

Readers Journal





The Readers Journal

This Journal is a 3 day workbook which takes you on a three-day experience. You are given, the rolls, as did the participants in the 3 journals. Each day you write and are given an arts task, guiding you step by step into a short artistic challenge.

You are invited to print the pages or use the digital version as your guide. You may do as I did when creating the participants books, print these words, cut them and glue them in a new notebook.

Follow the books tasks and we would be happy to hear about your experience.

Introduction

The intention of the book is to change your attention.

These are the rolls of the game, these are the true tasks of the book:

- ▶ The main aim is to do the tasks, you can not get them wrong.
- ▶ Do not TRY to make anything - make what comes - look at it later.
- ▶ Do one task every day.
- ▶ When the book is open close your phone (or have it on silent).
- ▶ Keep this book private, share it if you want at the end of the process.
- ▶ Look for the pleasure and playfulness in this process - enjoyment in the simple actions.
- ▶ Let your senses lead you.
- ▶ Let colors and lines come into your writing and words into your drawings.
- ▶ If you feel the urge, need or want to add some words, write or draw at the end of the book there are free pages to do so.
- ▶ Don't try to make sense of what comes. Don't judge your work. The goal is to let go of judging thoughts, if one comes let it pass like a cloud, without engaging with it.

Try not to look ahead, let yourself read every assignment one day at a time.

Day One

TASK

Put on a song - a tune - from any device you choose - the first tune that comes to your head.

Choose 1 colored pencil.

With the first one you follow the music. - use it like an instrument drawing the rhythms and melody - showing your unfiltered sense -finding where in your body does the rhythm move.

Change the pencil, choose a different color. Concentrate in the sense of holding the crayon and the smoothness of the paper. Follow the music.

Change a pencil again, look at the drawing and see if there is something that needs to be added.

Day One

Day Two

TASK

Take one of the pages of the book. Without taking it out, crumple it up, squash it.

Listen to the paper fold in your hand.

Do it once

Open the paper
Look at the lines.

Go over the lines with pencils. Just lines on a paper.

Day Three

TASK

Find a window that you like looking out of.

Give yourself 10 minutes of looking.

First, can you see the horizon? What is the point that is the most far away from you?

Let your eyes rest there for a minute.

Is there something new you have not seen before?

Look at the light, where is it coming from? What direction?

Seeing the movement of objects in space.

If an animal passes, a tree is moving, try to imagine the movement becoming a rhythm.

You may write, draw or keep it in your mind.

Day Four

If you made your own journal in a new notebook please add the sentences here below at the end of the book. Give yourself the option of carrying on the journal; use it as a starting point for a creative journal of your own.

Dreams belong here

Daydreaming belongs here

Memories have a place here

Write them down. Bring them in. Welcome them.