Living Religions of the World

Experiential Journal Prompt: Skyscape-Mindscape

1. *Skyscape*: Spend twenty minutes outside, looking at the night sky. In your journal, write a two-page description of the sky. Show a wide range of observations: What did you see, hear, feel, and smell while you were outside? Did these things change as time passed? How did they change?

2. *Mindscape*: Think about what was going on in your mind while you observed the sky. In your journal, write a two page-description of your thoughts. What were your sensations, emotions, and reactions? You might also include the thoughts you had immediately following your twenty minutes outside. Include reflection on the possible purpose of the project.

3. *Finished product*: Create a piece of art inspired by the sky and/or your mind as you observed it. This might take the form of a poem, song, painting, drawing, essay, interpretative dance—whatever fits! This does not have to be done within the confines of your journal.

\*Please indicate in your journal if you would not like me to display your artwork.

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