

Healing through the Creative Arts

A sample of Healing through the Creative Arts using beads

Beaded gemstone, or hand-made glass jewelry, may be created in individualized sessions. Many people enjoy the relaxing opportunity to use their creativity in a new way, to make a special gift for themselves or for someone else.



"Pink Princess"

A sample of Healing through the Creative Arts, using watercolors

The image below is a tiny segment of a watercolor painting. It depicts a scene of fire and smoke, with a blue, cartoonish, super hero who has pink lips, in the foreground. In the background, there are other images to be seen. The painting is in reference to childhood sexual abuse, and the pain it causes. Yet there is a hero present, (Hope.)



"Little Blue Super Hero, in the Midst of the Fire,"

Healing through the Creative Arts in Sand Mandala Interpretive Art Sessions..

The sand mandalas are done on a large white-board, about 2 x 3 feet. A camera is used through-out the process, as each person sprinkles their own additional colors of sand. Each color changes the picture and builds the story, like turning the page of a book, until the information stops coming through. We can also work with groups. We use *Animal Speaks*, as a text for a frame of reference, for any totem animals that show up, in which case, the story can be read to the client.

Samples of Sand Mandalas



"Skinny Lady with Stroller"

This picture depicts a tall thin lady, with bushy white hair, big sunglasses, and a see-thru, long, blue, dress, (in person you could see the shape of her bones, like an x-ray, through the dress,) The lady appears to be pushing a stylized, rounded, baby stroller, and she has a little baby on the front of her body.

The babies' head is under the ladies' chin, and his left arm looks transparent, over the ladies' upper arm. Or, instead of seeing a stroller, someone could see it as an odd looking kid, with a rounded body, and his arms up, dancing with the lady. One could see this in many other ways. This process is open to interpretation.



"The Dancers"

The Dancers in this sand painting are dressed in long, colorful outfits, and some are wearing hair wraps. The people are positioned in interesting poses. This painting was created at the Botanical Gardens of Cleveland.