



SAINT MARY'S  
UNIVERSITY  
ART GALLERY

# ART PROMPT NO.6

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*MELT*

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#SMUAGatHome



I invite you to bring all your emotions, your despair, your longing, your sorrow, whatever state and sit outside with it.

Take a moment to breathe it, feel it, then slowly 'melt.'

This can be done seated or standing.

Feel the air on your skin as you release your jaw and brow. Let the weight of your head give in to gravity and melt.

With the coming of spring let everything melt away, let your body reach the ground and just hang there.

Then find the opposite of this weight, let the release bring growth and upliftment.

Feel the immensity of the vast sky above you. The trees rooted beside you, rising upwards.

Dip your toes in the snow  
and feel the exhilaration of  
the winter turning to spring.

Give thanks to the land.  
Feel the air on your skin,  
evaporate and breath.

