

photo and art by www.melanierivers.ca



with Melanie Rivers

Experience Art's Medicine

Thursday, January 31st, 2019



 THE UNIVERSITY OF BRITISH COLUMBIA
Centre for Excellence in Indigenous Health

 Centre for Excellence in Indigenous Health
UBC LEARNING CIRCLE
Embracing Community Solutions

melanie rivers
art

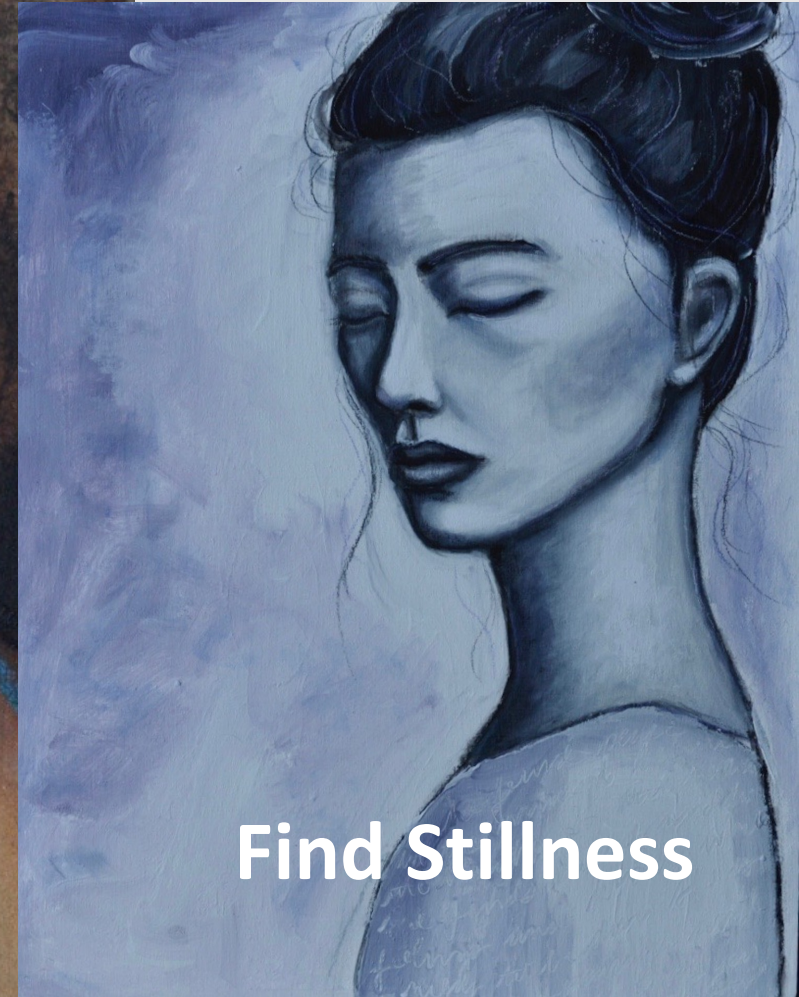




Play



Connect



Find Stillness

Everything as Medicine

Animal teachings



Plant medicine



Experiences as teachings

- *Medicine is...* a ritual that nurtures the spirit
- *Medicine is...* a teaching or lesson that we learn to better ourselves
- *Medicine is...* a quality of another being or object that we can apply to our own life
- *Medicine is...* an activity or food that helps strengthen our bodies



Medicine is:

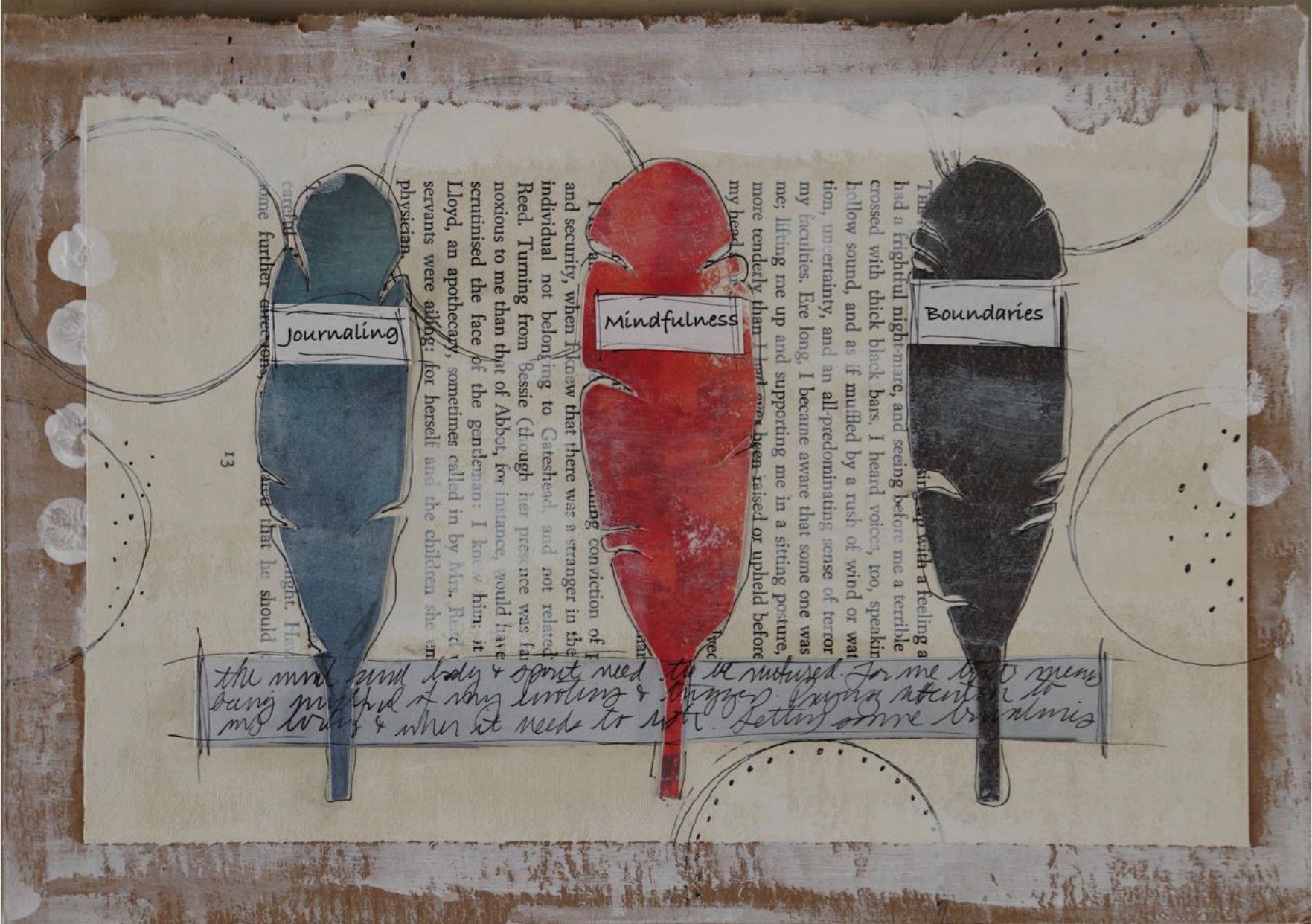
- spending time with friends
- meditating
- laughing
- going to yoga
- going for a walk
- standing with bare feet on the earth
- and of course--making art

*How do you view medicine?
What gives you medicine?*



Melanie Rivers Art

Mind, Body, Spirit Collage





ER THIRTY-THREE
John went, it was beginning to snow; the whirling
and all night. The next day a keen wind brought fresh
fall, by twilight the valley was drifted up and fresh
I had closed my abattoir, laid a mat to the door to prevent
from blowing in under it, trimmed my fire, and after sitting
an hour on the hearth listening to the muffled fury of the
snow, I lit a candle, took down Mammon, and beginning—
"Dry set on Nathan's caudled sleep,
And Tweed's fair river broad and deep,
The massive towers, the drooping keep,
The flanking walls that round it
In yellow hoar'shose."
I soon forgot storm in music.
I heard a noise: the wind,
St. John Rivers, who, after
hurricane—the house
that covered his
conservation
wade that
"Av
"N



Freedom
Morning routine
Rejuvenating sleep
Nourishing food

Resources:

Video and PDF for Mind, Body, Spirit Collage:

www.melanierivers.ca/mind-body-spirit

Expressive Arts Therapy Training: [Vancouver School of Healing Arts](#)

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