



The Heart of Healing

PUBLIC SCULPTURE

GUIDELINES FOR SUBMITTING AN OBJECT

Welcome. Your experience is important, and your contribution of an object with personal meaning will help to present empowering models for healing to our culture.

The guidelines below might sound formal and dry (and long). They are, after all, the technical details. Please read both pages anyway. But YOU -- you are the art, you are the beauty in this sculpture. It is your restorative spirit and your desire to reach out to others with your experience that create *The Heart of Healing*. The object you submit will be handled with love and care because it is the representative of your healing nature. Who you *are* is the gift; thank you for sharing yourself through this sculpture.

--Martia Nelson, director of Arts for Healing

To proceed, please read ALL the guidelines below, THEN FILL OUT A [SUBMISSION FORM FOR OBJECTS](#). A completed Submission Form must be sent with your object by 6/30/05.

- 1) Objects may be submitted by people who have received a cancer diagnosis, and by people who have cared about someone with cancer (family, friends, co-workers, caregivers, health professionals, etc.).
- 2) Choose an object that symbolizes a particularly empowering element in your emotional, spiritual or physical healing process related to your having cancer or related to someone you care(d) about having cancer. Healing does not mean physical cure. Healing refers to the restoration of personal well-being in the midst of challenge or distress. For example, if having tea with your best friend was your greatest source of support while coping with your or someone else's cancer, you might submit a teacup. If painting helped you express your feelings, you might submit a paint brush. If forays into nature renewed your connection with Life, you might submit a seashell or small rock. A child who enjoyed drawing pictures for a parent in treatment might submit a set of colored pens. Or you might want to make something. One woman who says that hugs from her favorite nurse carried her through treatment is making two cloth dolls hugging each other.
- 2) Objects should be no larger than 12 inches in any direction; smaller is better, with 2-8 inches ideal. (See #8 below for exceptions.) Automatic exception: Fabric (i.e. scarves) that can be folded or woven between other objects on the sculpture has no maximum size limit. There is no minimum size for any object. **Upon receipt all objects will become the property of Arts for Healing and will not be returned.**
- 3) Objects should contain no glass or other highly fragile or short-lived material (i.e. no dried flowers, leaves or food.) Most teacups are okay. Remove the glass from picture frames.
- 4) **Send only one object per person.** Two or more people can submit an object together. In such a case, each person must fill out a separate Submission Form, and both/all the forms must be sent with the object.
- 5) A tax-deductible donation of at least \$15 is requested with each object. If you truly cannot afford this amount, please take a moment to give loving thoughts to yourself and to this project; let that be your donation. (Thank you!) On the other hand, if you can afford to make a donation larger than \$15 and feel moved to do so, we need your help. Please give what you can. Your generosity will help *The Heart of Healing* and Arts for Healing to bring empowerment and healing support to people coping with cancer. Donations of \$1,000 or more will be gratefully acknowledged on the website.
- 6) Arts for Healing's intention is to use all objects that meet *The Heart of Healing* criteria. Objects not meeting *The Heart of Healing* criteria will not be used, and it is possible that, in spite of our very best efforts,

some items meeting *The Heart of Healing* criteria will not be used. We're sorry, but objects cannot be returned. Please send an object that you can part with.

7) Some of the objects received will be photographed and posted, with descriptions of their meaning, on the website. You are welcome to enclose a close-up photo (nonreturnable) of your object to help us out. If your object is chosen we will check your Submission Form for Objects to see whether you have given us permission to use your name with your object and description.

8) If you want to submit an item larger than 12 inches, you may request an exception to the size limit by emailing (preferred) or postal mailing ALL the following:

1. A photo (nonreturnable) of the object.
2. A note of the object's dimensions.
3. Your description of the object's meaning.
4. A self-addressed, stamped envelope if your request is made by postal mail.

9) If, after reading the previous guidelines, you have questions about whether your object meets *The Heart of Healing* criteria, please feel free to email or phone to ask.

10) Because some mail services will not deliver packages to Arts for Healing's P.O. box, **mail your object (with Submission Form) to the following street address:**

**ARTS FOR HEALING
c/o 1400 HIGH SCHOOL RD
SEBASTOPOL, CA 95472**

ARTS FOR HEALING

www.ArtsforHealing.com

PO Box 1932, Sebastopol, CA 95473 (707) 823-4403

Martia Nelson, Director: mnelson@artsforhealing.com

Arts for Healing is sponsored by Santa Rosa Memorial Hospital Cancer Library.