



I AM INCREDIBLY  
GRATEFUL...

~~GRATEFUL~~  
for being able to go to the  
park and have some time  
in nature away from all  
the noise.

THIS IS ONE WAY THAT

I  
HEAL

What parts of yourself are you choosing to hide? What parts of yourself are you being vulnerable with?

## Invitation / Letter to Visitor of healing room:

Like many things in life, healing is also a journey. No road is perfect: With no bumps, unexpected turns, and potholes. But one thing magical about healing journeys is that the destination is not Set in Stone. It goes With the flow and quite often, the flow can change. This does not mean its the end of the road, just some construction causing a detour. Set your goal & no destination is too far.



Hi

Welcome! come in take a seat, walk around and enjoy your stay. This is not an exhibit rather it's an experience. Feel free to convert this space into whatever you like. This space is designed to allow your mind to run free, to allow your mind to escape from anxieties. It's important for everyone to have a space where they can relax and come back for themselves. In creating this we combined all our ideas about what creates a safe space. We stole ideas from our bedrooms, public spaces, and other places in which we feel safe in. Because of this collaboration this space is meant to be an area of healing for anyone. This idea was inspired by artist Guadalupe Maravilla. Maravilla is an artist who uses visual and sounds that relate to healing. He creates sculptures he calls "Disease Throwers" which encircle the theme of healing. The past 2 years have been quite an experience ~~for~~ for everyone. While everyone was affected, each person dealt with their experiences differently. It's time that people take some time to heal, everyone deserves a safe space to heal. Please respect the space. This means putting everything back where you found it, keeping a quiet voice, and keeping a comfortable distance between everyone. Please enjoy your stay, we are happy you're ~~here~~ here. :)



# Reflection of prompts

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Silence is  
processing  
info

Patience is  
key

Offer your  
undivided  
attention

The role of play  
is to open the  
floor for discussion  
(ice breaker)

There is power  
and strength  
in vulnerability

meditation is  
relief

I choose to hide  
my speaking for  
others are of fear  
of being too  
sensitive

Take away  
lingering  
stress

Understand body  
language

Be nonjudgmental

To be comfortable,  
welcome and your  
best self

I am grateful  
for my smile  
and for  
laughter

I am Scared. of my own ~~emo~~ <sup>ABILITIES</sup> & my own <sup>ES</sup>.  
To be honest, I'm not as good as people  
think I am & I don't think I am capable  
enough. I am larkey Scared of my own  
failures. Sometimes I want to sleep &  
not try.

God I'm so tired. I'm in my visualization  
room, I see a Window with warm lights  
A bird calling, a warm breeze.  
Blue, orange. The Ceiling was the sky.  
Blueberry Skies,  
Lavender Smell.




Dear, Visitor,

You are Welcomed. You are Welcomed to join us in the healing room, a quiet space, a peaceful air, the mellowed visuals, well, in all hope help you. Rush, Rush Rush, Run Run Run,

More More More is the echoes of our daytime Schedule. And it hurts us. To not relax, To not calm, and just chill will make us STIFF & 

C	o	n	s	t	r	a	i	n	e	d
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. Make us into

a Shattered Whole, not a mosaic. We must Chill. Our healing room is a way to be  Calm, Serenity + Tranquility = Infinity. An extreme bitterness can grow into a punisher.

You are Worthy as a human being, as someone. But Sometime you need a reminder, or to be massaged in spirit to heal.

We are always ~~with your gratitude~~ inviting you, to visit the healing room. No Mistakes, just happy accidents. No Failure, just a trial.

(♡)

Sincerely, Me.

# Quotes & Notes

It's okay  
to not feel okay

Take a  
breather

We make our own  
healing space

Use this space  
until you don't  
need to anymore

brave space

build in room  
for growth and  
change

enter with  
the goal of  
learning

the simple presence  
of others is healing

schedule time  
for rest and  
relaxation



## WORK-STUDY

- The room hosted a water and flower field ground. It had an almost euphoric feeling to it. My version of my future self was sitting in a hammock. There were butterflies flying around. I was almost jealous that I was not their mentally and physically.

What parts of yourself are you choosing to hide or be vulnerable with?

- Grier: In the beginning stages I was private about my feelings. Since I was processing death, mainly because the topic was uncomfortable, and others wanted me to be vulnerable with them. It's been a year and a half now and now I'm learning to be vulnerable and ask for help when I'm feeling down. I go to therapy and now sharing my feelings is something I'm getting good at.

To visitors,

Come into this room and let go. Take a breather. You are ok.

Take a moment to reflect. How are you feeling? Are you tired? Are you mad? Happy? Try not to shy away from what you are feeling. It's ok to not feel okay.

Take a moment to remember what have your past few days been like? Was there something that made you happy? An act of kindness from a friend... a stranger? Remember how you felt in that moment. Where were you? Was it sunny? Cloudy?

Take a breath... hold onto that feeling for a moment and then let it go. Stay in this space as long as you need, then move on. Use this space until you don't need it anymore.

The smell of Cempa suchil fills my airways  
My house becomes a loved one. It is the  
Smile, a Welcoming neighbor



Dear Visitor,

In this room you will be free.  
Any stress will be lifted through  
powerful art and colored lights.  
You will be forgotten of any  
negative. This expertise in the  
healing room is escapative. It allows  
you to breathe with no distractions  
of anxiety hanging over your  
shoulders. Lights will depict your  
emotions and water will lighten  
your stress. Paint and art  
will embody happiness.

Enjoy your visit !!



take previous reflections + write favorite statements:

give yourself a break your  
body will do the rest.

Now or  
never.

Give and you'll  
get.

Find yourself and imprint  
that on cement. ♡.

you can be yourself if  
you are too busy looking  
at others.

Burst your  
bubble and  
breathe a  
new air.

In time, be patient.

"perfect" is unimaginable  
you'll know when you  
feel it.

Water those  
positive thoughts.

"Failure" is a perspective.

Whats good for  
you doesn't  
need to be  
overthought.

NOTE: When asking children option-based questions, providing choices can maintain direction while allowing expression.

Would you like to hold my hand OR Would you rather walk like a penguin?

Comfort  
Anne Bruns

Nostalgia

The smell of rain and wet foliage.

Warm colored light; orange overlay resting on all elements of a room.

Bathe in sunlight

Play

- Feeling boundless
- Expression & Imagination
- Being okay → with or without a vision
- Improvisation

Expression w/o consequence

Consent & Boundaries

Consent: Ask for permission

- Would you like to share your idea?

Boundaries: Communicate your comforts and discomforts.

Following boundaries are like

Yellow

Slow down; If someone is unsure wait for a clear response.



Red



→ STOP; no

Green

Go; yes



Traffic Lights

WHAT DO YOU SEE,  
THINK, SMELL, FEEL,  
HEAR!  
WHERE  
ARE  
IT  
TAKING  
YOU

Protection  
Hiding  
Secrets

Vulnerability

~~SOFT RED GLOW~~  
SOFT RED GLOW  
QUIET

COMFORT

BE WITH  
YOUR  
MIND

DON'T WORRY  
TROUBLE  
ALWAYS  
GOES  
AWAY

SURREAL OUT OF BODY EXPERIENCE

CONFRONTATION

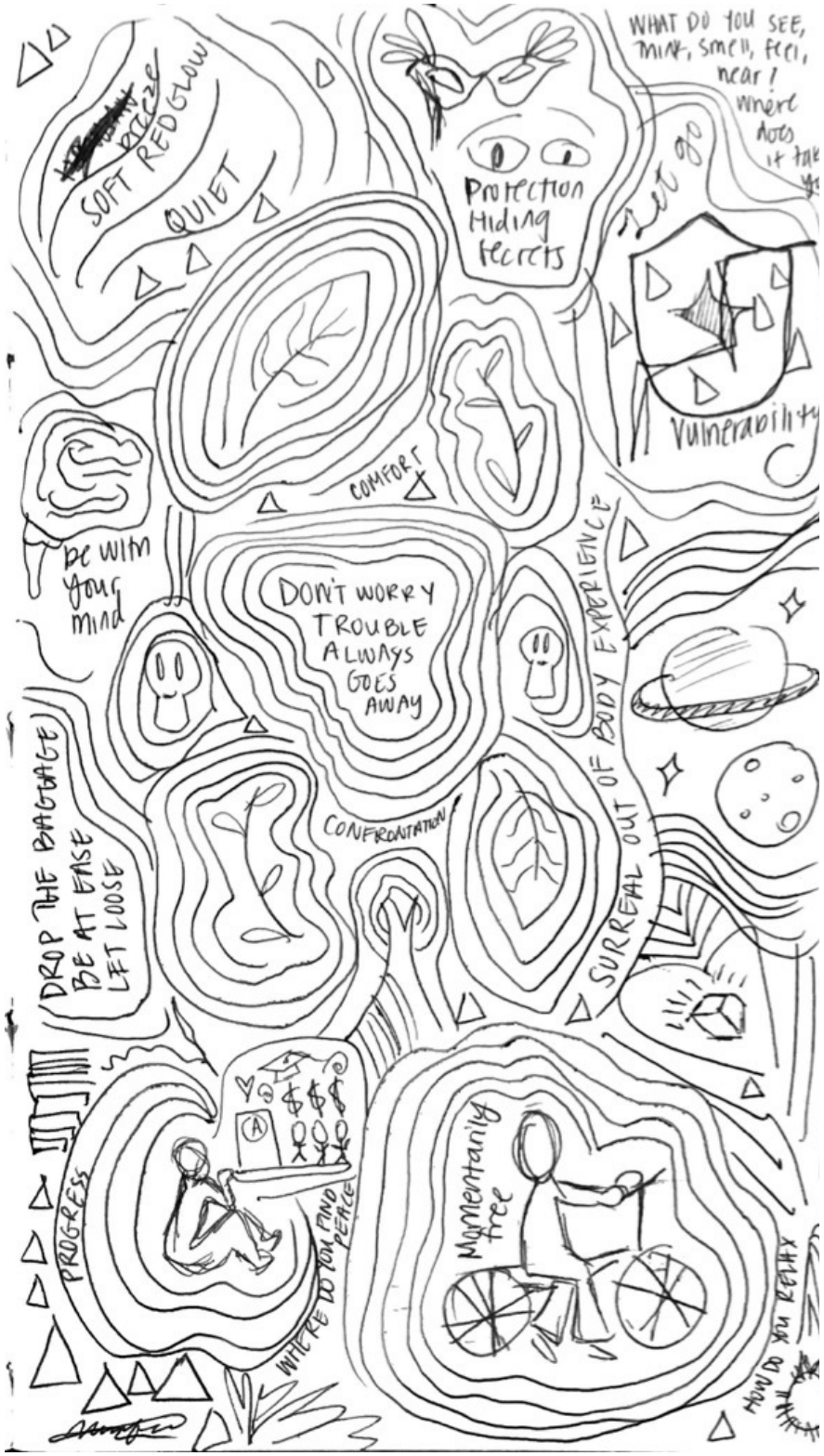
DROP THE BAGGAGE  
BE AT EASE  
LET LOOSE

PROGRESS

WHERE TO GO AND  
FIND  
PEACE

Momentarily  
free

HOW DO YOU RELAX



circu

bati

histrange

moblier

payasage culturel

patrimoine  
immatériel