

Art Therapy

The life-affirming pleasure of art-making is inherently therapeutic. Often both the art process and product created help us to understand our current environments, reduce stress, enhance cognitive ability, and increase awareness of self and others. They may also be used as a form of prayer or journaling. It is common for artists to spontaneously respond to their own art or that of others with both art and poetry. The art and poetry below have been submitted through a variety of non-clinical, though often life-giving, art-based classes in venues around Texas.

Instant

Frances Rosales Ford

In an instant things change.
Never to be the same.
Do they change for better or worse?
That depends on the person
Or the world's perception.

Here's just a few.
The old world provided stability in a crazy sort of way.
The new world provides endless possibilities with tons of uncertainties.
We yearn for the past and all the things we took for granted.
We hold on tightly to today, for tomorrow shows promise with too many unknowns.
But in an instant things change and no one knows what
The future really holds or
Is anymore.

Visual spiritual journaling retreats, classes, and workshops are being held in a variety of settings in San Antonio, Texas: book stores, Haven for Hope, universities, the Bexar County Jail, and many other venues. Occasionally, after attending several of our visual journaling options, a participant decides to lead new visual journaling opportunities in new venues, and this expands community understanding of the practice and benefits of this type of journaling. Frances Ford has been especially successful in fostering this endeavor and encourages her students to submit their images to Voices de la Luna.



Frances Rosales Ford



Susan Herrera

The Change

Richelle Vasquez

Beaten and shattered—
Altogether, my life had been scattered.
Full of despair,
I thought I was broken beyond repair.
I lived the lie for so long,
I felt as if my life was done.
Believing that there was no way out,
As in the darkness, I wandered aimlessly about.
The prison that my mind had kept me in,
I never really thought I would win,
Then as I found the Lord one day,
I now live my life in a better way.
I am Free. I am Free.



Trichele Allen