

## HENNA AS A TOOL FOR TRANSFORMATION

Seed, soil, sunshine.  
Soaking up that life force - -

Harvest, dry, mill.

The raw powder is blended with liquids and other plant essences into paste that can be applied to the skin with a variety of tools. The medium is molded to suit the needs of the artist - whether for painting, smearing, or piping onto the skin.

Henna is a folk art form used in several regions of the world, and by many cultures for events and rituals that center on times of transition: girl to woman, woman to wife, baby to boyhood. It is used to adorn, beautify and protect.



The sigils and symbols of henna art vary from culture to culture, and can be intensely personal and selective, which makes henna an excellent tool when moving through a time of reflection. The bond created between the plant and your skin is permanent at the molecular level. As time passes your old skin cells drop away making the henna disappear. Literally as you become a new person, the henna falls away.

The process of henna can be like consigning something to fire: a contemplation on a necessary change: a letting go.