

Group Mural Description: Group 3

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Process: We were able to utilize each group members ideas, as outlined in our proposal. Right from the moment we popped in our breakout room in week 1, our group flowed easily and synchronistically. Our painting process mimicked this ease as our four in-state group members worked on our mural. Our out of state member was included in the process and the gemstones she sent will be glistening in our constellations for years to come! We worked extremely well as a team, checking in with everyone as painting decisions were made. Every group member played a part, and we are all extremely smitten with how our mural turned out!

Mural Description for “Symphony of Growth”: (Taken from our group proposal) Our group utilized the symbols of the sunset over water, the cosmos/universe – including each of our astrological sun signs, the eye, and the flower, specifically the lotus. The sunset, to us, is “so beautiful it hurts,” much like our experience and process at Southwestern. It is the ultimate transformation, the confluence of endings and beginnings. Water is the universal symbol of life. It represents purification and reflection, much like our shared journey at Southwestern. The sunset will fade into the cosmos, representing the expansiveness and endless possibilities of our service to the community. Our sun signs will be represented in the cosmos, exemplifying our collective individuality. The eye symbolizes the gateway to the soul and embodies moral conscience, an essential aspect of being a therapist. Finally, the lotus must endure a tumultuous voyage to rise through the mud and blossom at the waters surface. Resilience, enlightenment, and rebirth can only be achieved by growing through the murkiest of waters. Together these symbols compose our symphony of growth and transformation through the art therapy and counseling program. We hope the Southwestern community receives a message of hope, courage, and expansiveness through our Capstone Mural.