



CLASS THREE: HARVESTING WORDS FROM YOUR MANDALAS

You've learned why it is important to harvest words from your mandalas and now you've begun to integrate this into your mandala practice.

Word Harvest Practice

1. As you create your mandala, have your journal and a pencil or pen beside you
2. Make a list of words that come into your mind as you are drawing your mandala
3. You can write those around the outside border of the mandala if you like
4. List all your words in a vertical column in your journal
5. If you are using color, add those color words to your list
6. This is your Word Harvest
7. Once you have finished, make 3 associations with each of the words
8. Trust the first thing that comes into your mind
9. Don't judge your words
10. These words can be emotions, names of people, memories, places
11. There is no right or wrong way of doing this
12. Do not edit or second guess yourself
13. Once your list is complete, circle around 5 - 8 words including ones that seem strange, mysterious or funny to you

RESPONDING to this week's lessons

It's time to pull out your sketchbook journal and your favorite thing to write with. I suggest putting the date and the name of the lesson at the top of your journal entry.

Lesson #2

How did it feel to add words to your practice?

What were the connections between the mandalas you created and things happening in your everyday life?

What were some of your biggest surprises or insights?

Did any of your insights feel universal?

Lesson #3

What are your creative wounds?

How did they happen?

How do you feel about them now?

14. Then complete the phrase - Just for today she (he) feels... or he (she) is the one who - filling in with one of your words from your list
15. Cross of the words from you list as you go
16. You will need to add other words to complete your thoughts - adjectives, adverbs, verbs...
17. It is not necessary to use all the words from your word harvest
18. Don't worry about punctuation or spelling
19. Try to keep your pen moving and trust the process. This should only take a few minutes.
20. Now give your mandala a title - just a word or two that sums up the gist of your mandala
21. When finished, write the title of your mandala and the thoughts that came to you on the back of your mandala. Don't forget to add the date.
22. As your mandala practice grows, you can play around with adding words around the outside of your mandala, creating a "word border." You can also consider adding some of your words within your mandalas.
23. Remember there is no right or wrong way to do this. Just dive in and do what feels right to you.

Every time your inner critic shows up to squelch your creative voice, read this poem. Remind yourself that creativity is our birthright and an essential part of what it is to be human.

Purple by Alexis Rotella

In first grade Mrs. Lohr
Said my purple teepee
Wasn't realistic enough for a tent,
That purple was a color
For people who died,
That my drawing wasn't
Good enough
To hang with the others.
I walked back to my seat
Counting the swish swish swishes
Of my baggy corduroy trousers.
With a black crayon
Nightfall came
To my purple tent
In the middle
Of an afternoon.

In second grade Mr. Barta
Said draw anything;
He didn't care what.
I left my paper blank
And when he came around
To my desk
My heart beat like a tom tom.
He touched my head
With his big hand
And in a soft voice said
The snowfall
How clean
And white
And beautiful.