



Art Heals

Close Looking, Close Reading, Creative Practice

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Attention

Close Looking
Close Reading
Creative Practice

Perhaps the most important
thing we ever give each other
is our attention

-Rachel Remen, *Kitchen Table Wisdom*

What is going on in this artwork?

What do you see that makes you say that?

What else can we find?





What is going on in this artwork?

What do you see that makes you say that?



I Have Decided

By Mary Oliver

I have decided to find myself a home
in the mountains, somewhere high up
where one learns to live peacefully in
the cold and silence. It's said that
in such a place certain revelations may
be discovered. That what the spirit
reaches for may be eventually felt, if not
exactly understood. Slowly, no doubt. I'm
not talking about a vacation.

Of course at the same time I mean to
stay exactly where I am.

Are you following me?

“The language of science did not begin to capture the heartache of the family, the tragic voyage of the patient, and my own grief at seeing this again and again.”

Abraham Verghese, Physician and Author

WRITE/CREATE ABOUT

- falling or floating
- being untethered
- the in between spaces
- two worlds
- the shape or color of care
- a clearing or a divide
- being wild or tamed
- a landscape



