



## mneme worksheet

### contemplative practices

1. Do you have any rituals? Maybe yoga is your ritual? Maybe creative and contemplative practices are now becoming rituals. Maybe making espresso, having a sauna or taking a bath is form ritual. Perform a ritual this week with full attention, with your whole self, with mindfulness. Don't think about other things – bring your whole physical and mental self to the ritual. Write in your notebook about it.
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2. Do you ever make up rituals? For example, when I left my last apartment, one that I'd been living in for 5 years, I cleaned and discarded – a collective ritual many of people do. But after it was cleared out, I created my own ritual: I danced a farewell to the space, thanking it for the shelter from the storms. We have common rituals around marriage, birth or death. But do you have any of your own rituals? Write about a collective ritual that has had meaning for you, and an individual ritual that you may have created. Create a ritual around invoking the muse, *mneme*.
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### creative practices

1. Go through your smart phone or lap top and randomly choose three photos that jump out at you. Don't think about it. Place the photos next to each other on your screen and look at them quickly. Write a poem about the relationship between them. Or respond to them with new imagery. Or write down the memories each invokes. Dance or play music from the images.
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2. Scan one of the texts on the course page. Choose Marcel Proust, Sigmund Freud, Richard Semen or Carl Jung. Choose three words from the text that remind you of your childhood. From each of the three words, write a memory that it invokes. Free-write. Write a poem. Or, choose your own medium. Translate the words into objects and make small installation in your outdoor space if you have one. Or, move to the three words. Repeat the words like a mantra. Compose a progression of notes or chords on your musical instrument. Take photographs of creative imagery that in some way represents the words.

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3. If you have a Tarot deck. Sit silently and choose a card. What's on the card? Describe the picture. Is it an archetype of something in your memory or present experience? Translate it in your creative practice.
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4. What is something you regularly forget or that you're having trouble remembering? Create your own mnemonic to remember it.
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5. Elephants have a good memory. Do you have a good memory? Read the New Yorker article on memory and loss. Respond to it in a creative way. Choose a medium to honour loss. - movement, cooking a meal, planting something, sculpting something or anything that you choose.
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