

PHYLICIA GHEE

- INTERDISCIPLINARY VISUAL ARTIST -

Performances, Workshops & Ritual Offerings

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Pain is a necessary part of
becoming our most authentic
we must surrender to
grasp the truth of our
that we must
we must surrender to
stop running from
embrace our vulnerability
breaking open
to floating. This
strength and
submitting to
understanding that
find that I who
ourselves, for
journey. We are all on
becoming our most authentic
is contraction, there must
opportunity for expansion. The



ABOUT PHYLICIA GHEE

Phylicia Ghee is an interdisciplinary visual artist & photographer. Ghee received her BFA in Photography with a Concentration in Curatorial Studies from Maryland Institute College of Art (MICA) in 2010. Ghee's artwork documents transition, explores healing, ritual, ceremony & personal rites of passage. While photography & performance are central to her work, Ghee also works in video, fibers, mixed media, installation & painting.

Ghee has curated and developed numerous exhibitions, events and public programs centered around issues of identity, healing, and community.. She has also exhibited her work at various galleries and museums throughout the Baltimore-Washington Metropolitan Area and beyond.

In 2015 Ghee served as Resident Healing Artist for a city-wide campaign called the New Day Campaign, which focused on bringing awareness and healing to behavioral health issues throughout Maryland. In 2017 Ghee received recognition from the First Lady Yumi Hogan & the Maryland Department of Health and Mental Hygiene's Behavioral Health Administration for her art and activism in raising awareness on issues surrounding mental illness and substance use. During her professional career Ghee has not only taught numerous classes and art-based workshops with a therapeutic & healing component, but she has also done multiple performances and facilitated various rituals & ceremonies.



PERFORMANCES,
WORKSHOPS & RITUAL
OFFERINGS

In addition to my photography, visual art & performance/ritual based practice I offer a series of workshops and ceremonies focused on healing, self-exploration & self-care. For me, accessing my creativity requires that I also honor the deepest, quietest aspects of myself. Self care is more than caring for self. It is deep, it is self-preservation, it is necessary for the success of any and every endeavor.



PERFORMANCE

Laced with the voices of my Ancestors, the rituals, ceremonies and performances that document my own rites of passage also speak to my journey to heal myself and returning to a sense of wholeness, trust & surrender.

I N T R E P I D

A S E L E C T E D P E R F O R M A N C E P I E C E

Intrepid is an ancestral ritual and spiritual download which came as a vision during my study of dance, molecular relationships, neural plasticity, subatomic particle collisions, and alchemy.

Intrepid is about harnessing all of the power within to create an inner and outer transformation.

As a meditative and movement based ritual, Intrepid has become a sacred process in which I am using my body to write a spiral of affirmations in charcoal that stimulate release and renewal.

My body, never leaving the paper, slowly erases the words of the affirmation and they begin to cover my skin. In this way I am stepping into my intentions in a very literal way. So, like a Buddhist sand mandala, Intrepid also challenges me to both accept the impermanence of life and to find that which is ever present.

"INTREPID II"

Within my three-channel
video piece & installation
"Breaking Open"

November 2015



"INTREPID II"

Within my three-channel
video piece & installation
"Breaking Open"

November 2015





"INTREPID ZERO"
June 2014

I N T R E P I D

A S E L E C T E D P E R F O R M A N C E P I E C E

Please inquire further, if you would like to see more of my performance work.



WORKSHOPS & CEREMONIES

The focus of my workshops is always to share creative experiences that engage the senses, to make contact with our inner stillness and to offer tools for reflection & inner transformation. All of the ceremonies & practices shared in my workshops are a part of my personal ritual, self-care and art practice.



ALCHEMICAL ARTFORMS

A WORKSHOP SERIES

Alchemy is chemistry's medieval predecessor, based on the supposed transformation of base metals & raw materials into gold.

Art has the power to change a person's brain on a molecular level, so at our purest we are all alchemists. This workshop series allows us to access this soul alchemy and begin the process of seeking, and ultimately, finding the indestructible (or the gold) within ourselves, and living our lives from that place within.

The handmade items created & used in this series of workshops serve as our raw materials. They are tools that allow us to begin to explore our neuroplasticity; our ability to change our minds, to balance and to heal ourselves, so that we can live differently and therefore engage in this sacred & magical process of inner transformation & inner alchemy.

ALCHEMICAL ARTFORMS

A WORKSHOP SERIES

Through this workshop series we learn and practice the art of presence by engaging in stillness, intuitive expression and self-exploration. I facilitate this process through the creative use of the senses (taste, touch, sight, sound & smell) and the natural elements (water, earth, air, fire & ether/spirit) for the purposes of healing and self-discovery. Through such experiences we are able to connect both communally and ancestrally.

My workshops tend to be focused specifically on women, although not always.

ALCHEMICAL ARTFORMS

A WORKSHOP SERIES

01

Tea Ceremony & Hand-Crafted Tea Blends

I facilitate a silent tea ceremony in which we create a communal brew in one central glass cauldron. I also teach the creation of handcrafted medicinal tea blends using a series of herbs.

02

Fully Equip Self- Care Boxes

These boxes are a companion for each participant, providing tools to center, care for and bring a sense of peace & stillness to our lives.

03

Hand-Crafted Artist Books

I teach the creation of personalized, hand-bound books. Materials are provided for participants to both bind and decorate the covers of their books.





01 Tea Ceremony & Hand-Crafted Tea Blends

The tea ceremony is a sacred & ritualistic way to engage in silence and presence during a dance between the 5 elements & our 5 senses.

This tea ceremony is based in inner alchemy and the transformative qualities of the natural herbs & elements.

“

Water has a memory and carries within it our thoughts and prayers.

~ Masaru Emoto

During this tea ceremony we each fill hand-embroidered tea bags with herbs/leaves, while focusing on positive intention and affirmation. These tea bags are then added to a communal brew, which is shared amongst those in attendance.

Private Tea Ceremony for
the New Day Campaign
September 2016



Both the embroidered affirmations, the herbs/leaves and our collective intentions, when introduced into the water, will change it's molecular structure so that when we introduce this brew into our bodies during the silent tasting we will subsequently change our own biochemistry and emotional state.



"Trauma, Art & Healing"
Tea Ceremony for
Washington College
March 4, 2018

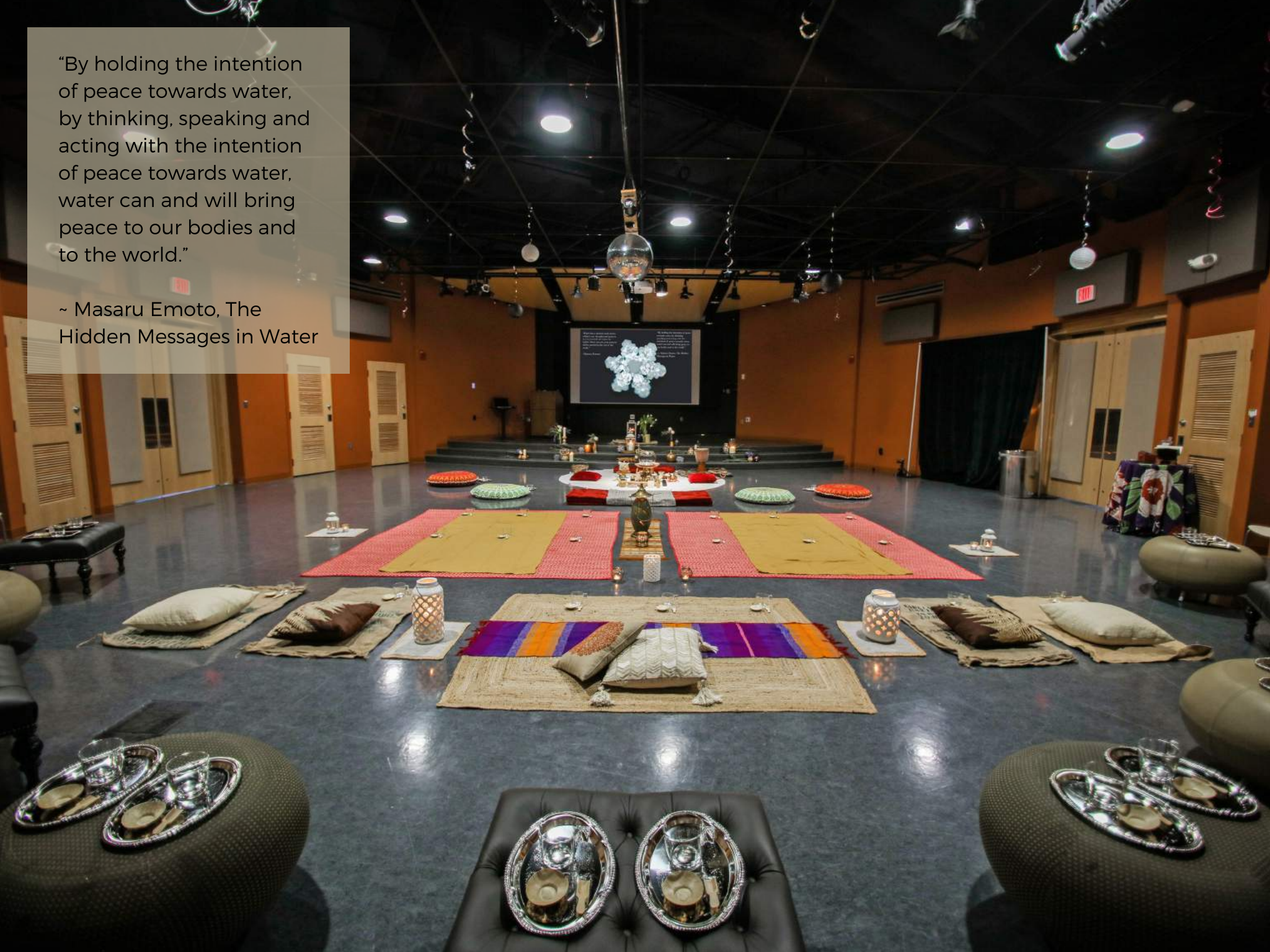
There is also an ancestral thread running through to this ceremony as it involves the ancient art of tea, our connection to the natural elements and the ancestral, ritual practices of sewing & embroidery. Through this ceremony we learn to hold space for both ourselves and one another.



(Left) An example of a tea bag I hand-embroidered for the Tea Ceremony

“By holding the intention of peace towards water, by thinking, speaking and acting with the intention of peace towards water, water can and will bring peace to our bodies and to the world.”

~ Masaru Emoto, The Hidden Messages in Water





Peppermint
BALANCES GASTRIC FUNCTIONS,
EASES DIGESTION, REDUCES CRAMPS,
& NAUSEA
BACTERIAL, TREATS COLDS, ANTI-
PAIN + reduces fever, stomach
nutrients, natural stimulant
PROMOTES RELEASE + PURIFICATION
ASSOCIATED GENERAL HEALTH
ELEMENT: AIR + FIRE

"DREAM TEA"
ANTI-INFLAMMATORY + ANTI-
BACTERIAL, PROTECTS AGAINST
COLDS + BACTERIAL ILLNESSES
healing elixir for wounds
soothes stomach
PROMOTES RELAXATION +
CALMING SLEEP
ASSOCIATED ELEMENT: WATER

Lavender
ANTI-INFLAMMATORY, DETOXIFYING
DEPRESSANT, induces
attracts love, induces
rest + relaxation of mind
BRINGS CALMNESS +
PEACE
ASSOCIATED ELEMENT: AIR

Palo Santo
"HOLY WOOD"
When burned it has
medicinal + therapeutic healing
power. AS A TEA IT RELIEVES STRESS
EMOTIONAL TRAUMA, AND ANXIETY.
Calming for nervous system
Boosts immune system
ANTI-INFLAMMATORY
FAST RECOVERY
CLEANSING + PROMOTES
CONNECTION
EXCELLENCE
ASSOCIATED

I also teach workshop participants to handcraft medicinal tea blends using various herbs. We explore the healing properties of each herb and we learn presence and connection through full sensory exploration. We then have a tea pouring, tasting and discussion.

02 Fully Equip Self-Care Boxes

I construct these personalized Self-Care Boxes using wine boxes that I have collected, deconstructed and reassembled. I use a torch to burn some of the boxes creating a beautiful pattern. I also drill holes through the sides of them and wrap rope in leather to create a handle

These boxes can contain over 20 handmade and carefully selected tools to aid in self-care.

“

This self-care box is really sacred to me. I look to it when I need to channel inward.

~ Tiffany (workshop participant)







BARON
VARIETALE

BARON



03 Bookmaking : Hand-crafted Artist Books

Prior to this workshop I create disassembled book covers & pages for each person to have their own personal book for decoration & binding.

These intricate, one of a kind, handmade books serve as alchemical tools that offer the opportunity to release, affirm, manifest, process ones emotions, unearth ancestral stories and gain a deeper understanding of self.

“

Your workshop is like the gift that keeps giving.

~ Monique

(workshop participant)

Teaching Bookmaking
Alchemical Artforms : BLACKBIRD
Baltimore, MD
April 2018





Participants Engaged in Bookmaking
Alchemical Artforms : Les Bohemes -
The Spirit of the Creatives
New Orleans, LA
April 2016



DARING TO REST: YOGA NIDRA

I am trained as a Daring to Rest Yoga Nidra Facilitator. (Trained by Karen Brody, Certified Yoga Nidra Instructor, author and women's well-being & leadership advocate)

Yoga Nidra also known as "yogic sleep" is a deep meditative conscious sleep experience that utilizes stillness, body scanning, visual journeying and conscious breath-work to ground you back into your body and take you on a journey through deeply restorative brain-wave states allowing rest, detoxification and rejuvenation on a cellular level.



Daring to Rest : Yoga Nidra

"Guided Yoga Nidra Meditation has the ability to take you down into an even deeper brain-wave state -- one that can't be reached through conventional sleep" ~ Daring to Rest

“

When you start practicing yoga nidra, you begin to clear emotions and thoughts that you've spent a lifetime identifying with but that no longer support your well-being.

~ Karen Brody

“

Rest is a universal and critical ingredient in virtually all approaches to healing

~ Rubin Naiman, PhD



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The performances, workshops & rituals shown here are examples of the type of work that I do.

Many times I will create new experiences that merge new elements with the artistic and ritual elements presented in this document.

Each offering is a completely individual and unique experience. Each offering is tailored specifically to the situation and needs of the organizations, creative spaces and participants I work with.