

Art as Healing

Walking in Beauty

The Art of Healing

- <https://www.ucsf.edu/news/2014/12/121776/art-healing>
- <https://www.youtube.com/watch?v=M1kNtIT-KJA>

Walk in Beauty: Navajo Prayer

Walking in Beauty: Closing Prayer from the Navajo Way Blessing Ceremony

In beauty I walk

With beauty before me I walk

With beauty behind me I walk

With beauty above me I walk

With beauty around me I walk

It has become beauty again

Hózhóogo naasháa doo^{SEP} Shitsijí' hózhóogo naasháa doo^{SEP} Shikéédée hózhóogo naasháa doo^{SEP} Shideigi hózhóogo naasháa doo^{SEP} T'áá altso shinaagóó hózhóogo
naasháa doo^{SEP} Hózhó náhásdlí' Hózhó náhásdlí' Hózhó náhásdlí' Hózhó náhásdlí' Hózhó náhásdlí'

Today I will walk out, today everything negative will leave me

I will be as I was before, I will have a cool breeze over my body.

I will have a light body, I will be happy forever, nothing will hinder me.

I walk with beauty before me. I walk with beauty behind me.

I walk with beauty below me. I walk with beauty above me.

I walk with beauty around me. My words will be beautiful.

In beauty all day long may I walk.

Through the returning seasons, may I walk.

On the trail marked with pollen may I walk.

With dew about my feet, may I walk.

With beauty before me may I walk.

With beauty behind me may I walk.

With beauty below me may I walk.

With beauty above me may I walk.

With beauty all around me may I walk.

In old age wandering on a trail of beauty, lively, may I walk.

In old age wandering on a trail of beauty, living again, may I walk.

My words will be beautiful...

- <https://www.youtube.com/watch?v=nwegDq6quQY>
- <https://www.youtube.com/watch?v=85nHEaolF7Q>
- <https://www.youtube.com/watch?v=ruYNI-emEic>
- <https://www.youtube.com/watch?v=ldgz85YS70o>

Navajo Sand Painting

Navajo Sandpaintings, also called dry paintings, are called "places where the gods come and go" in the Navajo language. They are used in curing ceremonies in which the gods' help is requested for harvests and healing.

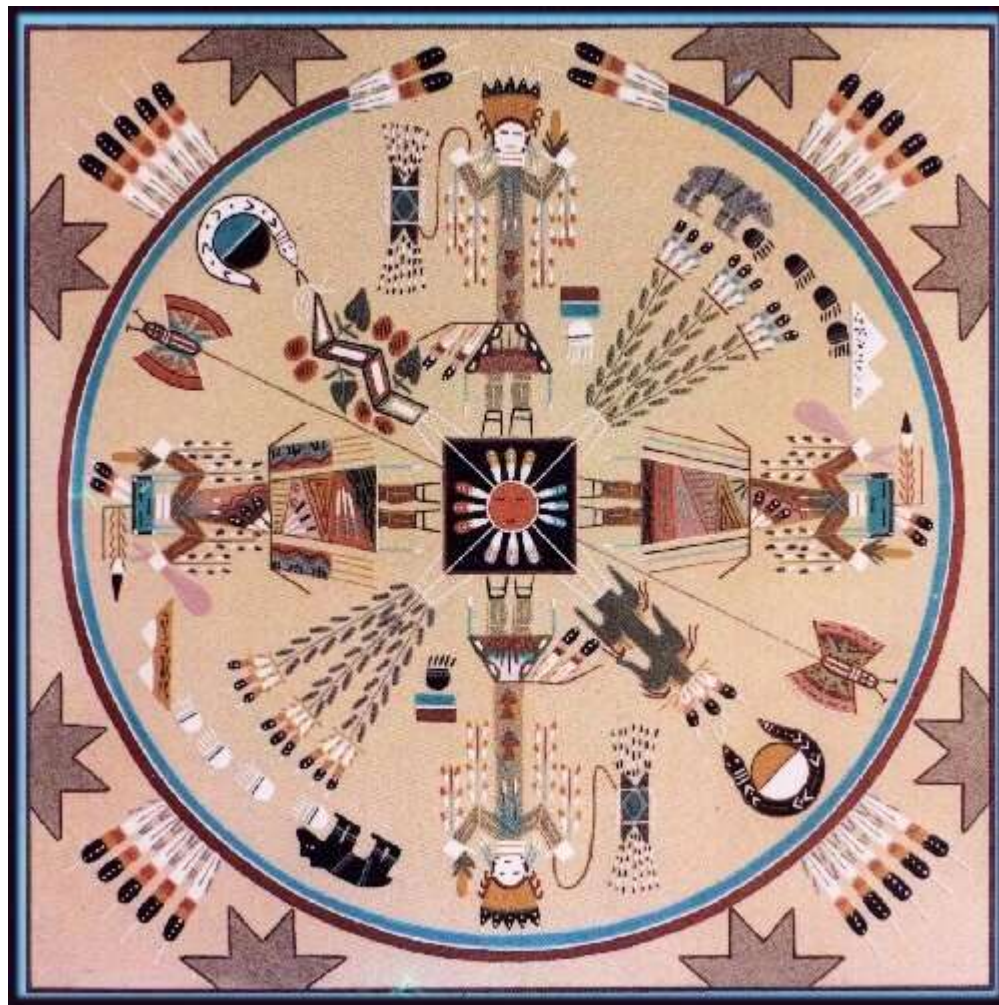
The figures in sand paintings are symbolic representations of a story in Navajo mythology. They depict objects like the sacred mountains where the gods live, or legendary visions, or they illustrate dances or chants performed in rituals.

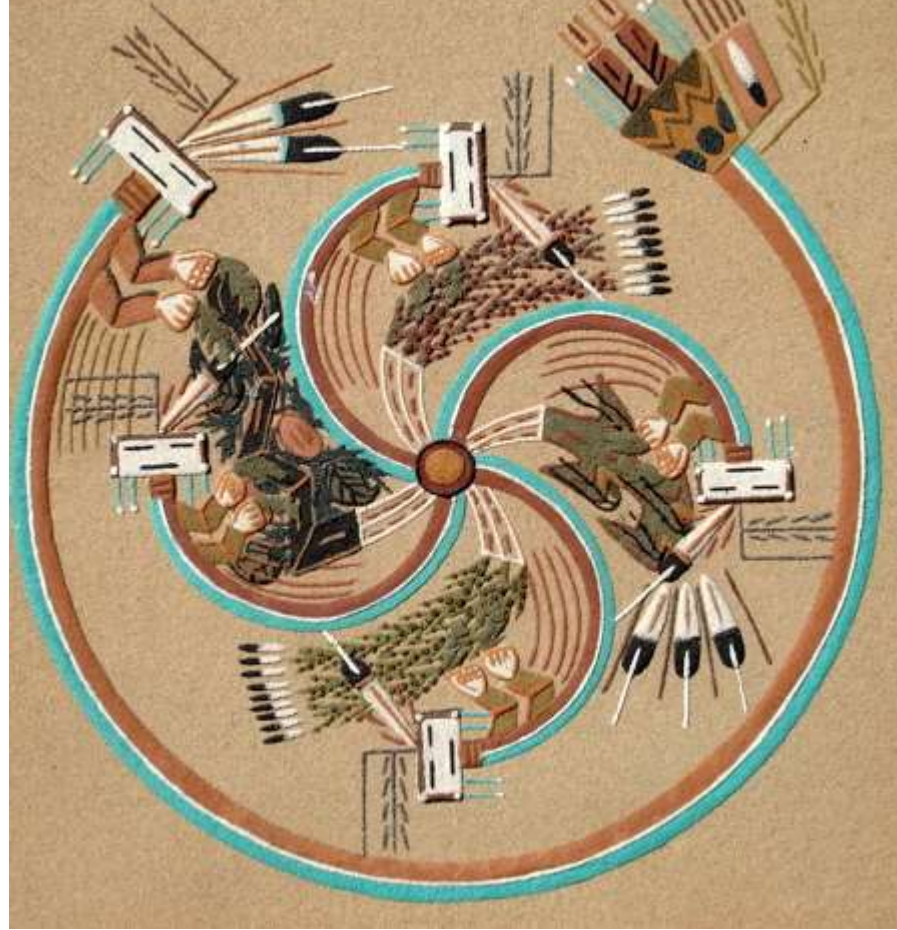
<https://www.pbs.org/video/kued-documentaries-we-shall-remain-sand-painting/> (PBS no sound)

<https://www.youtube.com/watch?v=WXVEgyfaEmk> (no words 6 mins)

- https://www.youtube.com/watch?v=IEMXfjV-p_E
- <https://www.youtube.com/watch?v=soT6UhmimFY>







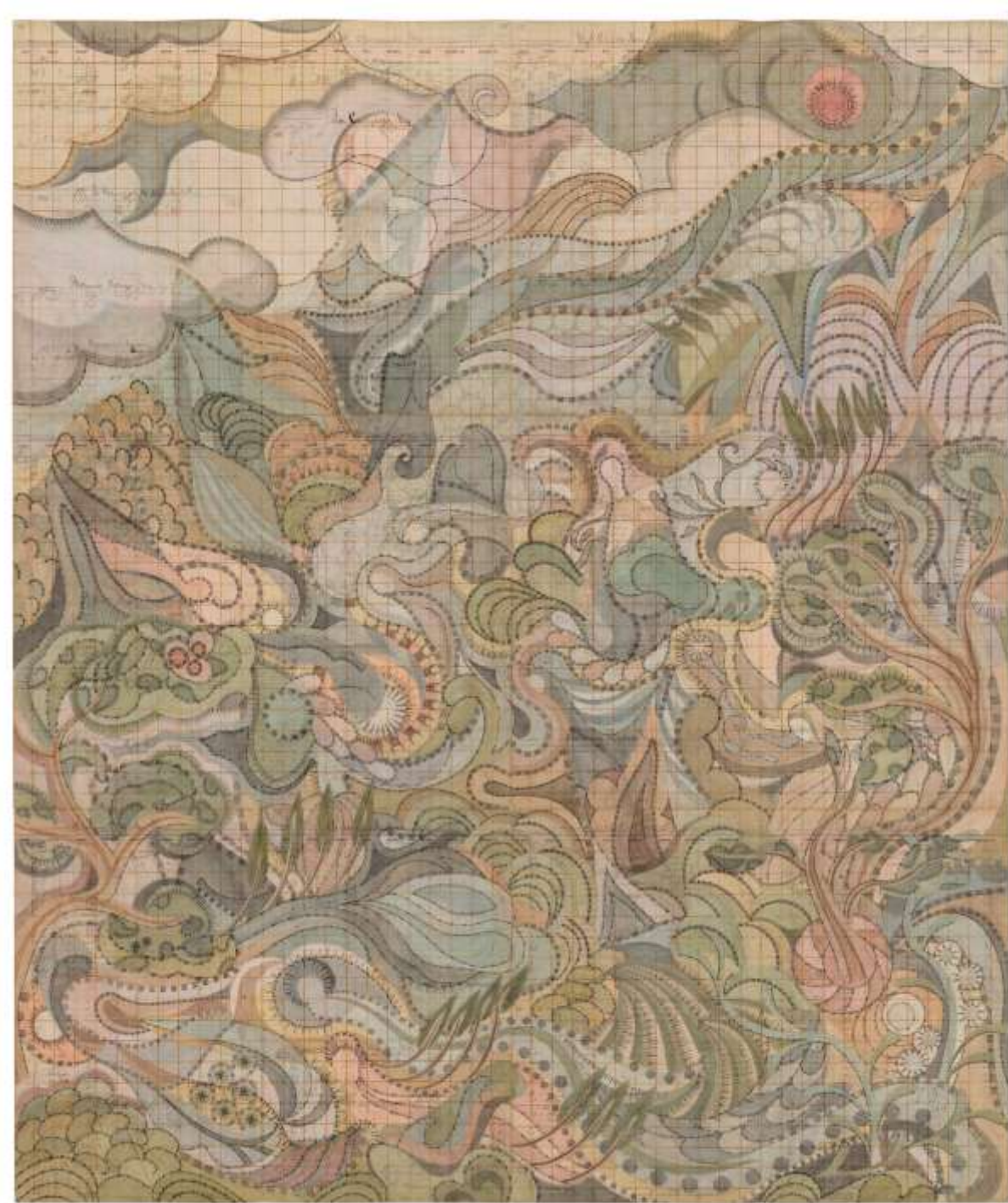
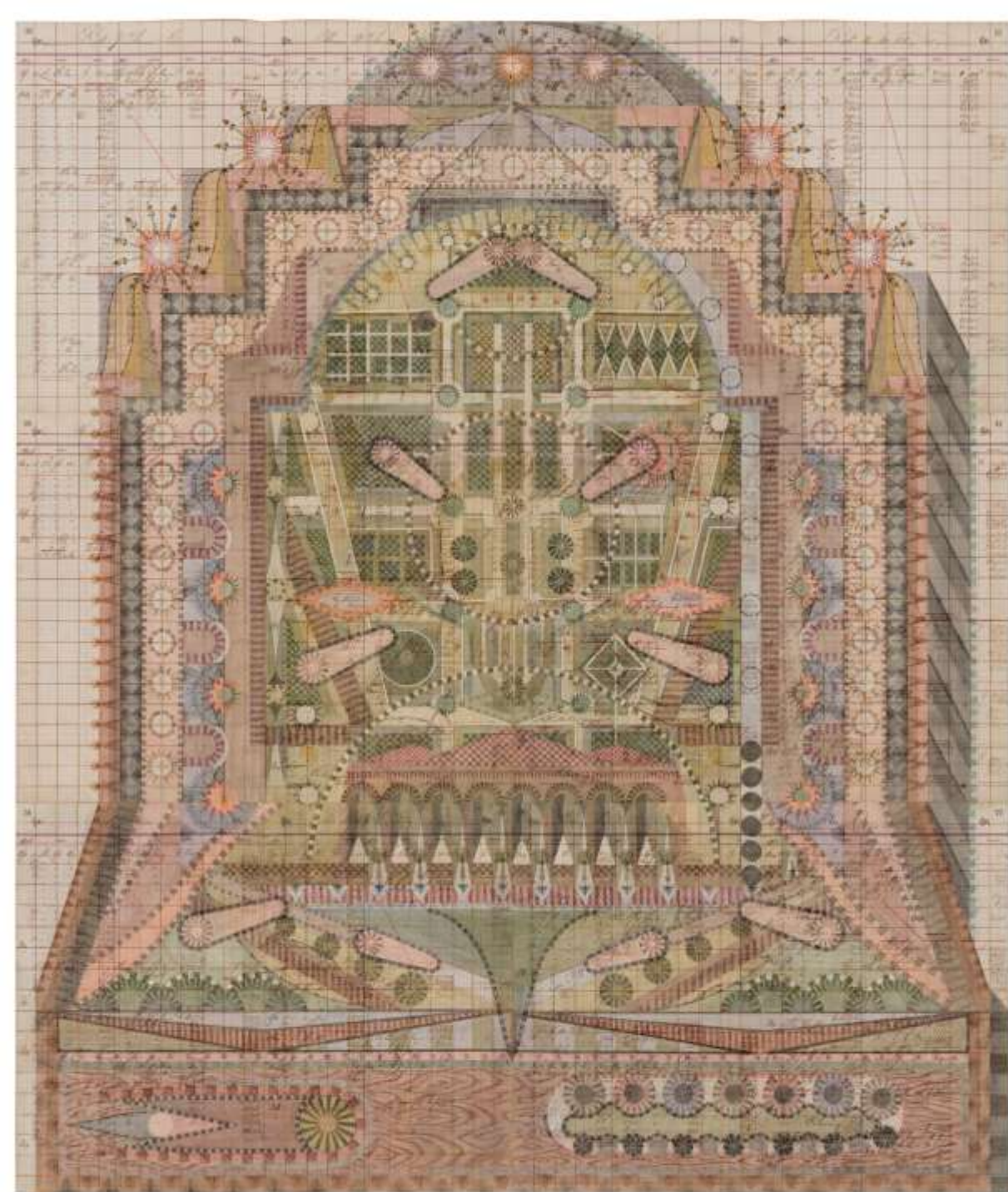


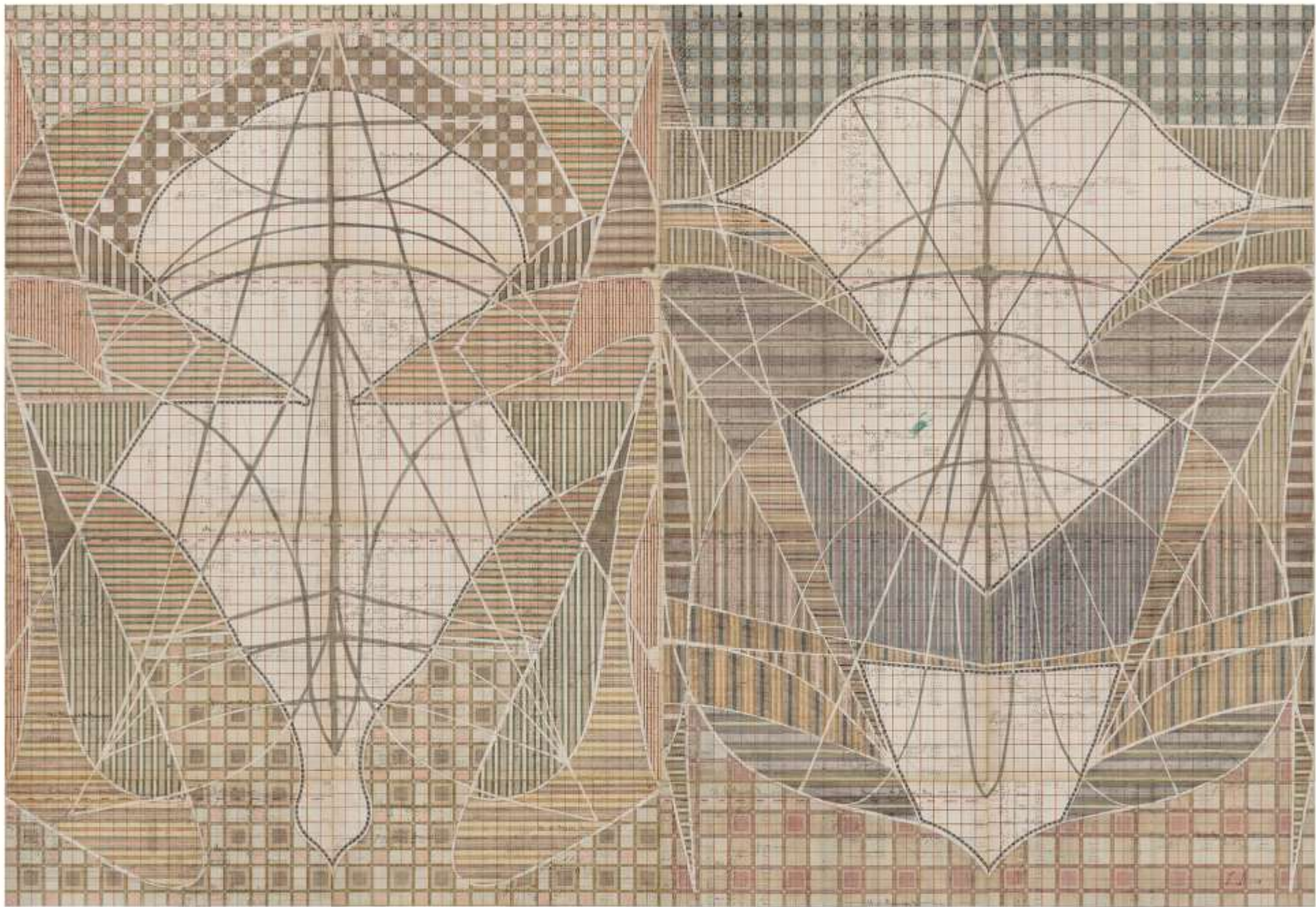
Louise Despont

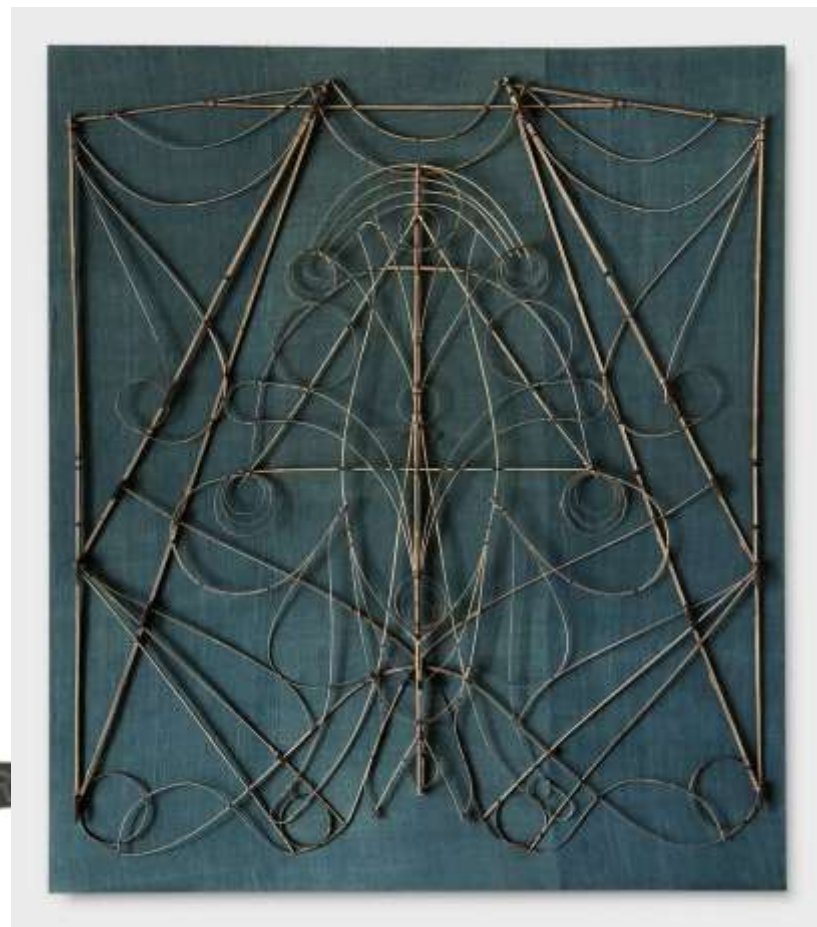
Louise Despont was born in 1983 in New York; she lives and works in New York and in Bali, Indonesia. Since discovering the potential of working with pencil and architectural stencils on paper, Despont has adopted an intuitive process in which she allows her drawings to develop as she creates them, resulting in an almost devotional object comprised of dense colors and shapes.

- https://www.youtube.com/watch?v=GX_qowuV0hM

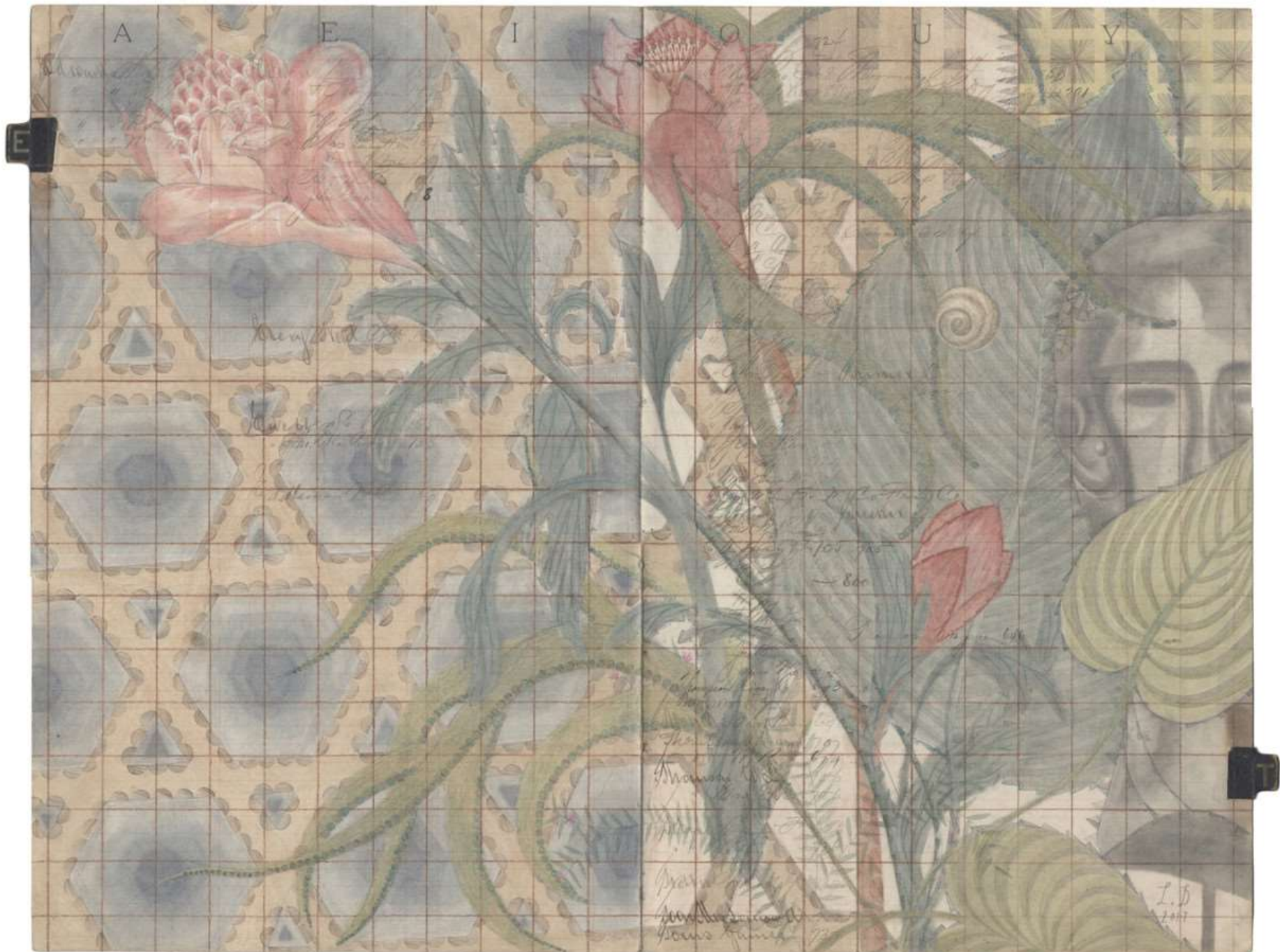












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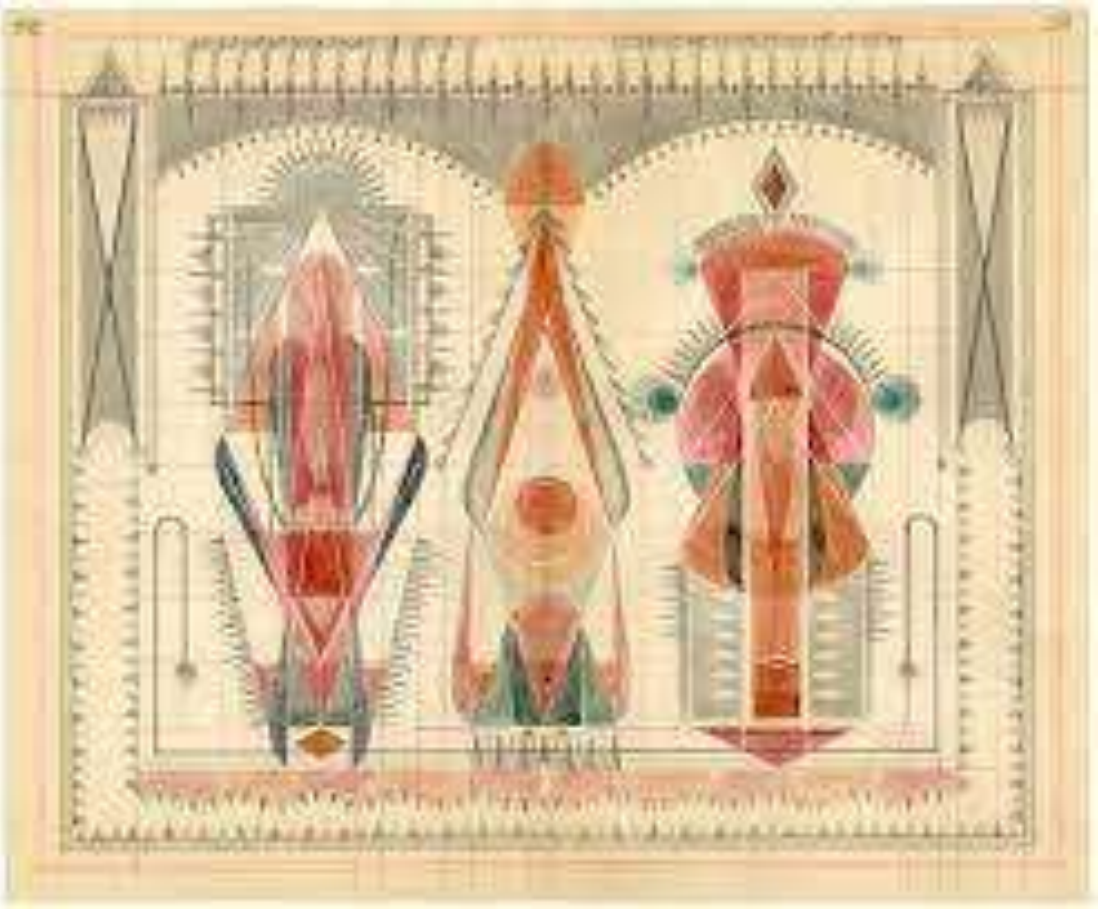
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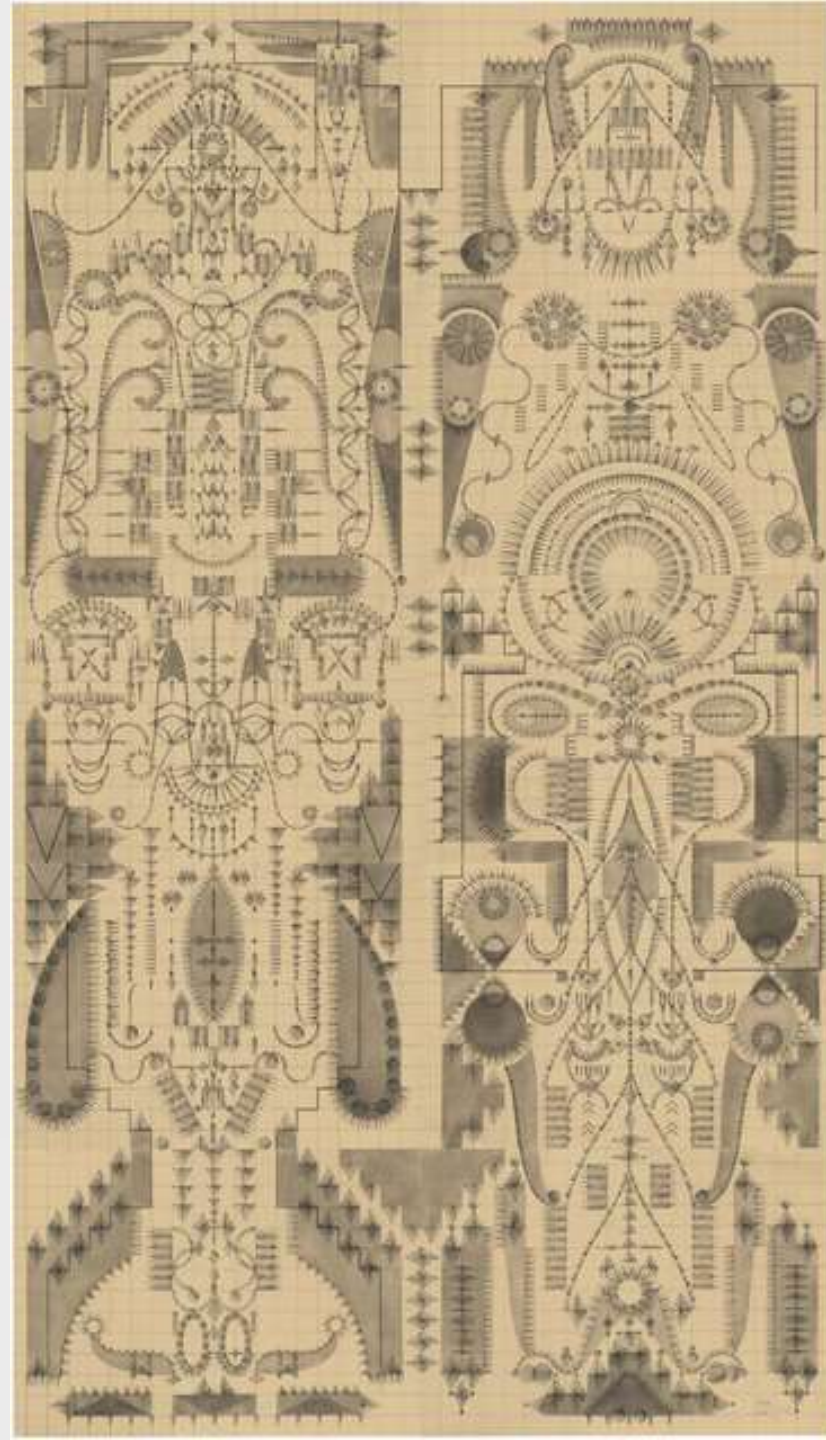
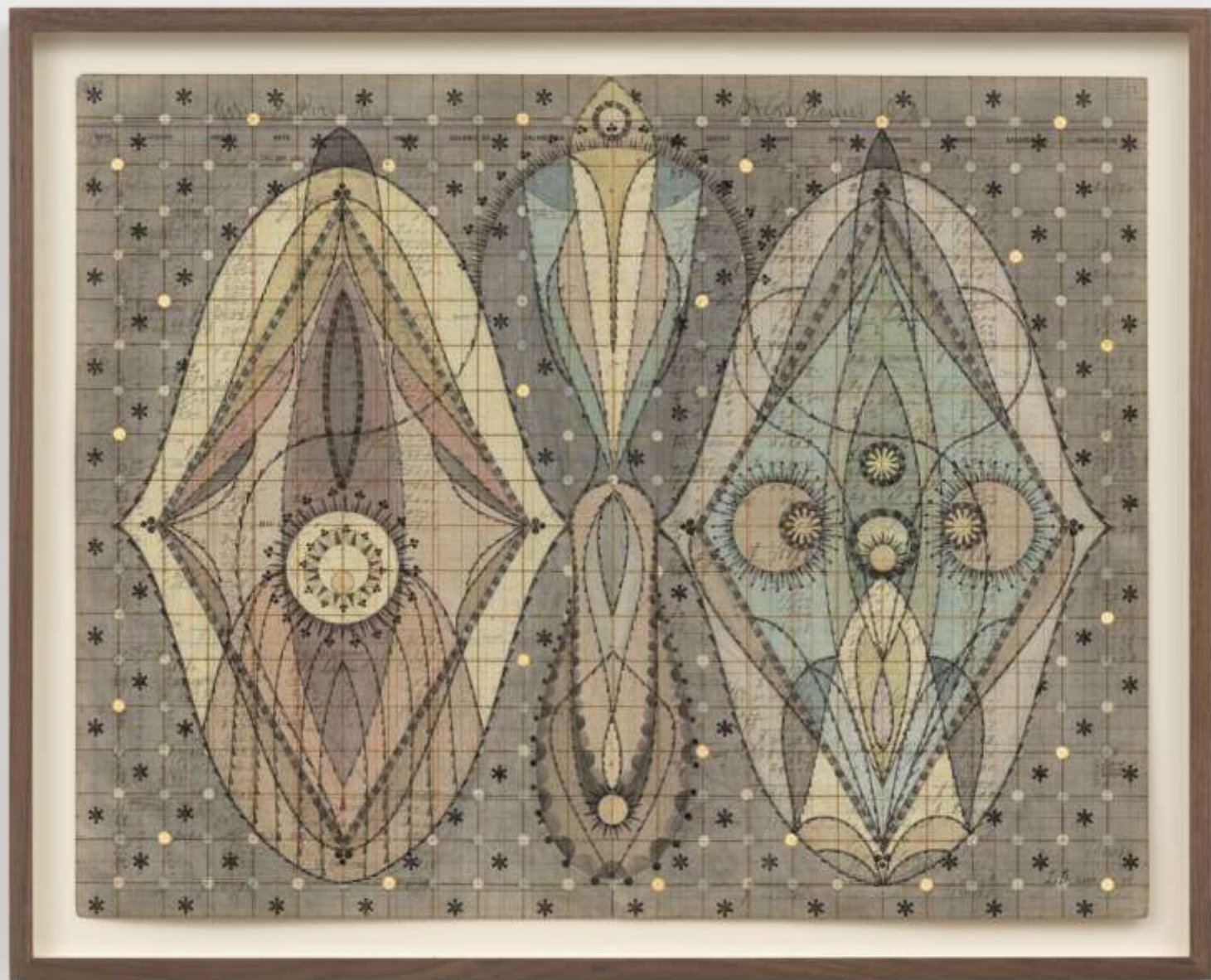
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Kazuki Takizawa

As an artist who lives with bipolar disorder, Kazuki Takizawa uses glass as a means to explore his inner reality and destigmatize mental illness. In an aim to give the invisible shape, Takizawa crafts elaborate vessels and installations, each with a unique story. Universally rooted in a dialogue around mental health, his series examine broad themes such as attaining minimalism among chaos as well as personal narratives around family, and his individual challenges. Takizawa has travelled to numerous communities in and outside the US to share his work and act as an advocate for mental illness. His practice offers an uncommon and inclusive space to increase awareness and start a conversation.

Takizawa is a Japanese glass artist based in Los Angeles, California. He graduated from the University of Hawaii at Manoa with a BFA in glass art in 2010 and currently owns and runs KT Glassworks.

- <https://spectrumnews1.com/ca/la-west/arts/2021/08/16/kazuki-takizawa-s-solo-exhibition-at-craft-contemporary-finds-beauty-and-hope-in-glass#>
- <https://www.nbcnews.com/news/asian-america/how-working-glass-helped-artist-kazuki-takizawa-open-about-mental-n809896>









Jingle Dress Project

Eugene Tapahe, Navajo, is a designer, artist and photographer, who specializes in capturing the beautiful landscape and people of the Southwest.

Fine arts photographer Eugene Tapahe's idea for "Art Heals: The Jingle Dress Project" came to him in a dream. Legend has it the jingle dance originated from an Ojibwe man who dreamt of its healing power during the Spanish Flu. Now, Eugene travels the west photographing his daughters and friends in National Parks and Monuments as a way to reclaim indigenous spaces and bring healing to the world. [pbsutah.org/this-is-Utah](https://www.pbsutah.org/this-is-utah)

Since June 2020, the Jingle Dress Project has toured the country, promoting wellness and healing through dance and photography. So far, they have visited nearly three dozen sites, which has included many national parks and sites once frequented by Native Americans. On July 10, 2021 the group visited Cannon Beach and performed in front of its iconic landmark, Haystack Rock. KLCC's Brian Bull was there to document their visit, as they continue to tour the Pacific Northwest.

- https://www.youtube.com/watch?v=phXsi_CdJzM (use this)
- <https://www.youtube.com/watch?v=sGdGjnvAiUs> (3mins)









Meredith Monk

Meredith Jane Monk is an American composer, performer, director, vocalist, filmmaker, and choreographer.

- <https://www.youtube.com/watch?v=R36Vh37-OQ4>





Guadalupe Maravilla

Sculptor, performer, and sound healer Guadalupe Maravilla combines his personal experiences as a formerly undocumented immigrant and cancer survivor with ancient and indigenous knowledge to create new rituals for healing. An impressionistic and kaleidoscopic look at Maravilla's multifaceted practice and biography, the film follows the artist as prepares his solo exhibition at Socrates Sculpture Park in Long Island City, New York and conducts healing sound performances for his community. From his Brooklyn studio, Maravilla recounts his personal journey as an unaccompanied minor fleeing the civil war in his native El Salvador and migrating through Central America to the United States. As an adult, Maravilla was diagnosed with colon cancer, which he considers a physical manifestation of the trauma he experienced as a child. During his radiation treatments, Maravilla was introduced to the sound bath, where participants are "bathed" in sound waves meant to encourage therapeutic processes. Struck by the healing potential of sound, Maravilla vowed to learn and share sound healing with others if he overcame cancer.

<https://www.youtube.com/watch?v=4OQeUMZ3jNk>











Firelei Báez

Firelei Báez is a Dominican artist based in New York City known for intricate works on paper and canvas as well as large scale sculpture. Her art explores the Western canon through the elements of non-Western reading.

<https://art21.org/watch/new-york-close-up/firelei-baez-an-open-horizon-or-the-stillness-of-a-wound/>

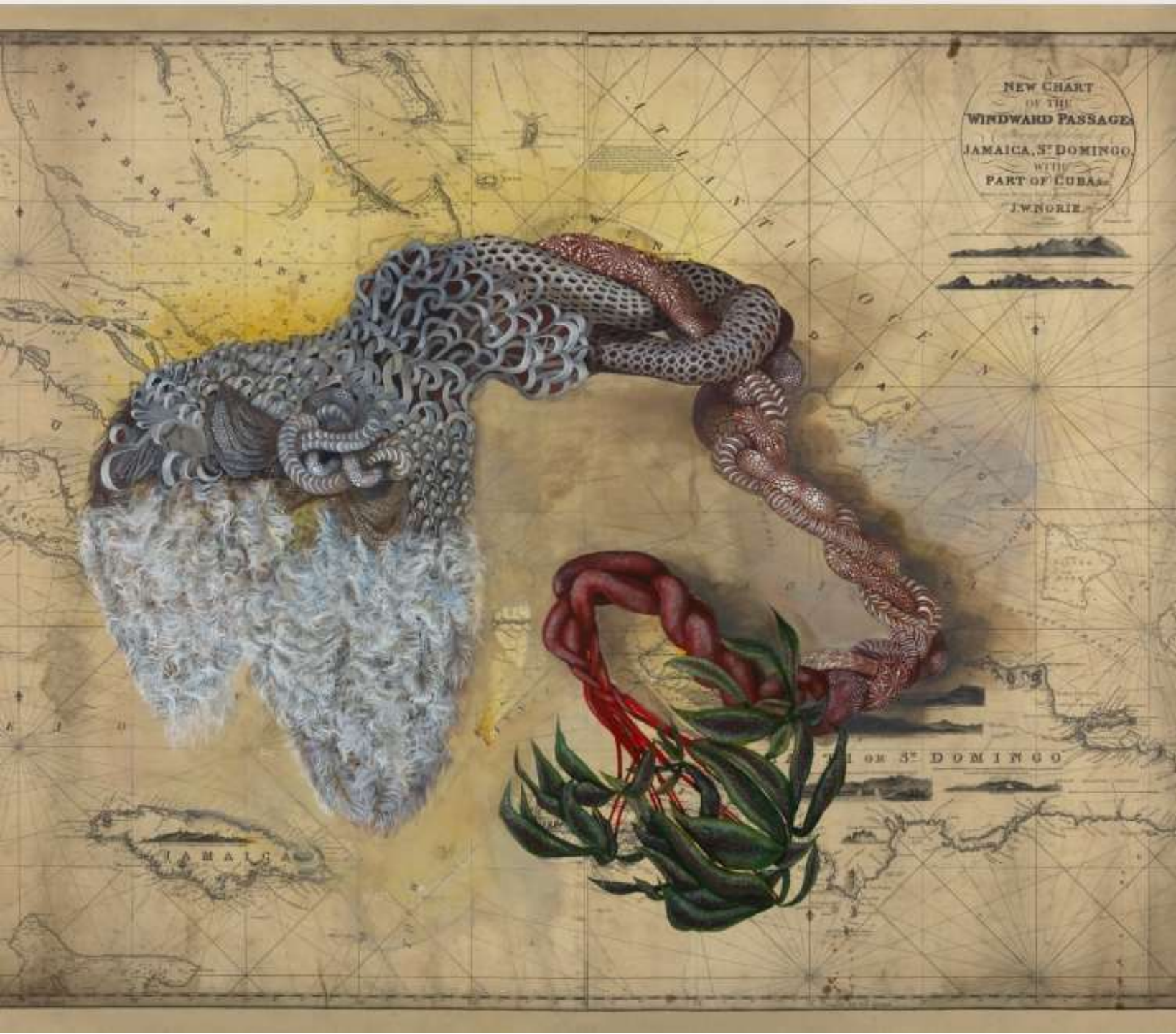




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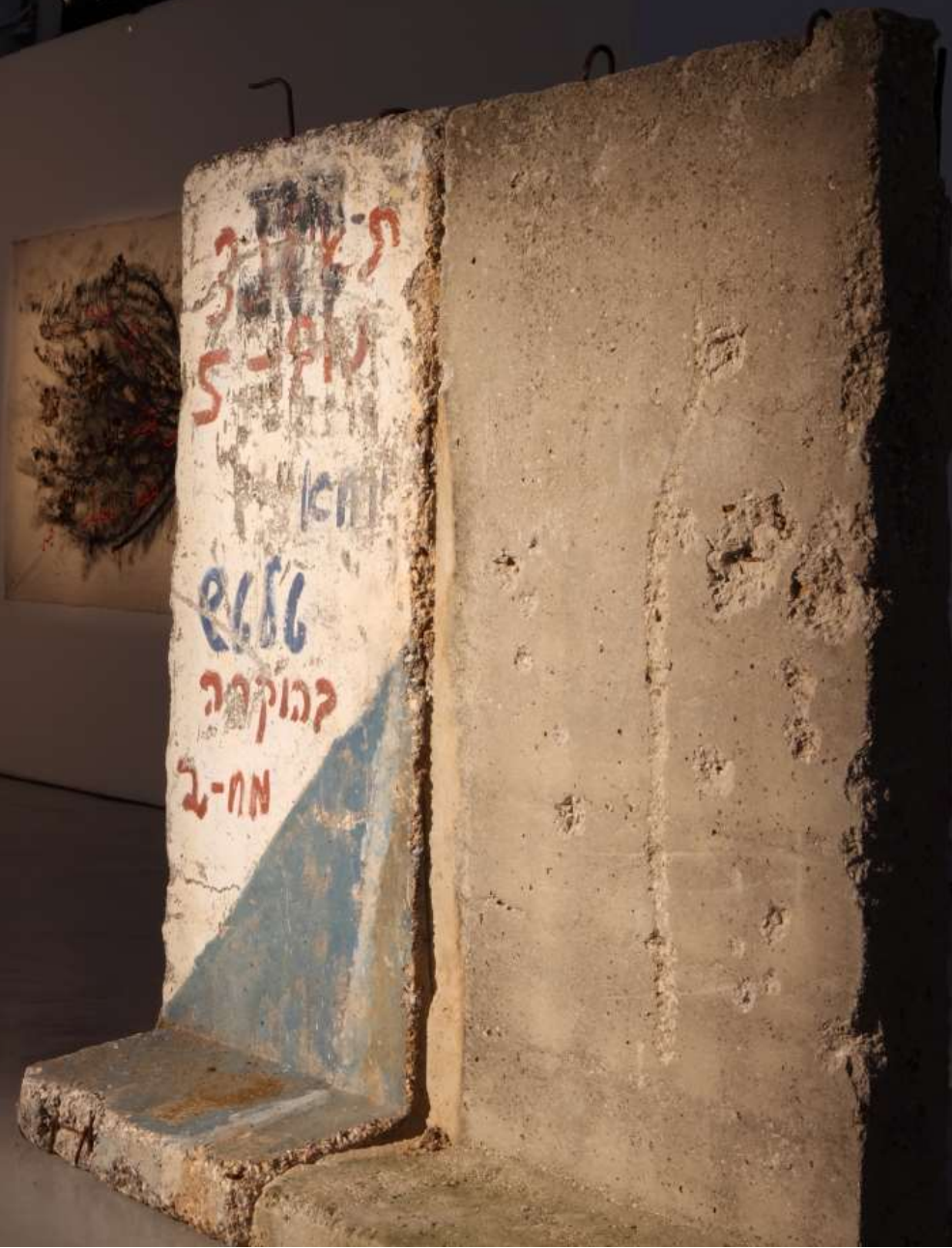
Zena El Khalil

Zena el Khalil believes in the positive impact that art can have on the world. Born year of the Dragon, she is a visual artist, writer and Nāda yoga instructor based in Beirut. Her work includes mixed media paintings, installations and performance that focus on creating a culture of peace through love, compassion, forgiveness and empathy. She holds a Masters of Fine Arts from the School of Visual Arts in NYC, a Bachelor of Graphic Design from the American University of Beirut. Zena has also completed two yoga teacher trainings certified by the International Yoga Alliance; Nāda Yoga (Heart of Sound 200hr RYT) in Rishikesh, India and Hatha Yoga (Indea Yoga 250+hr RYT) in Mysore, India. El Khalil exhibits internationally, including New York, San Francisco, Miami, London, Paris, Tokyo, and Dubai. She has also held solo exhibitions in Lagos, London, Munich, Turin and Beirut.

- <https://www.youtube.com/watch?v=1iYr1C6hJmY>







Agnes Denes

Agnes Denes is a Hungarian-born American conceptual artist based in New York. She is known for works in a wide range of media—from poetry and philosophical writings to extremely detailed drawings,

The American environmental artist Agnes Denes, who planted a wheat field against the backdrop of New York's Twin Towers in 1982, has chosen Venice as the second location of her site-specific flag installation, "The Future is Fragile, Handle with Care". The installation is a cultural call to action in response to the crisis of human and planetary health.

The site-specific flag installation is fluttering in the breeze in the Venice lagoon, her latest cultural call to action coinciding with the 26th UN Climate Change Conference, Cop26 in Glasgow (until 12 November). The flag, installed by local fishermen last month, is the latest iteration in an environmental project led by Healing Arts, a non-profit founded last year by the Culturunners organisation and the World Health Organisation's Arts & Health Programme.

<https://www.youtube.com/watch?v=OiZp3m89Cvs>





Assignment Suggestions...

- Create your own artistic interpretation of Walking in Beauty
- Create an autonomic artwork, one that is self-soothing (no overthinking)
- Re-interpret a stereotype
- Use stencils in an artwork

Shaun Leonardo

Shaun El C. Leonardo is an American artist and performer best known for his work exploring the relationships between masculinity, sports, race, and culture.

How can splintered stereotypes become mechanisms for portraying a fuller self? Summoning experiences from his formative years, performance and socially-engaged artist Shaun Leonardo embarks on bold explorations of the ways that art has allowed him to expose and distort societal perceptions of Brown and Black people, and, in the process, make sense of his identity. Born to Latin American immigrants in Queens, New York, and recruited to play football at a private New England college, Leonardo recounts a seminal moment on the playing field: a beloved coach provokes him to play as if he was “just let out of Rikers.” For Leonardo, the incident revealed the hypervisible and dehumanizing ways that Black and Brown bodies are perceived, setting him on a path to seek ways that he might exist more fully and freely in his body.

- <https://art21.org/watch/new-york-close-up/shaun-leonardo-the-freedom-to-move/>

