

ART for RECOVERY

UCSF Helen Diller Family
Comprehensive
Cancer Center



ART PROMPT

- Self portrait of you as something other than yourself
 - Self portrait of a part of your self you have lost.
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- What color are you today, what color is loss?
 - What shape are your feelings, or follow the rhythm of the music to connect with yourself and step back into our bodies.



Little Jen's Breath

In a whispered tale, Little Jen did shine,
Her soul bright, love divine.
In cherished memories, her spirit takes flight,
An air of delight, life's eternal light.

A surgeon's touch, fate's gentle decree,
Parts lost, body 's legacy set free.
Nostalgia's breeze, memories decree,
Little Jen's breath, forever I embrace.

Tether Your Head to the Soles of Your Feet

Naisha Ahsian

Tether your head to the soles of your feet.
Move back into your body and take up residence in your skin.
Cast out the thieves and parasites that have moved in while you were in the clouds.
who have stolen your vitality and clarity of thought.

Pick up the dreams and pieces of your life and sit with them.
Honor them and grieve them. Celebrate and thank them.
Those that are still whole may move forward with you.
Recycle the rest. Compost them.
Allow them to decay and glory in your freedom from them.

Eschew distractions.
Stop running away from yourself.
Dig within. Peel back the petals.

Find you, wrapped up tight and safe and warm in the heart of God.

Allow that self; clean and new and shining, to reach forth and touch those around you.

Have compassion for those whose heads still rule their hearts,
and whose heads are ruled by thoughts,
and whose thoughts are birthed from distractions.

We cannot plan our way forward.

We cannot know it.

Those are the dark desires of the head-- to know, to control, to manipulate and own.

The way forward will blossom from our hearts, and we must move there to find it.

Allow it to unfold.

Surrender your trying and embrace every tiny molecule of what is.

Be present.

Breathe in the darkness and illuminate it with the light of your own love.





SUBMIT YOUR WORK!

ArtForRecovery@ucsf.edu

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