



# Imagine War

If you want to join “Imagine War” please follow these instructions:

**Get comfortable.** Sit or lay down in a quiet and comfortable place. Relax your mind and body and feel yourself beginning to drift into a state of calm, soft relaxation. Let yourself go while remaining aware of the outside world, keep your eyes open and feel yourself becoming sleepy.

**Tell yourself** silently why you want to be at war and decide how long you want to be in a state of war.

**Focus your attention** on something that you **see** in the room. Do this three times with three different items.

**Focus your attention** on something that you can **hear** in the room. Notice three different sounds and allow them into your awareness.

**Focus your attention** on something that you are **feeling**. Notice three separate feelings and allow them into your awareness.

**Concentrate on two things you are seeing.**

**Concentrate on two things you are hearing.**

**Concentrate on two things you are feeling.**

**Concentrate on one thing you are seeing.**

**Concentrate on one thing you are hearing.**

**Concentrate on one thing you are feeling.**

**Close your eyes and go inward.**

Relax and feel yourself drifting ever so slightly. This is a calm, peaceful state where you can just let go.

**Imagine war, what does it look like?**

**Imagine war, how does it sound?**

**Imagine war, how does it feel?**

You are at war.

Stay.

*Now start to work on your art piece of "Imagine War".*

*\*Concept by Maren Montauk*