

# Head, Heart & Hands are the triangle

This triangle is the base of a child's educational growth in 'Learning by doing'. The 22 imaging exercises in this workbook 'The Timeless Hour', improve the integration of cognitive, emotional and social intelligence. Grace of sponsoring by the Foundation of 'Stamps for Children's Care' in the Netherlands 3 instruction movies are to be seen on [www.TimelessHour.org/presentations/YouTube/](http://www.TimelessHour.org/presentations/YouTube/)



## The United Nations

In 2002 the author Michiel Czn. Dhont from the Netherlands has presented 'The Timeless Hour' at the European Conference of Health & Education. In 2002 by the Comite of the W.H.O. and in 2009 by publication in the University Manuel of Art Therapy in the Netherlands the method has been acknowledged as **Evidence based**.

**The Comite of the W.H.O. motivated their choice on the following aspects of the method:**

- It offers direct and simple didactical tools for application in the classroom;
- Well-being for teachers as well as children in the learning process by stress reduction;
- Supporting the formation of personal identity of children in group processes through the emphasis on Emotional Intelligence;
- Developing children's Social Intelligence in general in particular in multi-cultural situations, inspiring to non-violent communication in a setting of creativity;
- Furtherance of the cognitive IQ by enhancing SEL - Social & Emotional Learning;
- Because of the universal character the method is effective in all cultures in the world.

Michiel Czn. Dhont has developed a unique method of expressive-art based on exercises by movement and intuition through individual or collective drawing- and clay exercises that improve concentration and visual faculties. Sharing sensorial experiences causes social interaction that creates balance in the sense of the body. Enhanced self-confidence, decrease of stress, increase of creativity and profit from cognitive faculties are among the results.

The workbook The Timeless Hour offers applications for (remedial) teachers and is a source of motivation and inspiration in artistic- and creative therapies, psychotherapies and art schools.

The working method in the book can be put into practice in educational as well as curative settings with children, adolescents and adults.

All exercises in the book enhance and intensify the individual- and group experience.



They also improve concentration of the child through the process of integration to work with both hands simultaneously. This stimulates the exchange between the left and the right hemisphere.

This inner integration enhances the interaction between children in a learning process, also where children with different ethnic backgrounds are working together. Since today's society is evermore complex, it is important that children develop and integrate cognitive-emotional- and social intelligence.

Children as well as adults are confronted with deeply touching social events and environmental changes (crises). It is their task to give sense to these events and to make conscious choices in the realization of their lives.

The ideas and the exercises in this workbook correspond closely with the developments in pedagogy, neurology and social philosophy during the last decades.

Dutch language version / Publisher; [www.Lecturium.nl](http://www.Lecturium.nl) in 2014. Hebrew language version ACH Publishing House Israël; [www.achbooks.co.il](http://www.achbooks.co.il) - 2018 | Soon a German and Arabic version will follow. Info: [www.TimelessHour.org](http://www.TimelessHour.org) - author; [michiel@dhont.nl](mailto:michiel@dhont.nl) - [www.dhont.nl](http://www.dhont.nl) ☎ +31 (0)6 1010 8558

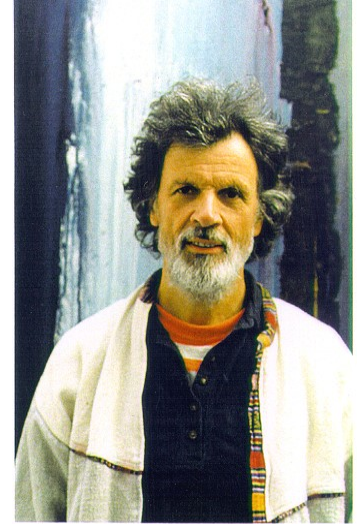
# The Timeless Hour

My name is **Michiel Czn. Dhont** (Amsterdam, 1940), author of 'the Timeless Hour'. My creative faculties in music and in visual art are my greatest challenge and satisfaction. The more I grow, the more I see that the substance of my creations and the way I express them become more simple and clear. This is visible in my entire life and work. My motto is:

**'trust your hands, they know all your inner images and know how to express them from your heart'.**

Being aware of my Self through my own bodily sense has formed my intuitive faculties and enriched my life. The greatest miracle which inspires me to gratitude is the life with my kids that Mea gave me.

In the course of my life I have acquired, by way of practical accompaniment in teaching children and adults, much insight in processes of life. The workbook 'The Timeless Hour' is the result of experiences which I shared over a long period of time in different countries. All these people have made precious contributions to the realisation of this book. Therefore I dedicate 'The Timeless Hour' to all the children of this world.



## Curriculum Vitae

**Michiel** is author, visual artist and musician in Jazz- and improvised music. He paints and makes monumental environmental art and gives performances / Land Art by Mandala- and Medicinewheel. On a regular basis he gives concerts and exhibits his visual art in the Netherlands and other countries.

**Classical and contemporary music training:** private studies piano and cello at the Conservatorium of Amsterdam. Music performances as acoustic-bassplayer in Jazz & improvised music. Masterclasses in acoustic bass: Ray Brown, Nils Henning, Ørsted Pedersen, Dave Holland and Miroslav Vitous.

**Concerts,** radio- and studio-recordings in the Netherlands a. o. **North Sea Jazz Festival in The Hague**, 1981, '83, '85; **BIMHUIS**, Amsterdam and concerts in France, Finland and U.S.A. with musicians from different nationalities. Listen examples at: [www.dhont.nl/mp3](http://www.dhont.nl/mp3)  
DVD 'JazzZien': a documentary on Jazz & Improvised music by University of Amsterdam 2005.

**Productions:** **VPRO-Life video** concert O-42 Arnhem 1980 / L.P-Album 'Improvisaties' 1981 / CD – piano trio OBAO meets Ab Baars 1996 / CD – grandpiano-solo 'Planetearthscapes' 1996 / Bimhuisconcert video Amsterdam 1999 / CD – OBAO – 'Beyond the Edge' with Luc Houtkamp (Boy Edgar-award 2005).

**Visual Art training** at Academie '63, Haarlem, Netherlands. Art teachers: Ger Lataster, Arie Kater and Wessel Couzijn and at the Rietveld Academie, teachers drawing training, Amsterdam 1964 – 1969, also at the Rietveld Academie, sculpture-training by Jos Wong en Aart Rietbroek.

**Exhibitions and work** in collections in the Netherlands a.o. **Stedelijk Museum Amsterdam** and in Canada, U.S.A., Danmark, Finland, France, Germany, Iceland and in the Philippines.

**Travelling and Studies abroad** in U.S.A, Australia, Mexico, Maroc, Middle-East and **Egypt (financed by Dutch Ministry of Culture/OC&W)**, India.

**Teaching** at primary schools and fine arts institutes in the Netherlands as well as abroad.

**Productions:** 8 Video's of performances, films, visual art processes with groups, concerts and music/theatre: a.o. **Paradiso and Melkweg Amsterdam** and Art Academy, Helsinki, Finland.

**'Studio Molenpad'** in Amsterdam has been founded as a private Art Academy by Michiel in 1975. Students do follow a diversity in training to become teacher/therapist in **visual art expression by movement and intuition**. Besides annual courses and weekendtrainings, Michiel gives summertrainings in Greece (South Peloponnesos) and in France at Culture Centre L' Huy Préau.

**'The Timeless Hour'** This workbook was first published in 2000. Since 1999 there is a workgroup of former-students of 'Studio Molenpad' for the introduction and coaching the method of the book 'The Timeless Hour' on primary schools and various Healthcare institutes in the Netherlands, W.H.O. 2002.

**NEXUS-EQ World Conference of Emotional Intelligence** (New York) held in the Netherlands in 2005. Motto: Tools and wisdom for a 'Sustainable World'. As author of the 'The Timeless Hour' Michiel Dhont has been invited to present his vision and method in sessions of **Learning by doing** of Expressive art by movement and intuition. Aim is to let grow emotional intelligence in being/acting towards consciousness..

**Online** a brandnew version of The Timeless Hour in Dutch has appeared in 2014; German and Arabic publishing soon will follow. [www.TimelessHour.org](http://www.TimelessHour.org) / author [michiel@dhont.nl](mailto:michiel@dhont.nl)