thoughts through their paintings. The inner aspect of an artist's heart is their innermost feelings and emotions, which can be expressed through their paintings. When painting, one will transform their emotions and

thoughts into works through their sensory experience and cognitive understanding, expressing a unique emotion and thought that comes from their deep experiences and feelings. It is a true and profound feeling.

The manifestation of the inner aspect of the heart is usually manifested in themes, emotions, and styles. Artists discover their own style and source of inspiration through the exploration of their own emotions. Express emotions and thoughts not only on the surface, but also on deeper levels of emotions and meaning. For example, when Ming Dynasty painter Xu Wei created, he always seemed to be filled with reflections on the world, life, and the meaning of life, and this emotional expression was vividly displayed in his works. At the same time, the artist's themes and techniques of expression also to some extent reflect the artist's subconscious inner emotions. For example, French painter Cezanne's works have a simple form and strong colors, which are related to his pursuit of the essence and imagination of nature. Xu Wei's "Ink Grape" [2] and Picasso's "Melancholy Woman" [3] are both reflections of the artist's inner inspiration. Artists express their inner emotions through colors, lines, shapes, and other forms. For example, using dark lines to express inner melancholy and heaviness, and using light lines to express inner joy and relaxation. Artists convey different emotions by choosing different colors, such as red representing passion and warmth, and blue representing depth and stillness. The inner aspect expressed in painting works is a direct reflection of the artist's own emotions, experience, and creative ability.

The external aspect of the heart refers to the objective world outside the body, which refers to the artist's observation and grasp of the external world. It is the reference form for artistic works, that is, the artist uses objective forms to transform the internal aspect into external concrete artistic works. By observing and depicting the external world, artists showcase the objective world beyond their own selves, possessing precision and clarity in depicting objective things. The external aspect of the mind includes the artist's depiction of nature, characters, things, society, and other aspects, which can be a realistic restoration or an artistic transformation that expresses subjective emotions.

The appearance outside the heart is also the form and technique that artists exhibit during the creative process. Through techniques and forms, artists can better transform their thoughts and feelings into images, thereby better conveying them

to the audience. It is their understanding and reflection on the external environment, objects, society, and other aspects, expressing their concern for society, admiration for nature, and understanding of life through painting.

The external aspect of the mind is presented through the artist's observation and depiction of objective things. For example, artists can express their inner world by depicting natural landscapes, such as mountains, rivers, flowers, plants, trees, birds, animals, fish, and insects. At the same time, artists can also depict characters to present their external aspects, such as expressing their emotions, personality, temperament, and other characteristics.

The external aspect of painting is not limited to the use of techniques and forms, but also includes the materials and colors used by the artist. Different materials and colors can convey different emotions and meanings. By using materials and colors that are suitable for oneself, artists can more accurately express their thoughts and feelings. And by observing and grasping the external environment and things, express one's understanding and views on reality. For example, the colors and shapes displayed in the works of painter Wu Guanzhong are often inspired by his observations and studies of various colors and forms in nature. At the same time, the artist's painting style and techniques are also influenced to some extent by the external environment and culture.

### **3. ARTISTS' EXPRESSIONS OF INNER AND OUTER MIND IN DIFFERENT STATES**

Artists have different transformations of inner and outer aspects in different states, and there are differences. Because artists are thoughtful, they have formed their own unique insights through the polishing and persuasion of various things in life, resulting in differences in the ecological environment between the inner and outer aspects.

#### ***3.1 The Inner and Outer Aspects of the Heart in Ancient Painting***

In ancient Chinese painting, the inner and outer aspects of the heart were often not expressed separately, but closely combined and blended with each other. In classical landscape painting, painters often express their inner emotions through the use of external emotions (searching for strange peaks to draft), emphasizing the crucial importance of the state of mind given when painting landscapes,

which is an important factor in the beauty of painting works. Many artists are skilled in showcasing these two relative artistic expressions through their own works. For example, in the painting "The Battle of Immortals in the Dynasty and Yuan Dynasties" by Northern Song painter Wu Zongyuan [4], although the character images in the painting are very realistic, what is more important is that by depicting the posture and demeanor of the characters, the painter conveys their admiration for immortals and reverence for life. In the emotional atmosphere enveloping the painting, it presents an artistic effect that emerges from the inside out and from emotions.

Another example is the landscape painting "Dwelling in Fuchun Mountain" created by Yuan Dynasty painter Huang Gongwang [5]. In addition to expressing the image of the mountain, the painter places more emphasis on conveying his understanding of the "spiritual realm". He hinted at the ups and downs of his life experiences by expressing the ups and downs of the mountains; The deep valley implies the painter's exploration and perception of his inner depths, as well as his inner experience. This kind of work is a prominent example, which combines art and the emotions of the soul, reaching the height of art.

Overall, the inner and outer aspects of the heart in ancient painting are important ways of expressing the spiritual world of art. Artists express their emotional spirit from the depths of their hearts through thinking and understanding of objects. The internal experience, through the depiction of external forms, vividly reproduces artistic ideas, expresses object forms and visual moods, and achieves the idea of "unity of heaven and man" and artistic concepts in ancient culture, continuously enhancing people's cultural identity and heritage.

### ***3.2 The Inner and Outer Aspects of the Heart in Contemporary Painting***

In contemporary art, due to the influence of the integration of world art, a large amount of Western literature and art has been integrated into the East. Artists have begun to pay more attention to the expression of their own experiences and rational emotional communication, and the ways of expressing inner emotions are more flexible and diverse. At the same time, a large number of technological means also allow artists to express external objective things more freely, and the external aspects can be widely expanded. Many contemporary artists combine the external and

internal aspects to create more personalized works. Emphasizing the expression of external objective things, emphasizing the expression of emotions and spirits, emphasizing the transformation of art by philosophy, and the intervention of psychology in artistic concepts, their works have a broad connotation and unique aesthetic sense.

### **4. THE CONNECTION BETWEEN THE INNER AND OUTER ASPECTS OF PAINTING WORKS**

The inner and outer aspects of a painting work are interdependent and mutually influencing, and the relationship between the two is not a simple opposition. In fact, artists combine the inner and outer aspects of the mind through constraints, fusion, confrontation, and other means, allowing their paintings to present a more vivid, profound, and emotional artistic image.

Artists express the beauty and charm of every corner of the world in their eyes through the combination of inner and outer aspects. The art of painting is precisely through the creative transformation and presentation of the artist's inner emotions and subjective imagination, combined with the actual situation of the objective world, perfectly integrating the inner and outer aspects.

The internal and external aspects of painting complement and complement each other. During the creative process, artists constantly explore their inner emotions and subjective imagination, presenting them through artistic means. At the same time, artists also pay attention to observing and feeling the outside world to obtain creative inspiration, and transform it into concrete art works to present to the audience.

The inner and outer aspects of painting have their unique forms and ways of expression. Artists need to fully consider their inner feelings and thoughts during the creative process, and also need to flexibly use different techniques and forms to express their creativity. Through this way, artists can truly express their thoughts and feelings. Artists' paintings are a comprehensive reflection of their inner and outer aspects, expressing personal emotions and thoughts, as well as reflecting the external environment and social reality. Through painting, artists open the window to their hearts, allowing viewers to gain a deeper understanding and experience of the world they see and experience. They can also further understand and understand art, creating true works of art.

The similarity between the inner and outer aspects of a painting is important and arises from the combination of the artist's inner world and the observation and depiction of the external world. This combination can not only express the artist's emotions and subjective imagination, but also showcase the beauty and charm of the objective world. Therefore, painting art has a wide range of applications and social value, and is a creative and expressive form of art.

## 5. CONCLUSION

In summary, the inner and outer aspects of painting are two inseparable aspects in artistic creation. The inner aspect is a personalized way for artists to express their innermost feelings, expressing their unique attitudes and insights towards the real world; The appearance outside the heart is the accuracy and clarity that artists exhibit in depicting objective things, reflecting their understanding and understanding of the world. In actual creation, artists will showcase their emotions and thoughts through a series of factors such as form and color. By comparing the depth and brightness of colors, it expresses the narration of emotions; Express the ups and downs of emotions through the smooth and bumpy lines. At the same time, the composition and element combination of the work are also important means of expressing emotions and ideas. Artists will express their thoughts and emotions through different composition methods and element combinations, allowing viewers to further experience and experience the artist's soul. The soul and form of a painting, its internal psychological world, and external reality environment complement and influence each other. The perfect combination of inner and outer aspects is the most charming aspect of painting art.

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