

Arts for Brain Health Coalition & Sacred Transformations

present

The Libations Coloring Book



Celebrating the
Social and Ceremonial
side of Beverages



Illustrated by
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Written by
Lucas Livingston





Arts for Brain Health Coalition [facebook.com/artsforbrainhealth](https://www.facebook.com/artsforbrainhealth)

Arts for Brain Health Coalition is a Chicagoland consortium of arts and healthcare leaders, who design and present arts-based programs that use creative engagement to improve the lives of people with memory loss and those who care for them. We provide creative arts workshops that promote brain and body health through art-making, dance, music, and theater improvisation. While we are unable to assemble in person during the COVID-19 pandemic, Arts for Brain Health is focusing on delivering arts programs to your home – both online and through creative arts care-packages such as this Libations Coloring Book.



Sacred Transformations www.sacredtransformations.org [facebook.com/sacredtransformations](https://www.facebook.com/sacredtransformations)

Sacred Transformations is a 501(c)3 not-for-profit organization dedicated to helping people, who are tattooed, scarred, branded, and/or burnt from negative experiences, to transform those marks into art pieces that celebrate one's individuality. The experience empowers the individual to express in their own terms who they are inside. It is our goal for those marks to be converted into a source of daily inspiration to maintain sobriety, to be committed to the welfare and betterment of children, family, community and self. Our organization believes that these transformative tattoos will provide a historically qualified link to spirituality and culture and deliver the individual a new rite of passage – a symbol of evolving consciousness and personal evolution.



About this Coloring Book

A libation is a drink poured out in honor or memory of someone or something. The Libations Coloring Book unites us with drinks, coloring, and good company. The Arts for Brain Health Coalition & Sacred Transformations are pleased to bring you this activity book to support the health benefits of art-making, encourage thoughtful conversation, and enjoy togetherness and reflection through the comfort of food and drink. Just as it is important to exercise and nourish our bodies, we must also exercise and nourish our minds. Creating art has the power to heal, transform, and build community. Coloring is a relaxing way to express our creativity and share time with others in a calm and meditative activity. Coloring also helps with concentration and fine motor coordination.

The following images come from the original Libations Exhibition Art Therapy Coloring Book, which is available upon request by contacting Sacred Transformations at timeforink@gmail.com. Art therapist and Sacred Transformations founder Eric Dean Spruth established the Libations Exhibition as a recurring, curated collection of images and conversations that explore the ceremonial and celebratory functions of beverages and drinking as well as the negative consequences of over consumption and addiction.

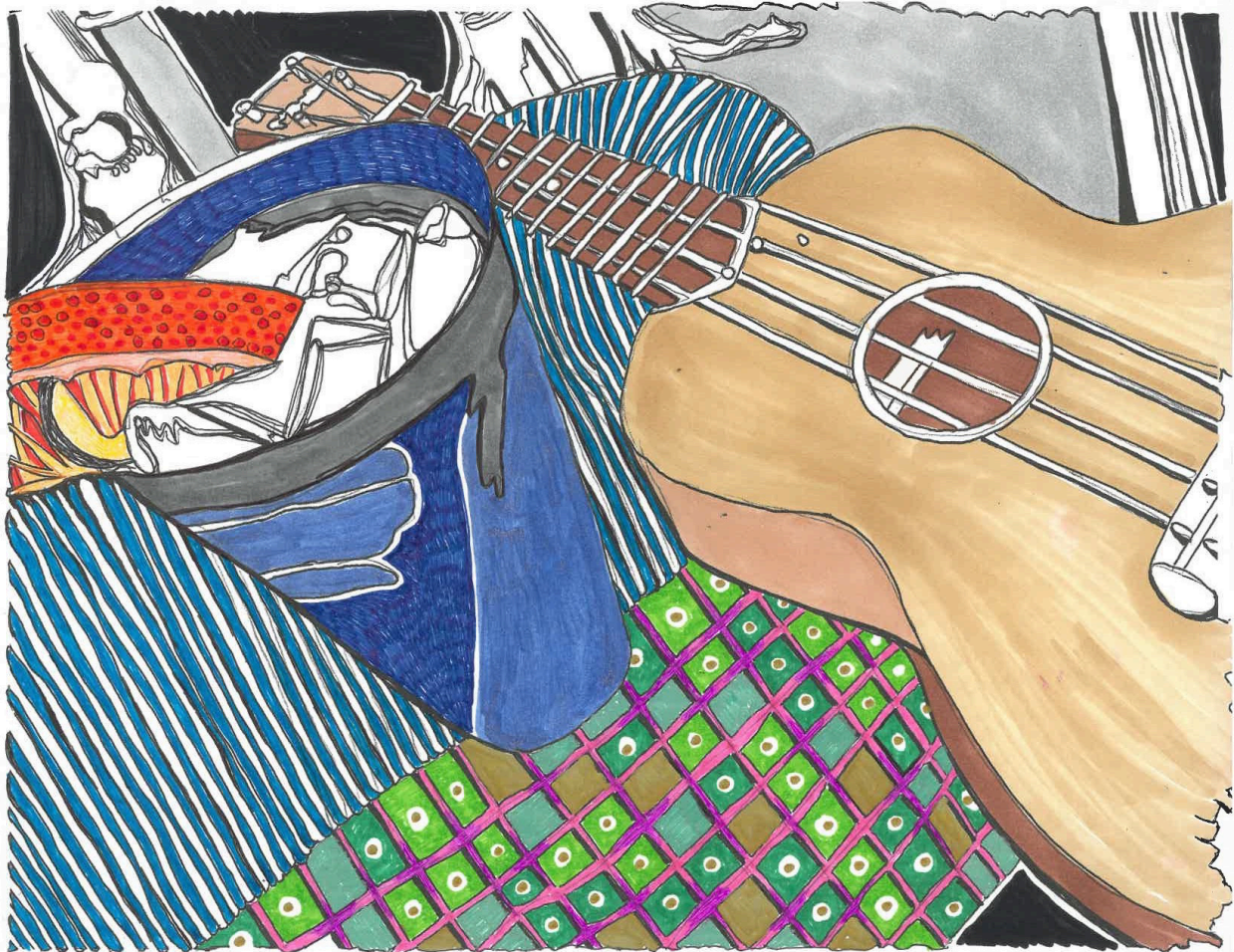
Instructions

You can separate the pages in this booklet and spread them out on a table for greater inspiration. Color the black and white drawings with your favorite coloring media. The color pages offer creative inspiration and contemplative prompts for conversation while you color with one or more care partner.





Tip: Play some background music while you color these images. Talk with a friend or partner how music influences how you choose to color an image.



1. What type of music do you think goes well with this image? What makes you say that?
2. If the colors in this image were different, how might that influence the type of music you associate with the image?
3. Activity: Think of a drink and ask your care partner what type of music they associate with it. Then have them name a drink and ask you. Play a song or type of music and ask them what drink they think would pair well with it.

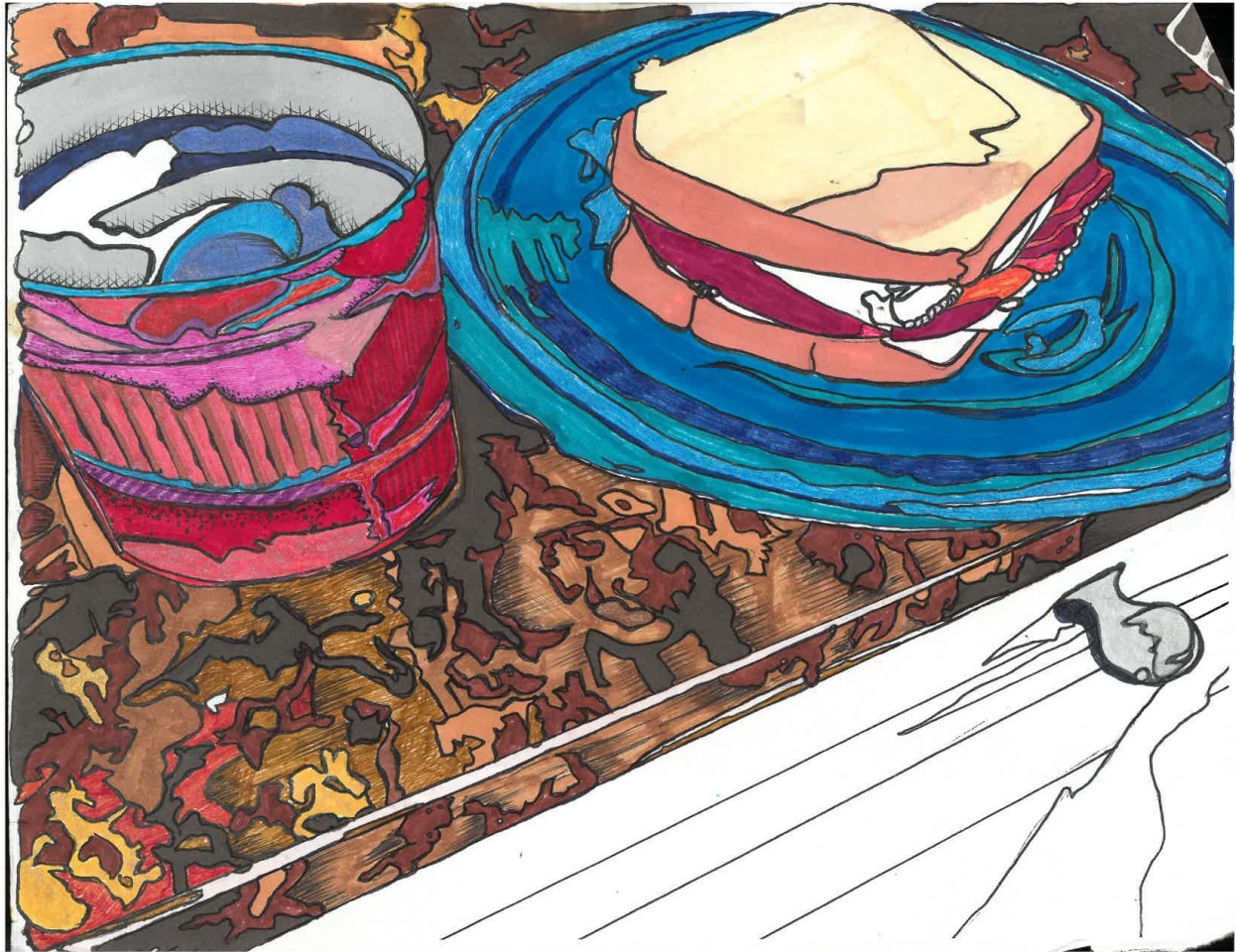




“I love Japanese miso soup. I don’t know if it’s a food or a drink. Most soups I eat with a spoon, but I like to slurp miso directly from the bowl.” — Lucas Livingston



“This was a great pairing on a great day. Bloody Mary with a roast beef, jalapeño cheese, and mayo sandwich at a place called the ‘Healing Cottage.’” — Eric Dean Spruth



1. Do the food and drink in this image look appetizing? Why or why not?
2. What examples can you think of that are perfect food and drink pairings?
3. Is there a type of drink that makes you think about a specific location, moment, or activity from your own life experience? Why do you think you make that association?



