



HEALING ENVIRONMENTS



TRANSFORMATION

Life is a journey. A journey filled with challenge. A journey filled with growth. For some of us, the journey leads us, or a loved one, to a life-threatening illness. When faced with such a challenge, it may comfort us to remember that the Chinese character for crisis is composed of both danger and opportunity, or as the ancient *I Ching* instructs us, chaos paves the way for creation.

Given sufficient courage and grace, we may use this opportunity to discover a new way of being—a deeper or higher level of consciousness—one that invites us to see things more clearly, to hold our loved ones more closely, to use our gifts more wisely. We may in time come to see this challenge as a mysterious gift. As Carlos Castenada once said, “Death is an advisor looking over our shoulder showing us how to live.”

For some of us this illness will serve as a wake-up call to honor those parts of ourselves which have been silenced, a turning point to discover and pursue the dream which we have forgotten or never known, or an invitation to explore who we are and why we are here. For others, illness calls us to the greatest challenge and the greatest gift of all—transcendence—and to a realization that there is an inner reality which transcends exterior circumstance. In the midst of pain and loss there may be joy and gifts of incalculable beauty, for the power of the human spirit is greater than death itself and love transcends both time and space.

To all of us—life offers the gift of transformation.

WHO WE ARE

We are a small ten-year-old nonprofit dedicated to relieving the suffering of the seriously ill and to providing support to their families and caregivers with healing environments.

What is a healing environment? One that offers sustenance to the soul and gives meaning to experience. A healing environment enables those who are suffering to transcend their pain by connecting to the universal and gives comfort through this connection.

We believe the transformative power of beauty, the arts and spirituality are tools that instill transcendent meaning into an environment and make it healing. Whether we are designing the interior of a hospice room, or creating the next issue of our journal, *A Light in the Mist*, these are the tools with which we comfort the suffering.

WHAT WE DO: *Our Resource Center*

Located in one of San Francisco's loveliest neighborhoods in a former antique store, our resource center stands as a beacon of comfort to the surrounding healthcare facilities.

In the front room visitors are welcomed into a homelike setting with comfortable couches and a beautiful array of meaningful art and objects. Bookshelves line the walls, filled to overflowing with books on art, spirituality, poetry, design and healing—as well as how to deal with illness, grief and loss. A large collection of video and audio tapes on these subjects are also available. In the back are healing poetic spaces for meditation, ritual and the therapeutic practice of sandtray.

Our resource center is open for research and quiet time as well as tours by appointment. (For further information, call 415-292-4040.)

WHAT WE DO: *Our Design Services*

We also provide interior design services for healthcare facilities, incorporating our unique vision of what is a healing environment.

Since 1997, we have designed two AIDS facilities in San Francisco, as well as the Client Services Division of the San Francisco AIDS Foundation. We have also designed two cancer centers outside of San Francisco and numerous smaller installations such as chapels, bereavement rooms, and palliative care rooms. In addition, we serve as consultants to hospitals and international groups.

For examples of our design work, please visit our website at www.healingenvironments.org and view the following portfolio.

















WHAT WE DO: *A Light in the Mist: A Journal of Hope*

We send our publication, *A Light in the Mist*, several times a year, free of charge to over 12,000 hospitals, hospices and individuals across the country and overseas. Each issue has a different theme, offering hope and comfort in the form of stories, poetry, and words of wisdom from writers, philosophers, and theologians. In addition, not only do we share our design experience, but also offer interactive tools for healing.

Renowned graphic artist Sam Smidt has given form to our vision with the beauty of his transcendent design. In our first decade, we created 29 issues. Recently they have grown to the size and scope of small books, covering such topics as suffering, memoir and transformation.

Warmly embraced by the hospice community, *A Light in the Mist* reaches beyond the needs of the seriously ill, offering inspiration to all of us who struggle with life's challenges.



A LIGHT IN THE MIST

THE JOURNAL OF HOPE

ANNUAL
1998

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US
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A LIGHT IN THE

THE JOURNAL OF HOPE

A JOURNAL OF HOPE FOR THE FUTURE
OF THE WORLD
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By the author, p. 1-4



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TO THOSE WHO HAVE DIED ALONE

TO THOSE WHO HAVE DIED WELL LOVED

TO THOSE WHO HAVE DIED IN PAIN

TO THOSE WHO HAVE DIED IN PEACE

TO THOSE WHO HAVE DIED WITH LIVES FULFILLED

TO THOSE WHO HAVE DIED WITH DREAMS UNLIVED

HEALING ENVIRONMENTS IS DEDICATED

TO THE RELIEF OF ALL SUFFERING

FOR WE ARE ONE

TOGETHER
WE WILL COMFORT THE SUFFERING

1. Healing Environments Resource Room,
San Francisco, California
2. Healing Environments Remembrance Alcove,
San Francisco, California
3. Healing Environments Dining Room,
Palo Alto, California
4. Maitri Living Room, Residential AIDS Facility,
San Francisco, California
5. Brandy Moore—Rafiki House Living Room,
Residential AIDS Facility, San Francisco, California
6. Healing Home (model), Palo Alto, California
7. Maitri Bedroom, Residential AIDS Facility,
San Francisco, California
8. West Cancer Clinic Gallery, Memphis, Tennessee
9. Healing Environments Patient's Room (model),
Palo Alto, California
10. Brandy Moore—Rafiki House Group Therapy
Room, Residential AIDS Facility, San Francisco,
California
11. Brandy Moore—Rafiki House Dining Room,
Residential AIDS Facility, San Francisco,
California
12. Healing Environments Art Studio,
Palo Alto, California
13. Healing Environments Meditation Room,
Palo Alto, California
14. Healing Environments Sandtray with Objects,
San Francisco, California