

# Capstone Mural Project | E.Carovillano

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**Title:** Summation

**Process:** Alyssa Made the stencils up north and they arrived in Santa fe a few days before the mural making process began. Our group chalked up the outlines of the main shapes and forms and started painting the following weekend.

There was a natural flow in which we were grateful to experience since we didn't plan out who was going to do what, but it unfolded perfectly. As we reached the end of working on the mural, we began to dance in the rhythm to each other. Moving in and out, with paint in hand. Giving and taking space equally.

**Symbols:** (please see poem for creative meanings of symbols)

Stars-higher power, cosmic connection

Hawk-messenger of truth

Burning heart-transformation

Drum-natural rhythm of nature and self

Juniper berry (crown)-connection to nature, growth comes from discomfort

Purple Asters- joy, abundance

Water ripples- inward/outward, energy

Evergreen-grounded, rooted, connection to nature

**Hopes:** We created this piece to express our experience at Southwestern College as a record for upcoming students. Although we each had different experiences that made our time at Southwestern unique and unforgettable, there is a sort of comradery that comes with going through this curriculum together and coming out the other side as better versions of ourselves. However, we know that this is only the beginning and we will continue to do the deep work it takes to stay true to ourselves and others.



She walks to the rhythm of the drum  
The beat of her heart  
And the flapping of the wings  
Of the hawk  
Overhead

She slows to the rhythm of her breath  
Rests by the water  
Healing herself  
Rippling outward  
Into the universe

She senses the abundance in nature  
In the evergreens  
Embodied within  
A Juniper crown  
Connects her to Earth

She vibrates with the universe  
In golden radiance  
Made of stars  
Shining love  
On the pain that was before

She is restored by the elements  
Transformed  
With a heart on fire  
Stepping back in to service  
And living her truth



