

HEALING CARDS

About the Project

The healing card initiative grew out of stories and doodles about belonging and not belonging. I value the countless students and staff who were courageous enough to become facilitators and tell their story first, as well as making space for radical storytelling to be possible. They held events around campus and the local community which engaged participants (sometimes strangers) in authentic sharing. Each story circle was special. It was a moment to hear someone else's truth, and reflect about their own. After each story, participants were encouraged to sketch a drawing and write a word that reflected a value they wanted to remember or center. This process of this project's formation remind me of the power that art and stories have on personal and collective healing.

In community,

Charlene Martinez
Cultural Weaver
December 2018

Inspiration

I hope that by using this deck of cards, you become inspired to imagine new ways to develop connections with others and to revolutionize values that matter most to you. When the team of students first started out, they did not intend for the images to be created into this deck. I appreciate the organic and affective quality the cards have and hope that you receive them with this spirit.

Story Circle and Revolution of Values toolkits by the US Dept. of Arts and Culture, a people powered organization, which utilize creativity and social imagination to inspire change.

Confronting Mental Health in Asian-American Communities Through Testimony and Art by Deepa Iyer (Colorlines, 2017).

The Black Power Tarot by Khaneaton

Asian American Mental Health Tarot Deck by the Asian American Literary Review

Instructions

There are 26 cards in a deck. Cards can be played in any way in which you are called to engage with them.

Here are a few suggestions:

Personal grounding - Begin your day by drawing a card from the deck. Use the card/word as a guide or intention throughout your day.

Two players (or more) - Each player draws 2 cards. Think about the relationship between the words or questions on the card. How might you develop connections between values, ideas, disciplines or communities you belong to?

Story circles (3-6 people) - Sit in a circle. Each participant draws one card and tells a story which comes to mind related to the word on the card. Each storyteller has 3 min to tell their story. For complete instructions on story circles go to: <https://usdac.us/psotu>.

Create a deck of your own!

Acknowledgements

A heartfelt thanks goes to the Diversity & Cultural Engagement team at Oregon State University for making all elements of this project possible. Gratitude goes to the US Dept. of Arts & Culture toolkits which gave us the inspiration we needed for this project to emerge.

A special thanks go to Nicole Asato, Marwah Al-Jilani, Hunter Briggs, Isamar Chavez, Hevani Fifita, Sergio Valenciano, Elirissa Hui and the Integrated Learning for Social Change cohorts (2014-2018) for adding their love to the project.

I am overwhelmed by the artwork and concepts created by countless people who shared their stories. To all the contributors, we hope your tears, hopes, and creations provide healing and support to others.

APPRECIATE

Who would you like to appreciate today?

When was the last time that you gave your time/energy in gratitude?

.....

What does this concept or symbol mean to you?



APPRECIATE



BALANCE

How do you achieve balance?

*What do you think is worth
balancing?*

.....

*What does this concept
or symbol mean to you?*



BALANCE



BEAUTY

Can you describe the experience of discovering beauty or something beautiful?

What created this experience for you?

.....

What does this concept or symbol mean to you?



BEAUTY



BELONGING

To whom or what do we belong?

What do we gain from longing?

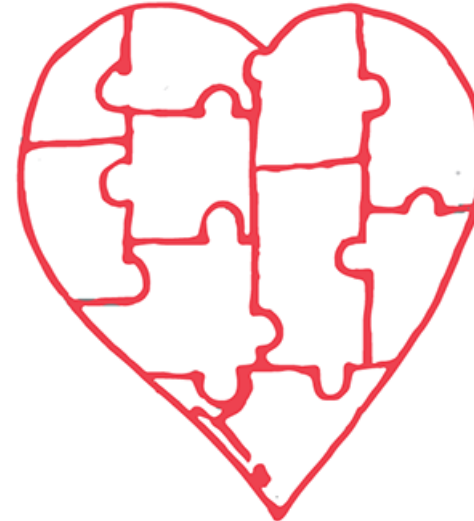
*How do we move from a politics of location to a politics of relation? What connects us?
.....*

What does this concept or symbol mean to you?



BELONGING

*Everyone is a piece of
the Puzzle*



BLOSSOM

What allowed you to fully blossom in your personhood?

If you haven't yet "blossomed," what do you need?

.....

What does this concept or symbol mean to you?



BLOSSOM



BRAVERY

What drives you to be brave?

*What steps do you take to have
the strength to be brave?*

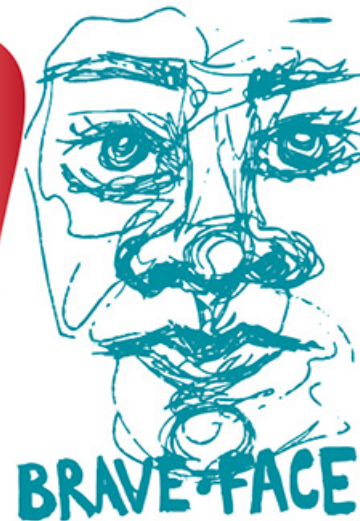
*What are some examples of
bravery that aren't on the level
of large-scale action?*

.....

*What does this concept
or symbol mean to you?*



BRAVERY



— AN
INJURY
TO ONE
IS AN
INJURY
TO ALL

COMMUNITY

What characteristics define a community?

How might we generate communities which center love, support, compassion, and a liberatory praxis?

.....

What does this concept or symbol mean to you?



COMMUNITY



COURAGE

*From where or whom do you
find courage?*

*When have you needed
courage to be vulnerable?*

.....

*What does this concept
or symbol mean to you?*



COURAGE



CREATIVITY

What spaces do you find you are most creative in?

How have you learned to be creative in limiting environments?

.....

What does this concept or symbol mean to you?



CREATIVITY



FREEDOM

*What does a “free” future
look like to you?*

*What steps need to be taken
to achieve this?*

.....

*What does this concept
or symbol mean to you?*



FREEDOM

SPEECH



GROWTH

How and when does your spirit grow?

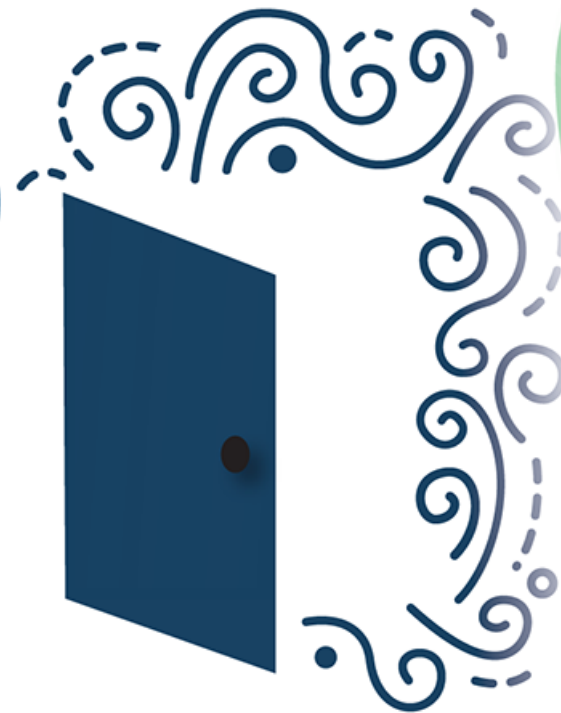
What barriers are hindering your growth?

.....

What does this concept or symbol mean to you?



GROWTH



INHERITANCE

What are you choosing to inherit from your past/ancestors/friends, and why?

What are you leaving behind?

.....

What does this concept or symbol mean to you?



INHERITANCE

TRANS WOMXN OF COLOR



OUR ANCESTORS DREAMT US UP & THEN BENT
REALITY TO CREATE US
- WALIDAH IMARISHA

INITIATIVE

*What empowers you to engage
in soul-nourishing work?*

*What skills do you need to take
greater initiative in different
realms of your life?*

.....

*What does this concept
or symbol mean to you?*



INITIATIVE



LISTEN

How might we solve world problems by listening better?

How do you practice active listening?

.....

What does this concept or symbol mean to you?



LISTEN



Hey!
LISTEN.

METAMORPHOSIS

When a caterpillar enters its cocoon, it does not know what it will become. How do you trust the process?

.....

What does this concept or symbol mean to you?



METAMORPHOSIS



MUSIC

If music is a language, how do you speak/practice it?

How does it move you?

.....

What does this concept or symbol mean to you?



MUSIC



NOURISH

*What replenishes your soul, and
how long have you practiced this?*

*In what ways can you
nourish others?*

*What does your soul need to
feel whole?*

.....

*What does this concept
or symbol mean to you?*



NOURISH



OPEN

What conditions create a space where you feel comfortable being open?

What are the benefits of being open?

.....

What does this concept or symbol mean to you?



OPEN



OVERCOME

*What gives you the strength
to overcome?*

*How do you prepare for the
exertion it may require
to overcome?*

.....

*What does this concept
or symbol mean to you?*



OVERCOME



PERSIST

*In what ways do you
continue to grow in difficult
times?*

*What persists long after it is
gone?*

How are we like ferns?

.....

*What does this concept
or symbol mean to you?*



PERSIST



REVOLUTION

What visions do you have for the future?

What experiences have changed your personal values and visions?

.....

What does this concept or symbol mean to you?



REVOLUTION



RITUAL

What rituals do you practice?

*Do they bring healing, joy,
release, communion, or magic
into your life?*

.....

*What does this concept
or symbol mean to you?*



RITUAL



SELF-CARE

How do you practice self-care?

In what ways does self-care center you?

.....

What does this concept or symbol mean to you?



SELF-CARE

Have Compassion for Yourself



Your Needs & Health Take Priority

UBUNTU

How can you see yourself in terms of the greater community?

When you are in pain, your community is also in pain.

.....

What does this concept or symbol mean to you?



UBUNTU



WILD CARD

What value would you like to center, cultivate, or remember?

How might you practice this value more?

.....

Create an image which represents the value or concept.



WILD CARD



WRITING

*Writing is a release. How
can writing create new
perspectives?*

.....

*What does this concept
or symbol mean to you?*



WRITING

