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## **2022 Capstone Mural Description**

We decided to create our mural through a lived experience of the Art Therapy process. We began by sequestering our group and grounding ourselves through a group meditation. We then discussed our present moment meditation visualizations in tandem with the elements of our previous group ideas, and, through mark making, merged them into a guidepost for our painting process. Just as in Art Therapy, the art process led us where we needed to go. It revealed what was pertinent and exposed what needed to be added. Aspects of our mural include: a hummingbird, a monarch butterfly, a hand with milagros, a sacred spiral, the sacred heart, the four directions. Our mural also gave suggestions to the earth, air, fire, and water. The overall design of the mural symbolized that of a tarot and oracle card.

The monarch butterfly represents a powerful transformation—metamorphosing to reach full potential and oneness. Hummingbirds represent joy, healing, and spiritual connection—a guiding light and a conduit for connecting to spirit and soul. The hummingbird also represents trust in self and freedom from the confines that society and others have built. The Hand with Milagros represented connection to culture, spirituality, prayer and ritual. The sacred spiral is an ancient symbol representing the universe, the eternal. It was inspired into this image by the pull of an oracle card on the morning before the Mural painting. Aspects of an Oracle or Tarot card came through the unfolding of the creation process and connecting to the collective unconscious through intuition.

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The energy forces that sustain life are represented by the four elements of Earth, Air, Fire, and Water. Coming from all across the country, our group was brought together to enter a process through the sacred heart. Earth, represented by the mountains in the mural, evokes groundedness, abundance, nourishment, stability, Mother Earth, and the Feminine archetype. Fire, the flames of the Sacred heart, represents courage, passion, transformation, creativity, and love. Air, represented by the sky, symbolizes the life breath, intelligence, and a connection to universal life force. Water is life...humans are made up of 60-70% water. It can sculpt stone, cool a fever, release emotion, cleanse both body and soul, and cradle a baby for 40 weeks until finally bursting and birthing it into existence...Water is life.