



WE HEAL

WE HEAL is an art project created by artist Nora Valdez in collaboration with the Cancer & Sickle Cell Support Programs at Boston Medical Center. We also included patients from the Dana Farber Cancer Institute and youth from the Urbano Project.

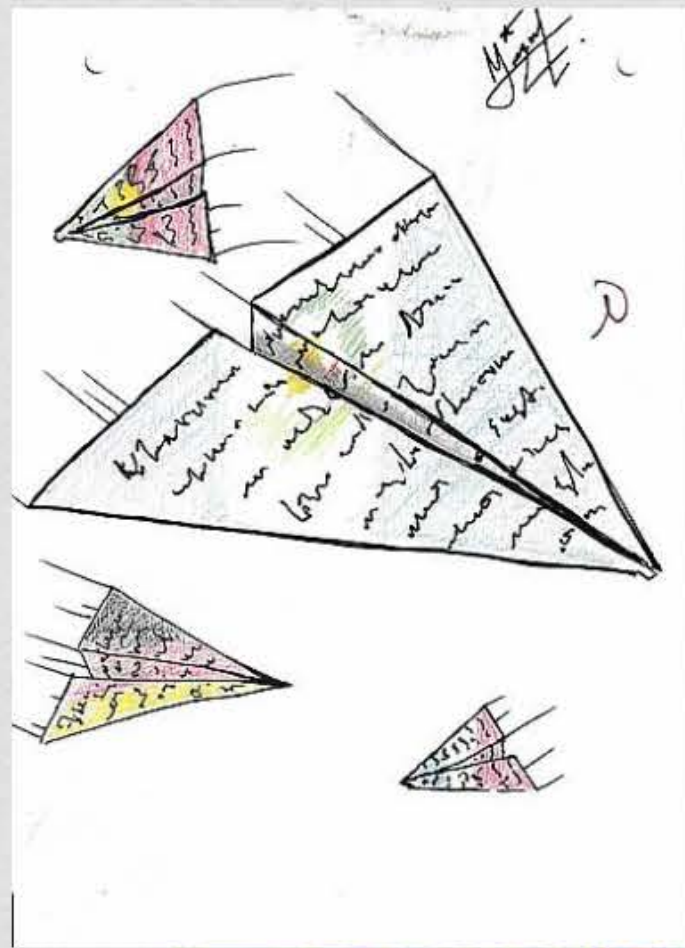
WE HEAL encouraged patients, many of whom are immigrants, to explore and express their healing journey in artistic ways. The project created a space for patients to be together, share, and learn in a nurturing atmosphere. As we were in the midst of a pandemic, we adjusted our workshops to function in digital space.

We began our work together by exploring the topic of healing. What images, words, people, foods bring comfort and aid healing? What inspires and brings hope? We created collages, mandalas, poems and personal prayer flags to foster peace, compassion, strength, delight and wonder, and to spread goodwill into the community.

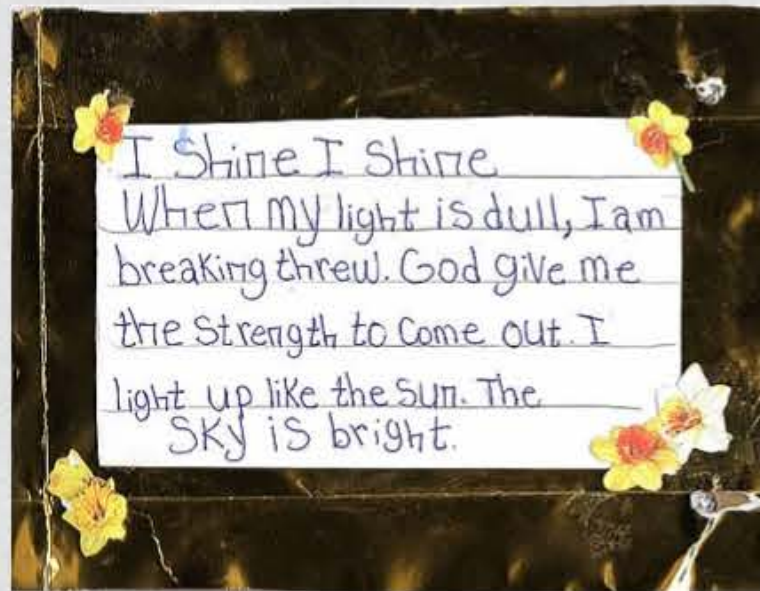
We also recorded individual stories of healing journeys and combined these with photos of home and family, favorite landscapes and sentimental images into a video documentation of the project.

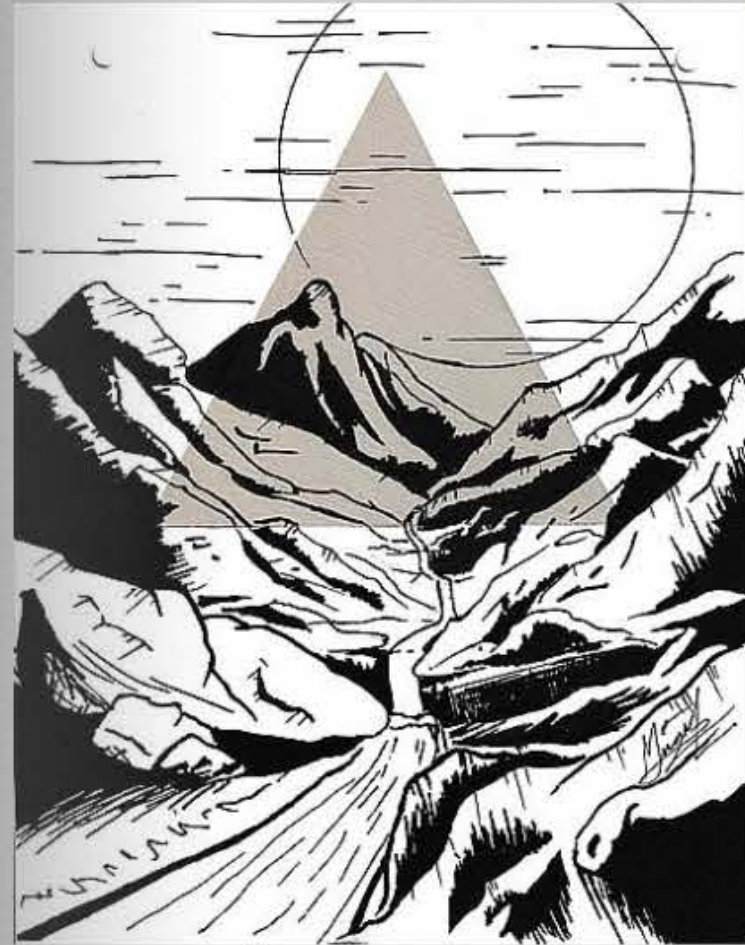
This book takes the place of the public exhibition we were unable to share.

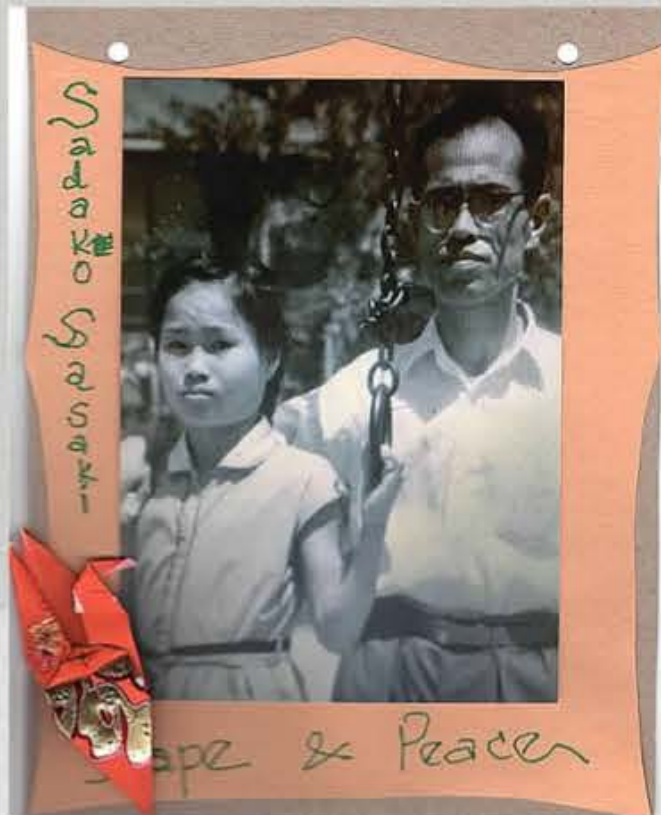










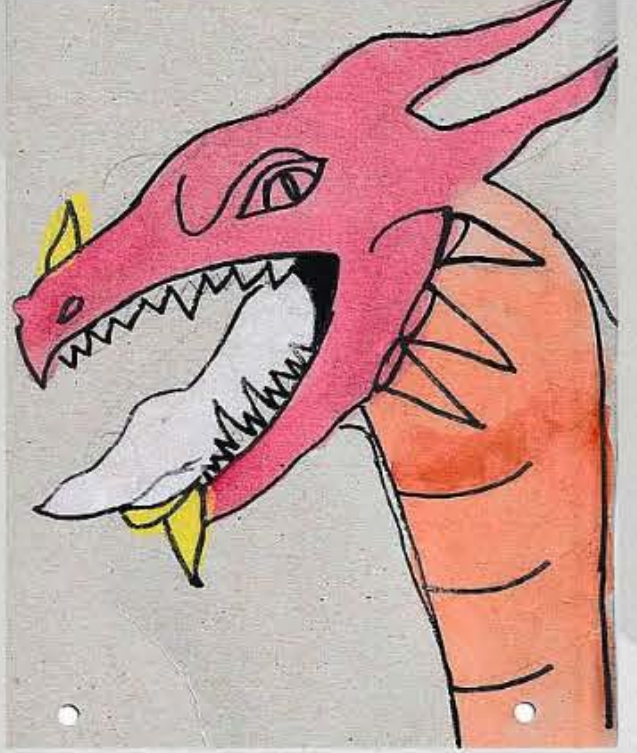


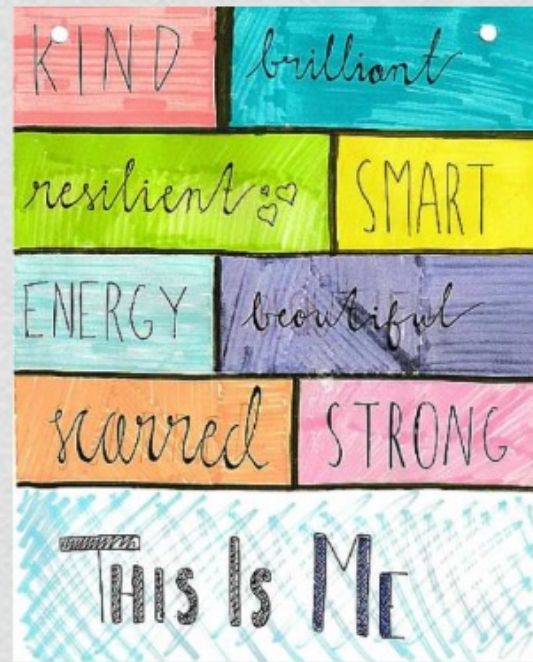
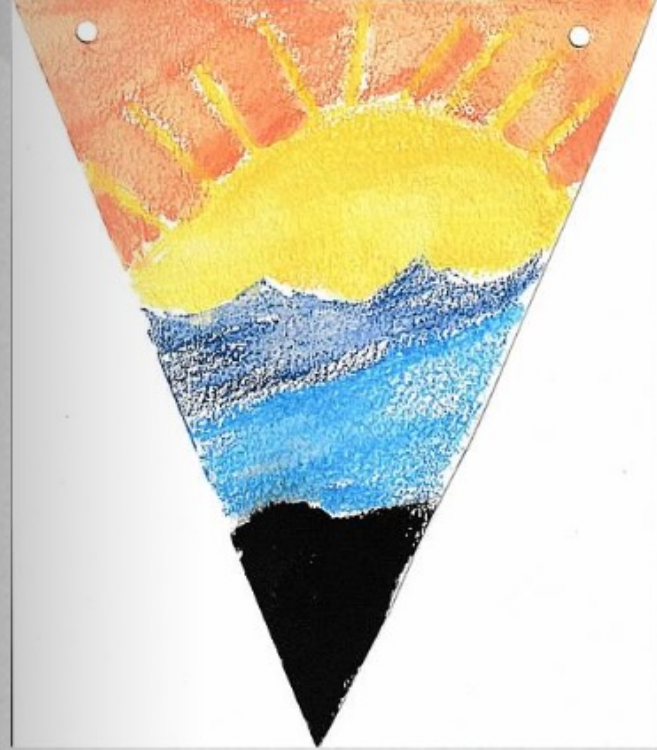


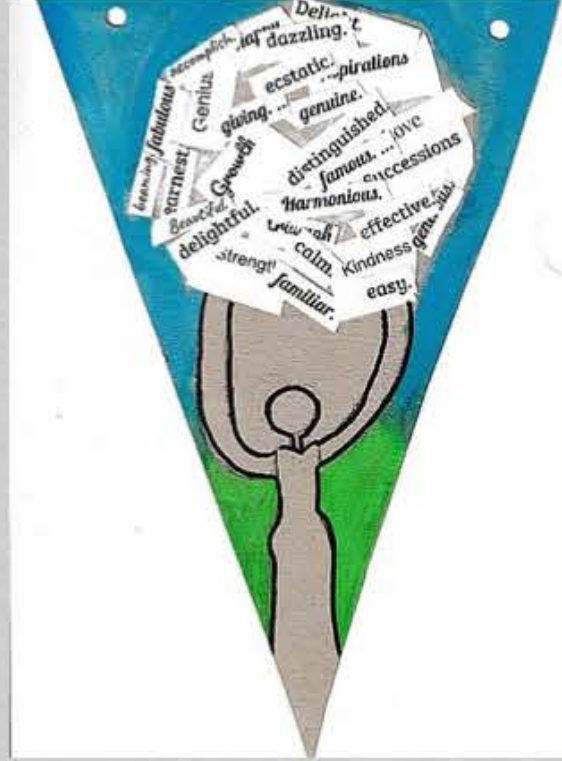
Merkaba - Star Tetrahedron - Flower of...

Sacred Geometry
Star Tetrahedron

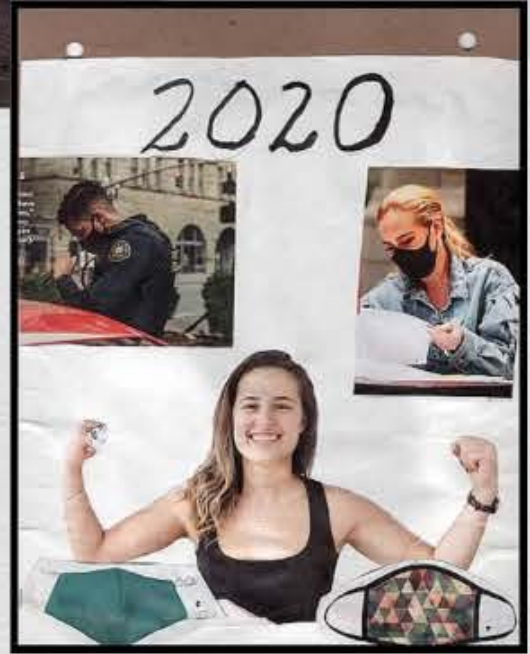
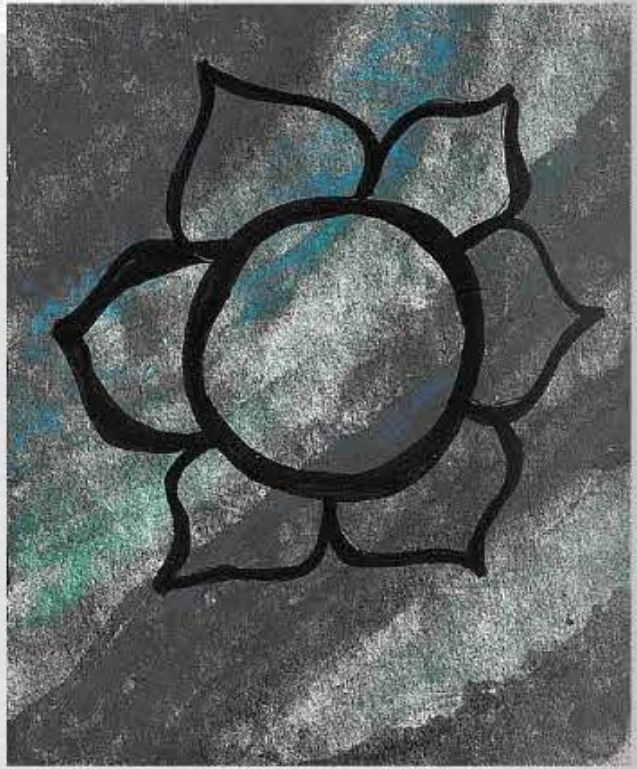
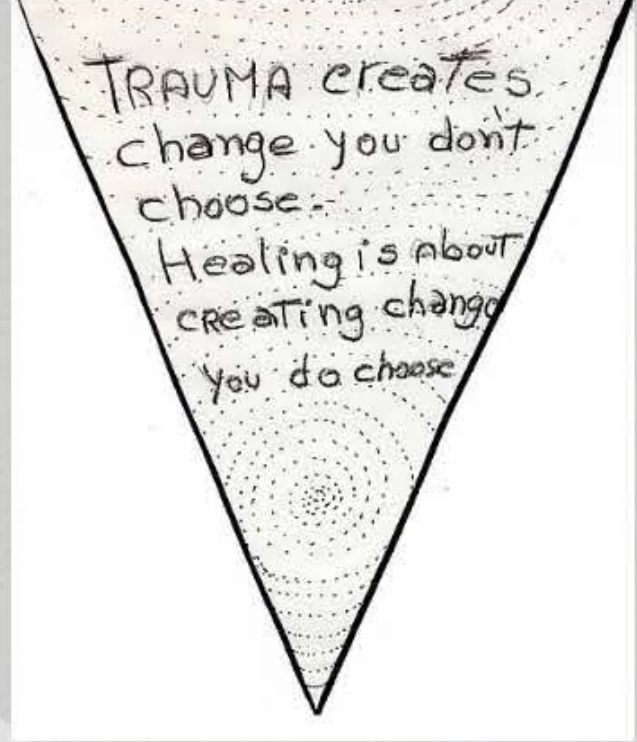
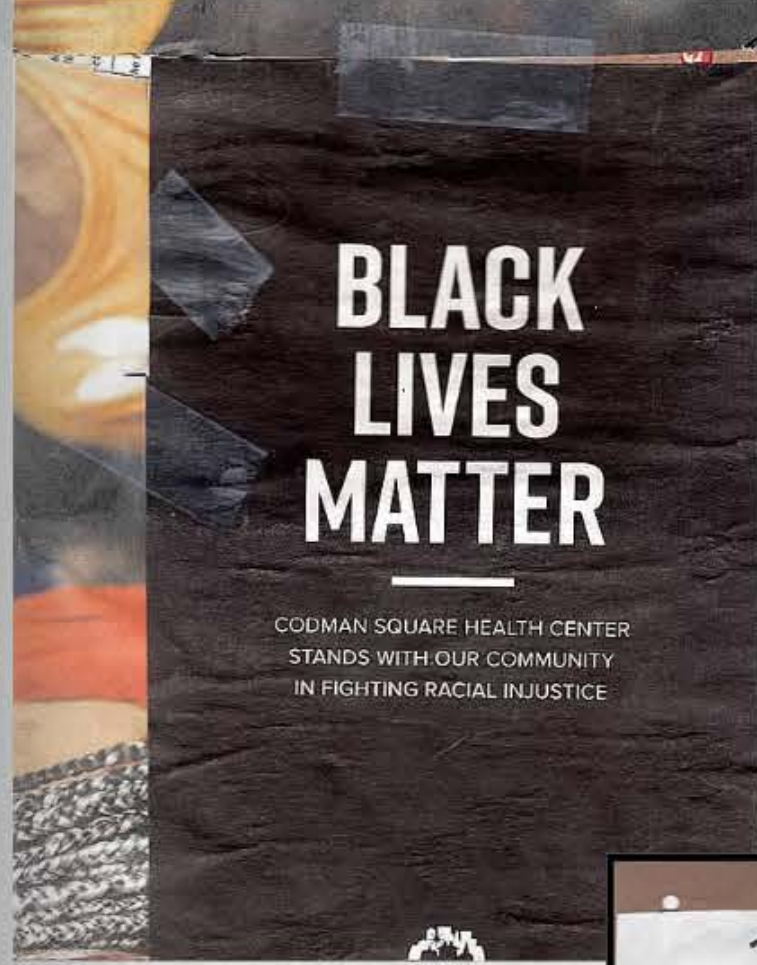
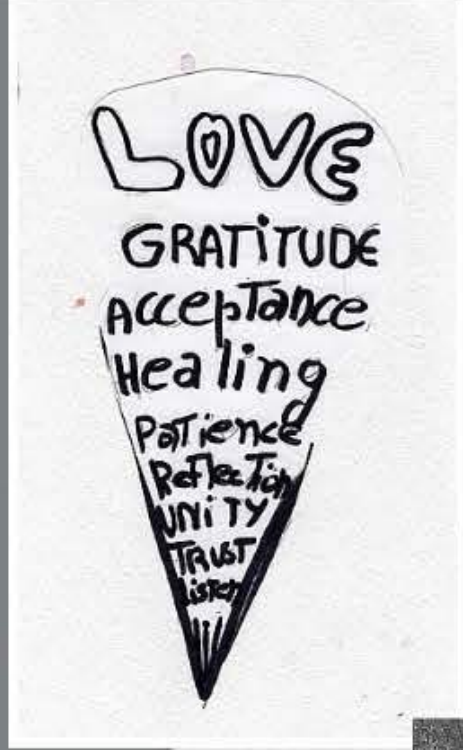
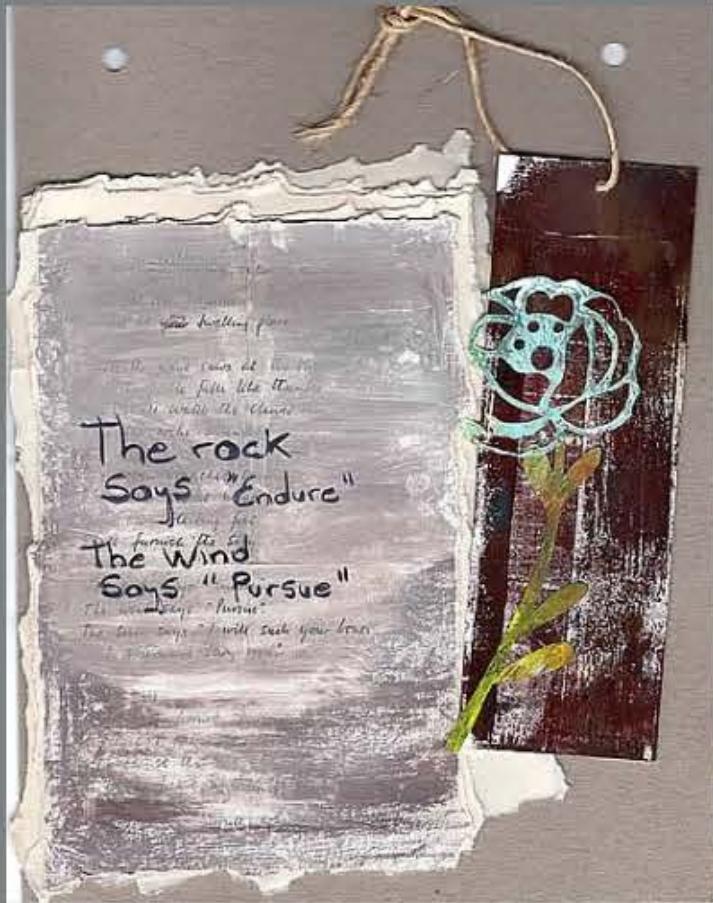
In modern esoteric teachings, it is taught that the Merkaba is an interdimensional vehicle consisting of two equally sized interlocking tetrahedra of light with a common center, where one tetrahedron points up and the other down. This point symmetric form is called a stella octangula or stellated octahedron which can also be obtained by extending the faces of a regular octahedron until they intersect again.

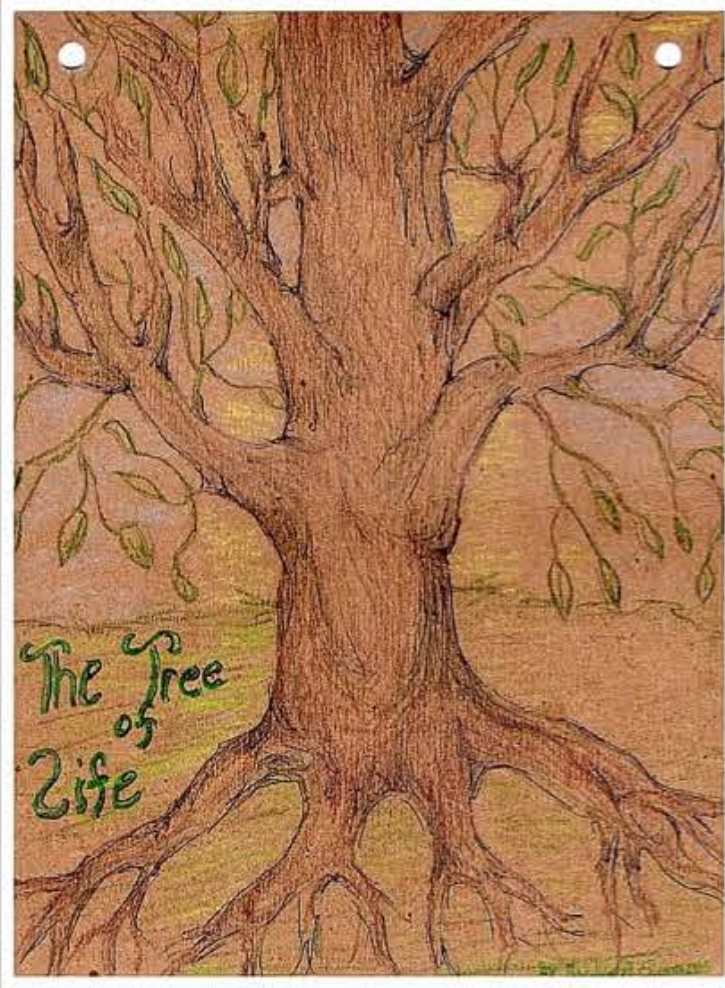




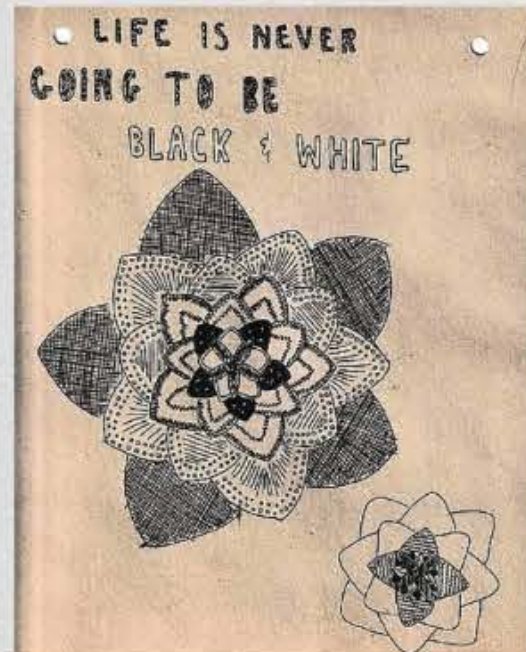
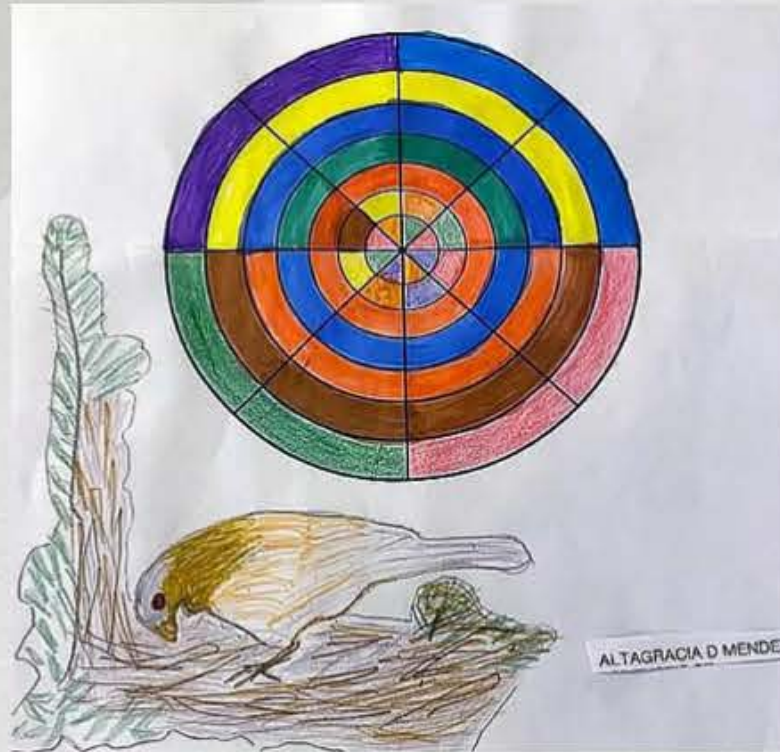
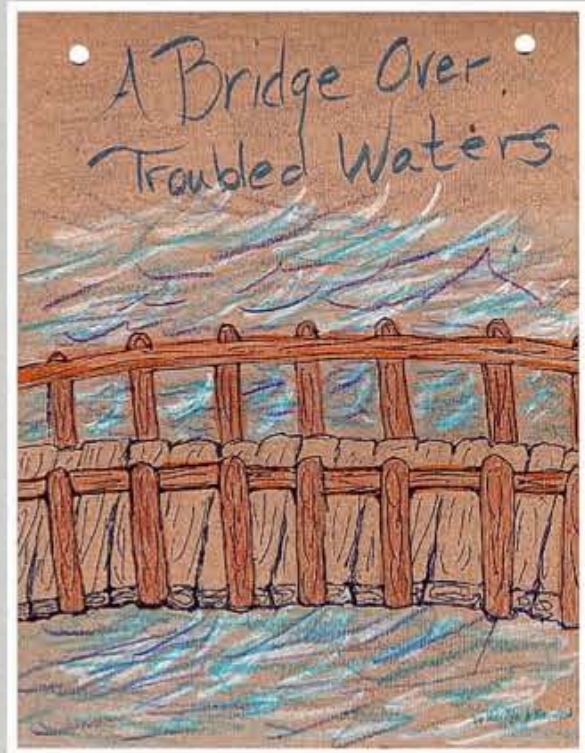
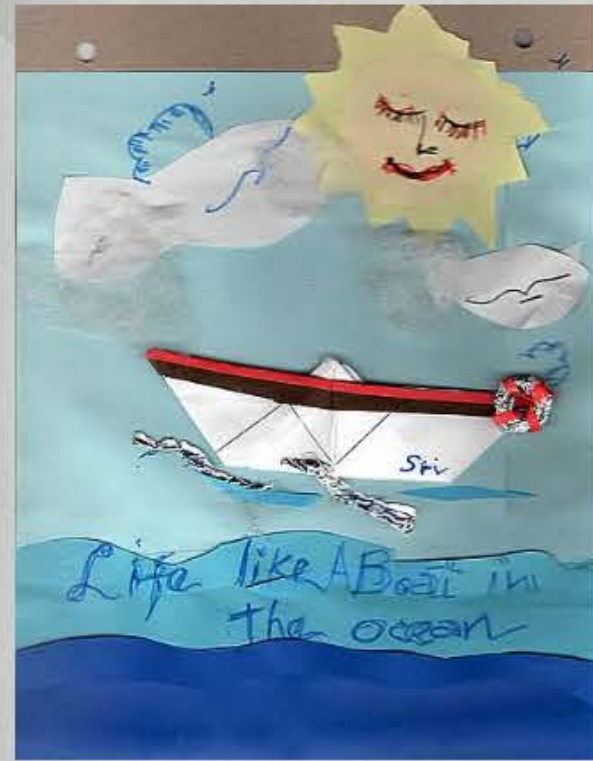


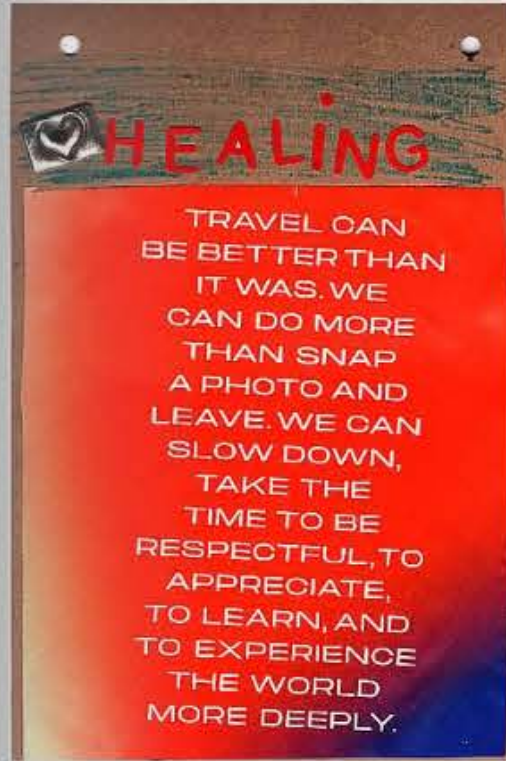
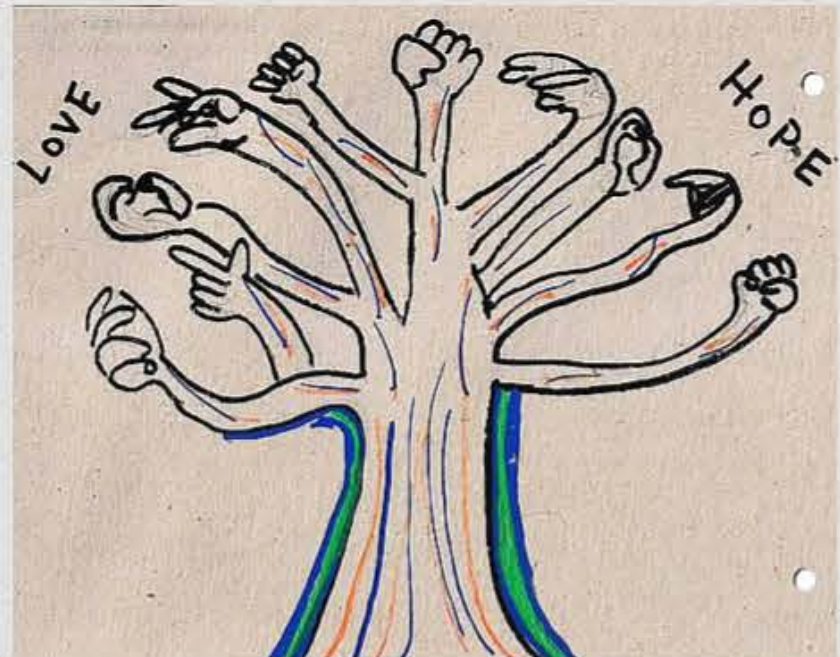
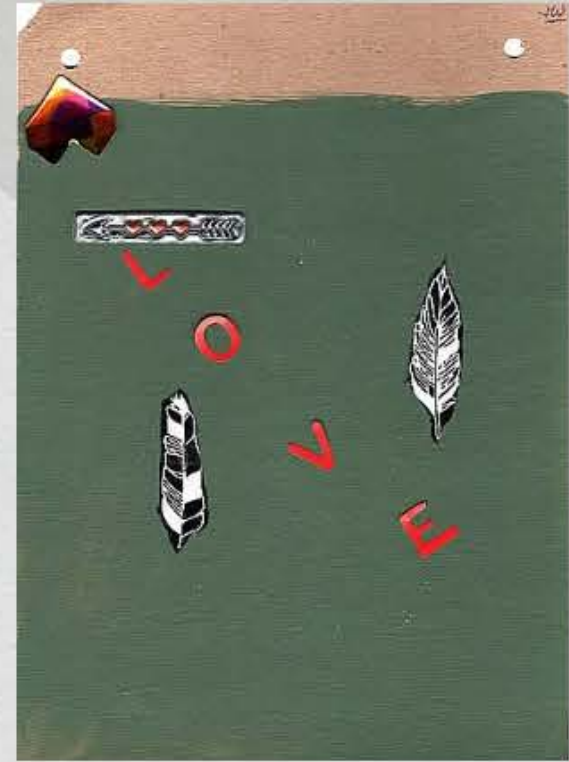
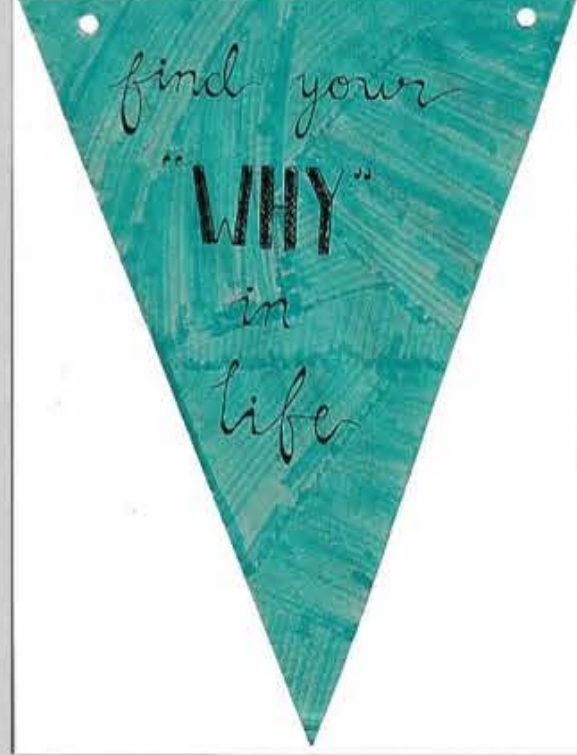














Searching for flowers is
the motivation of my life
finding them is the nourishment of my soul

You may ask why?

The answer is because they grow
everywhere and anywhere
for where there is a kind and meticulous
hand taking wonderful care of them
to the roughest and most bitter place
they grow high
they grow low
but they grow reaching for the light
of the universe.
the light is their strength
the water and soil their food
the wind their tender companion
the other their dream.

Olga Bedoya



I want to thank all the participants who contributed to the project. Without you, the We Heal project could not have been possible.

Nora Valdez

www.noravaldez.com



Boston Medical Center, Cancer & Sickle Cell Support Programs participants:

Ana C, Olga B, Vallerie B, Randi D, Lee D, Dima H, Lemmie H, Michelle J, Cherylene M, June L, Marilyn S, Maria T, Sri W, Jackie W, Beth R, Carolyn B, Maimouna B, Soana P, Janice W, Maritza V, Jurett M, Orlena M, Gloria J, Georgia, R, Tyrone J, Thelma B, Lillie B, Eurita S, Joyce G, Celia G, Pat O, Angelica C

Urbano Project participants:

Karol D, Laneyah W, Mina B, Miguel E, Felipe R, Cassie E, Diane F, Summer G, Ashley R, Sean R, Ariya P

Dana Farber Cancer Institute, Circulo de Vida participants:

Rosa P., Awilda C, Perfecta C, Iris C, Martha P, Raquel P, Teresa Z, Martha P, Altagracia M, Ybelice P.

Nora Valdez, lead artist; Donte Thomas, video artist; Maria Marewski, collage artist; Frannie Lindsay, poet

Cancer & Sickle Cell Support Programs at Boston Medical Center; Bob David, program manager; Cyrena Gasse, program assistant

Urbano Project; Stella Aguirre McGregor, founder and Executive Artistic Director; Penelope Taylor, program manager

Circulo de Vida at Dana Farber Cancer Center; Rachel Allende, LICSW and facilitator

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