



Selected Healing Arts Workshops
Led by Alex Goldberg
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TEA CEREMONY

Rooted in the practice of SourcePoint Therapy and experienced as a group session. The Phenomena Of Tea Ceremony brings together guided meditation, art making, and self reflection. The tea for this practice was developed by Phenomena Of founder, Alex Goldberg. and functions as an entry point to the energetic quality of grounding. This ceremony serves to calm the nervous system and invite the practice of slowness to emerge as a gateway to healing and creativity.





SUCCURRO RESIDENCY WORKSHOP

This workshop took place at Succurro Healing Center and combined meditation, and hands-on art making as a tool for activating confidence, self-expression, and reflection. Through guided prompts and open studio exploration participants experimented with materials while developing their own visual language. The workshop emphasizes curiosity over perfection, supporting participants in discovering how creative process can become a resource for awareness, connection, and personal voice.







SOURCEPOINT THERAPY

SourcePoint Therapy is a simple, non-invasive method of energy work that focuses on the inherent health in each individual. The modality utilizes simple practices to connect with the Blueprint of health for the human being; the fundamental Order, Balance, Harmony and Flow present in the universal energy field and in our bodies and minds. During a SourcePoint session, we work with points and pattern in the energy field, to awaken the energy within you and release blockages in the body that are obstructing the Flow of the inherent health within your system.

SourcePoint Therapy activates creativity, regulates the nervous system, and supports the shifting of mental, physical, or behavioral patterns. Working at the energetic level, SourcePoint Therapy is designed to enhance and expand whatever you are doing at the physical level to support your health.



LOSS FOUND HOME

A week-long workshop bringing together artists, designers, and healers at The Swimming Hole Foundation in Bearsville, New York.

We explored the relationship between the mourning process and the design process as an entry point to addressing one's grief. Each participant received SourcePoint sessions, shared their own creative practice, and had time to work independently in nature.

Individual exploration gave way to deep processing that was possible because of the collective container. Participants made a commitment to allow themselves to be seen in their grief, and supported in their transformation. The workshop concluded by each participant bringing the group to the area of the land in which they connected and guiding the group through the methods in which they processed, grieved, released, and began anew. Together we moved through a procession of rooms within nature and experienced profound collective healing.





BODY LANGUAGE:

Body Language was an interactive installation where participants listened to a guided meditation and explored how language, geometry, sensory perception, and body movement can integrate to enhance self awareness and activate perceptual shifts. This experience was an opportunity to explore how deep listening and respect for multiple perspectives has the capacity to unravel the rigid mind and dissolve dualistic thinking. The goal is that through these processes, we can learn to accept the gifts that come from the paradoxes in which we exist. That we can live into the understanding that we are having both an individual experience and one of a much larger network.