

ARTS IN HEALTH WORKSHOPS “SIGNIFICANCE” FOR ONCOLOGY PATIENTS

Using my mom’s journey with cancer as a foundation, this program will direct the efforts to develop positive, pure visualization, identify images and concepts that can lead the patients into art expression. This also will allow the ability to redirect thoughts away from pain and fear while taking the patient on a personal journey to see the light inside themselves, the beauty around them, the joy of creating something and the gift they can offer to the world.

A LIFE GEM



We will use bells as a sacred sound, as it is a significant and important sound in the journey for a cancer patient. We will invite the patients to get connected to their minds and spirits, using a selection of soft and relaxing melodies and a guided breathing exercise which will lead them into our art exercise. We'll allow some time to stop and value who they are, what gifts they can share with the world, and the gifts they can peacefully receive from the world around them.

I will encourage to create collage pieces based on the concepts.

Sacred sound

Soft Melodies

Breathing



My Essence



Gift to the World

My Intention



WRITTEN WORDS

We will use a guided imagery technique used now in many cancer centers like Cleveland Clinic, to lead them into identifying their life gems, and finding the light within them as Luna, the main character in the story, shares with the world. She understands her inner light and shares it with others.

In the story her world is black and white, unless she purposely identifies a life gem each day. This allows color into her world. Intentionality becomes the key in the middle of a battle. We will lead them into a short, guided imagery and help them see life gems into their journey.



The story will be printed and also an audio file to share with the patient.

Guiding the patient to identify:

The light within themselves as Luna did

To understand what is a life gem in the story and what is a life gem in their journey

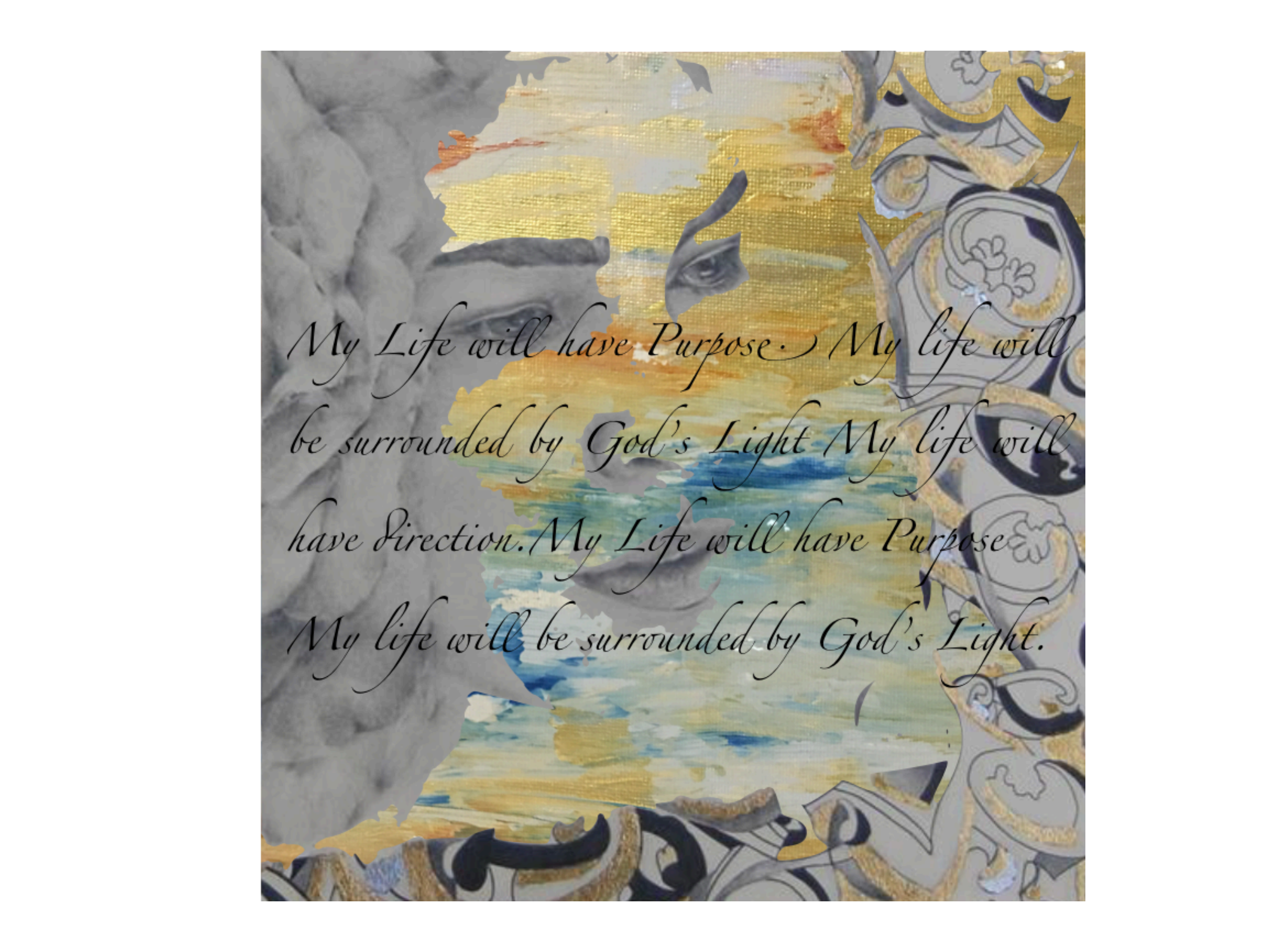
Luna looks for life gems to bring color to her world. Look for your life gems and the colors they bring to your life

CREATING ART

We can create beauty in our hearts by intentionally finding significance in the simple things around us. We will create a collage and use music as inspiration. What color is their world usually and what color will it become when they recognize a life gem? How do they see their world and what life gems do they want to purposely recognize and keep in their hearts?



Light within Me



*My Life will have Purpose. My life will
be surrounded by God's Light My life will
have Direction. My Life will have Purpose
My life will be surrounded by God's Light.*

A beautiful necklace will be created with the patients and they will have a special place to symbolize life gems as a reminder to look for them.



SYMBOLISM “BE A GIFT TO OTHERS”

We can create beauty in our hearts by intentionally finding significance in the simple things around us. We will create a collage and use music as inspiration. What color is their world usually and what color will it become when they recognize a life gem? How do they see their world and what life gems do they want to purposely recognize and keep in their hearts?



ENCOURAGE A JOURNAL

INTENTIONAL WHEEL

This wheel is similar to a mandala on any representation with images or words of all the good things that happened before this moment, and all the things that they'd like to see happening, like healing, health, balance, etc.

Let those positive thoughts take you and develop an image or written words of healing to use as your new way of looking at your situation. Once you identify some of these feelings began to create collage pieces and try medias and enjoy and benefit from the creations process.

Love - Faith - Courage - Purpose - Significance -

Happiness Peace Give Receive

Love - Faith - Courage -

Purpose - Significance -

Happiness Peace Give Receive

Love - Faith - Courage - Purpose - Significance -

Happiness Peace Give Receive

Healing with the Arts

Arts in Health Workshops “Significance”
for Oncology Patients

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