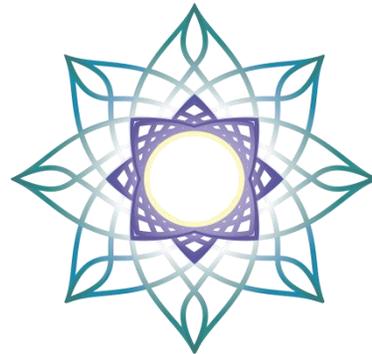


# Hope & Healing Juried Art Show

for high school and college students

**Helping Our Community  
Find Hope & Healing**

*A signature project of  
Healing Through The Arts since 2010*



There are many times in our lives when **we need hope**.

When we are healing from accidents, illness, or loss, **hope** can seem hard to find.



**Hope** is essential for an optimistic attitude that helps us make the right choices and find our way to better health and healing.

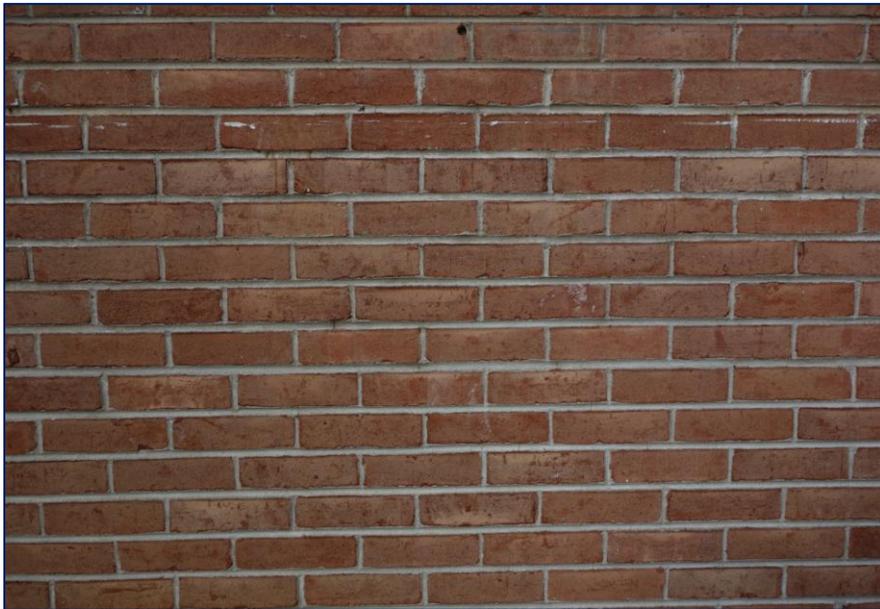


Hospitals and healing facilities are often where the **need for healing** begins.



If you were a patient in a hospital...

Which view would you want to see from your window?



Research shows that patients who have the opportunity to look out to a view of **nature**:

- Often need **less pain medication**
- Are **more optimistic** about their recovery
- **Go home sooner** from the hospital than patients without a view of nature

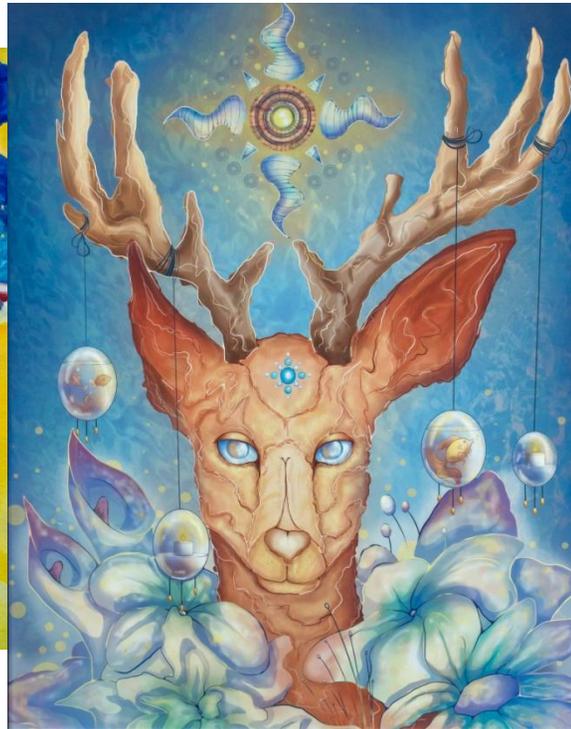
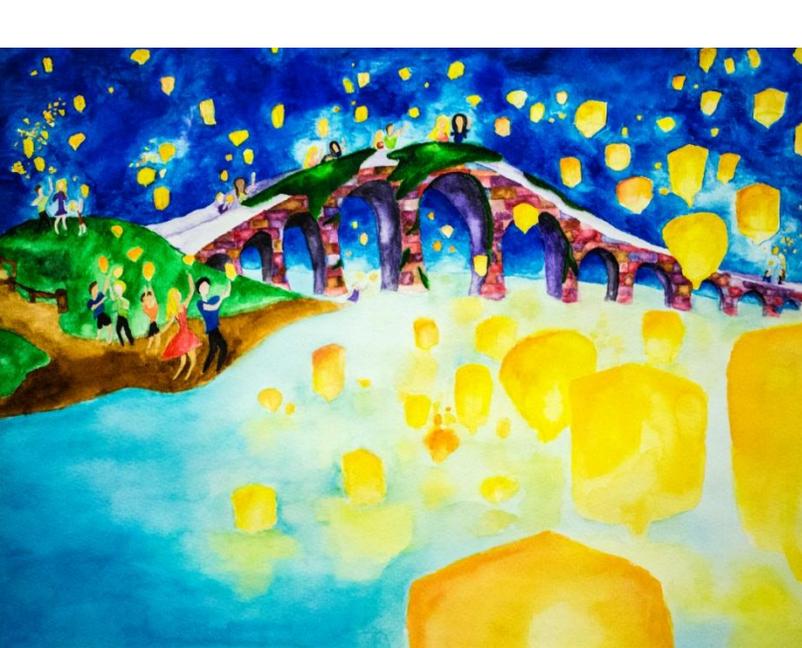
When a real window with a beautiful view is not available...

**Art can provide a “window” to hope and inspiration**



Some art themes are great for inspiring hope.

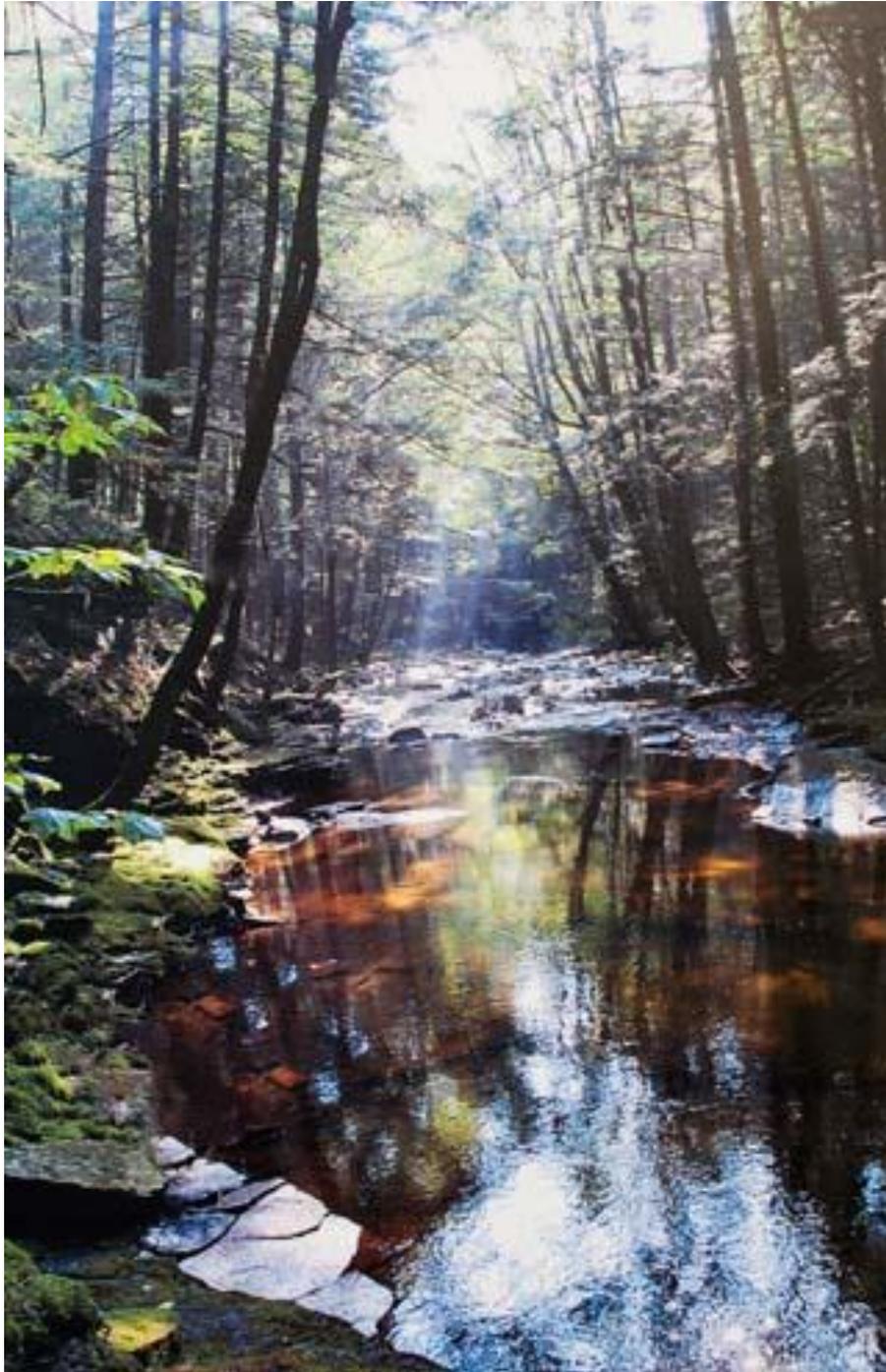
All art must communicate a sense of peace, calm, or comfort.



# 1. Nature photographs or created images.



## 2. Art that helps us think about our **favorite places**.



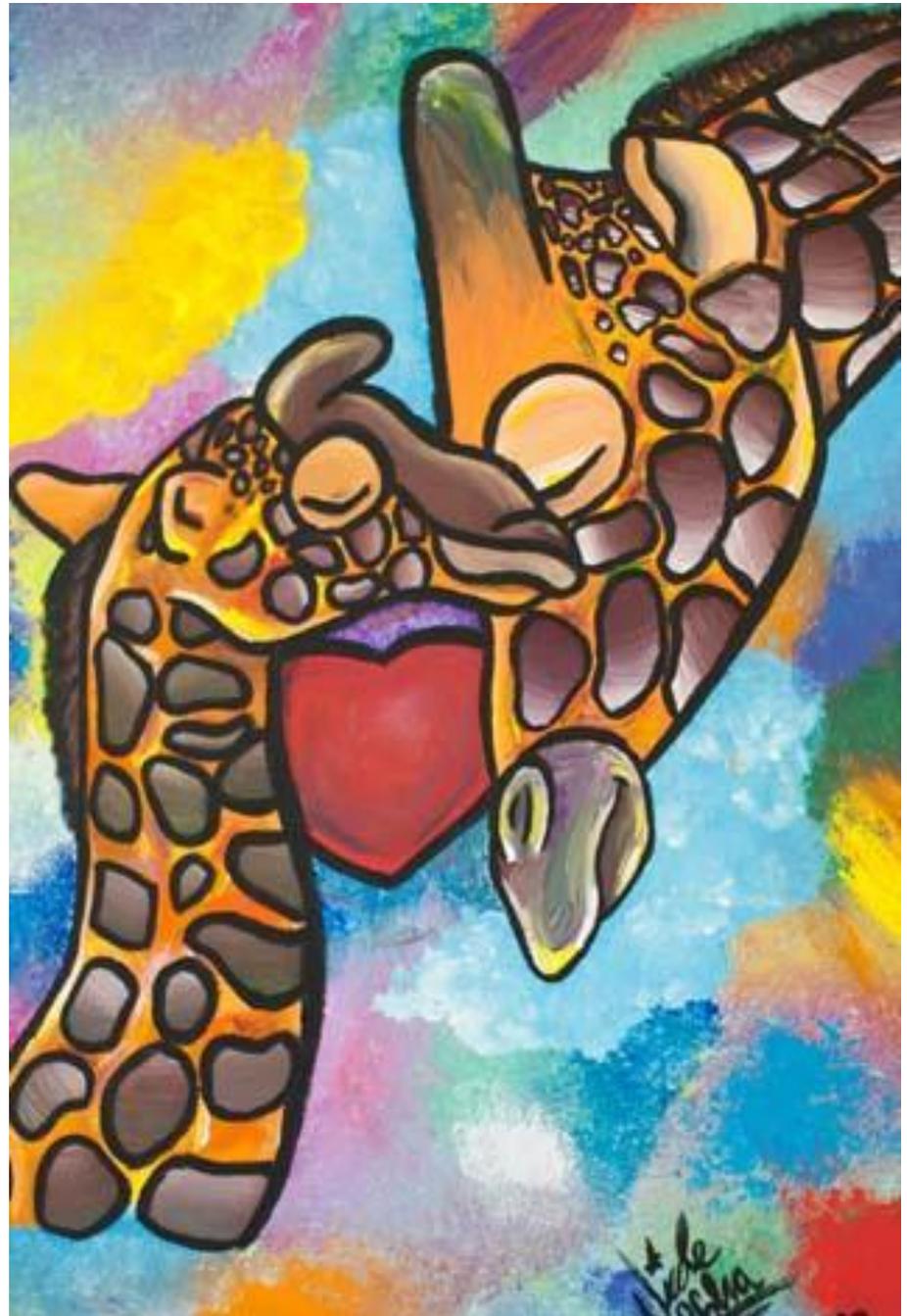
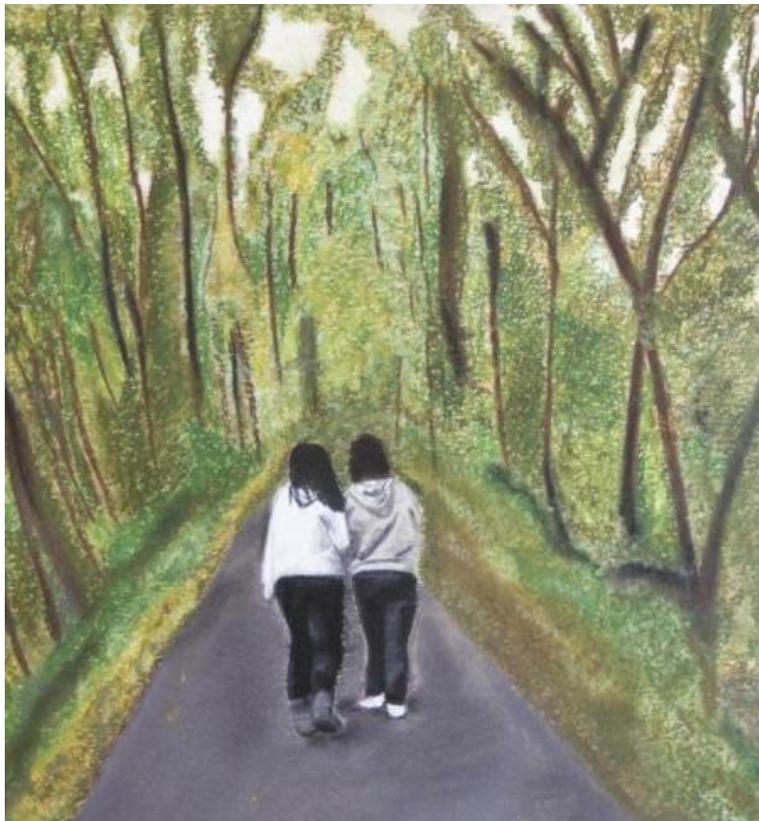
### 3. Images that remind us of **happy times**.



## 4. Themes that encourage us to **be strong** ...

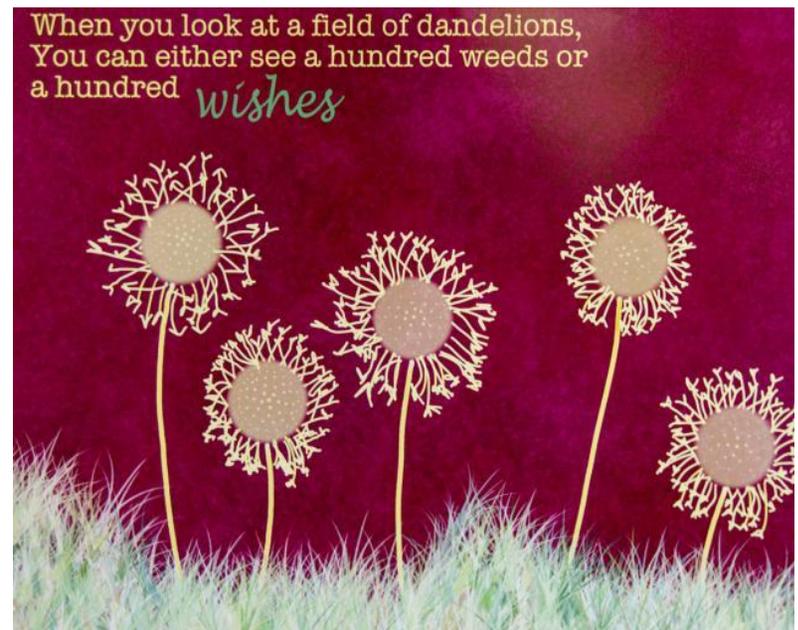


... or remind us that we are **not alone**.

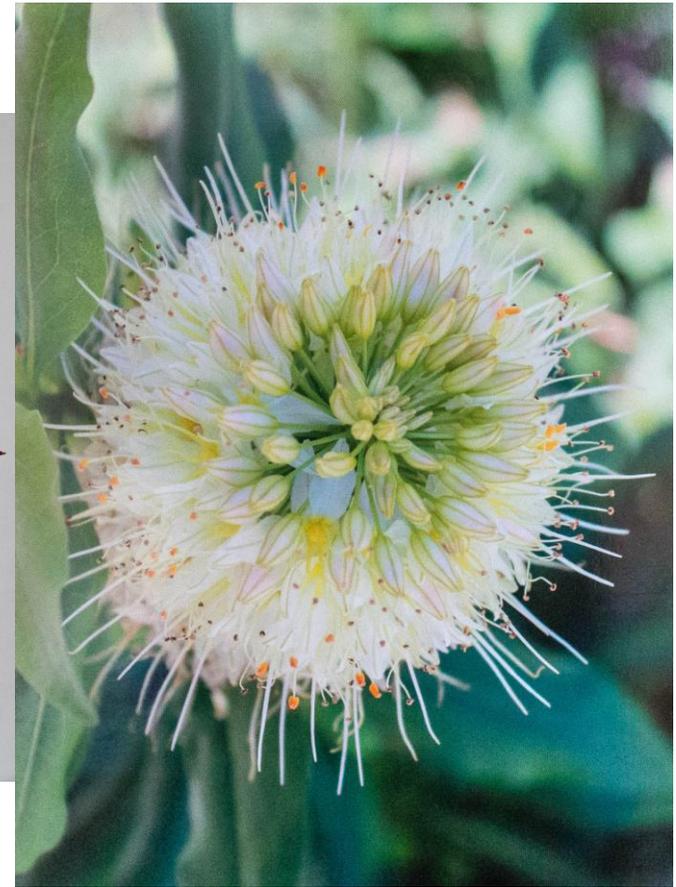


## 5. Art that combines a **design** and a **message**

*\*however it must be clear and readable from across a room or from a hospital bed.*



6. Mandalas or designs that are **calming** and can be **meditative**.



“Creating healing art can help the artist as well as the viewer. **I didn't consider myself an artist**, but after cancer, I began creating mandalas to find a **sense of peace** among the chaos of life.

Now I know **anyone can find joy** in **creating** their art and **sharing** it with others.”

-*Heather Rodale*

Founder and President of  
Healing Through The Arts



## The art show goes on. . .

- **Original art is donated** to hospitals and healing facilities.
- **Healing Art Meditations** combine select art with the healing music of acclaimed musician and songwriter, Jim Brickman. These 3-minute meditations are designed to relieve stress and inspire hope. They can be viewed on digital devices or TVs in hospital waiting areas. More renowned artists are joining us providing more music.
- **Art has been displayed at special events** including Dr. Rick Boulay's Healing Music Concert at Miller Symphony Hall in Allentown, PA.
- HTTA.org features art from past shows in the online gallery inspiring hope and healing to anyone anywhere.

**Your art works to inspire hope**  
in our community  
to many who are healing.

Thank you.

