



Imagine
Reflection

Take a moment to feel your body resting on your seat. Your full weight pulling you down to your place on the Earth, like a stone resting on the ground, solid and full. This place where your body rests is yours. No one else can fill it. You are here. Now. Notice your breathing, in and out. You are solid, but you are not dense. Feel your chest opening up to take in your breath and your chest resting down to let it out. Follow your breath for a moment into your body through your lungs and then out into the air around you.

Naturally, without effort you begin again. Breathing. In this moment now, everyone is breathing this air that surrounds our planet. We are all breathing.

You may now be in your 20's, 30's, 40's, 50's 60's, 70's.... Feel your age, the wisdom that you have gathered, the experiences, feelings, relationships. You have been breathing all this time. Always in and always out. Follow your breath for a moment back to your childhood. After a hard run, rising from a nap, blowing out a candle on a cake.

Imagine you are holding your favorite book. Its pages are smooth and cool in your hand. Look. *What do you see on the page? Do you see a face there like your own? Can you enter that face, enter that story as if it were your own? Is it familiar? Does it mirror your life?* Many of us didn't see our face or our lives reflected in the books we grew up with. Look at the book in your hands. *Is your face there?* If it isn't, using your powerful imagination, feel yourself as a child holding a book and looking down you see a face that looks like you and you can read a story that sounds just like your life.

Now as a child look up and out into your world, do you see your face in the movies that you watch, the billboards in your town, the newspapers, magazines, television programs? Do you hear songs on the radio about wise children, strong girls, the perfection of brown skin warming in the sun? What is on the nightly news? What kind of stories and images filled the background of your childhood?

And what about your hands? Do they hold crayons? Brushes dipped in watercolors? Thick sidewalk chalk? What about mud? What about glue bottles?

Look at the hands you have now. *What wisdom do they still carry from childhood?* Do not think thoughts. Allow your wise hands to move. Touch a pencil to this page. Scribble. Draw. One letter. *The first letter you ever made?* **Begin. Begin here with yourself. You are an artist. There is never a right or wrong way to make art.**

Use the following page to draw whatever calls to you.....

Draw it! Claim it!

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Reflect

1 Did you grow up with media that you feel reflected you and your life? What kind of media did you grow up with? What was in the books? On the radio? On the nightly news? In the movies and on the television?

2 When you look around your world today, do you see yourself reflected in your world? How many people who hold power in our current culture look like you? Have a similar story as yours?

3 When you imagine being fully reflected in your world, how do you feel? Is it different or the same as how you felt as a child? How about now? Do you feel fully reflected in your world now? Imagine for a moment that you do.

4 When you feel fully reflected in your world, how does that affect your learning? Your ability to assimilate information?

5 When you imagine that you are fully reflected in your world, is it the same world? Does it feel different? Is the information available the same? Are the social, economic, spiritual, mental, physical values the same? If they're different, how?