

PHYLLISHUBBARD.COM

The Mixed Media Hammam includes visually stunning meditative images, art and video. PHYLLISHUBBARD.COM uses mixed media to communicate healing messages that transcend the written or spoken word. We can have a deeper understanding of healing through a feeling or an introspective insight. Mixed media allows PHYLLISHUBBARD.COM to present a customized exploration into and experience of self-care at a pace determined by each individual.

The images and videos illustrate accurate and multidimensional representations of Black, Indigenous and Immigrant People and are designed to help us learn how to focus our attention and meditate. The purpose of the storytelling is to guide us past the drama of the story so that we can learn the lessons that the story was intended to bring and recognize that we are not alone in this healing endeavor. The video clips, music, movies, research articles, etc. are included to help us raise our consciousness to the level of the solutions to our challenges.

The Cross-Cultural Healing Haven is a restorative wellness space for everyone that centers Black, Indigenous and Immigrant People. It features a therapeutic journey through images, video, storytelling and introspective studies. Healing is a process that cannot be realized through a quick fix, sound bite or one-size-fits-all strategy. PHYLLISHUBBARD.COM offers many pathways and processes so that no matter what process we choose, we will find our way.



A Mixed Media Hammam



Pictures, Storytelling, Video



A Cross-Cultural
Healing Haven