## EXERCISE THREE: 'Power of the Random heard word'

Find a time where you can be alone, either physically (in front of TV a movie or radio) or randomly sitting in a public place (café, train, mall, grocery store). The words can be from a song you hear on the radio.

Have your journal with a pen or pencil or casual open notes on your phone and jot down.

Empty your mind as much as you can. From the words and sentences you hear write a random word or phrase for approximately ten minutes. When back in your work space review the words, phrases or even feelings you have written about.. Use them together or separately to envisage an image, a new story or performance/song. Draw within the words if inclined or add to them to create a narrative image/ prose, a story or a scene until it becomes concrete in your mind.



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