Living Religions of the World

Experiential Journal Prompt: Seascape-Mindscape

1. *Seascape*: Clean your bathroom. This includes the toilet, sink, tub/shower, and floor. Do not use electronics (ipod, phone, etc.) In your journal, write a one-page description of what you did.
2. *Mindscape*: What was going on in your mind/body while you cleaned your bathroom? Write a one page-description of your thoughts. What were your sensations, emotions, and reactions? You might include some reflection on the possible purpose of the project.
3. *Finished product*: Create a piece of art inspired by your experience cleaning the bathroom. This might take the form of a poem, a song, a painting, a drawing, an essay—anything you like.

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