## EXERCISE TWO: 'Power of the Random written word'

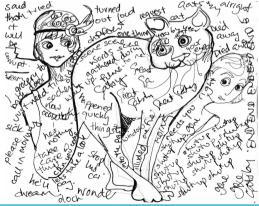
Find a time where you can be alone

with a book in a place where you feel comfortable.

Any book, newspaper or magazine can do. Have your journal in your lap with a pen or pencil.

Randomly choose two pages with more text than images. Empty your mind as much as you can. From the first page choose five nouns (objects/place/idea or quality) and on the second page choose five adjectives (describes a noun) or any other words that evoke an emotional response or connection from you.

Now use those ten words to create a vision in words, actions or images. Use them together or separately. Draw within the words if inclined or add to them to create a prose, a story or a Scene.



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