

# Map of heART

*No problem can be solved from the same level of thinking that created it.*  
~Einstein

When we are in the middle of grief or confusion or any of the muck of being human, it can be very difficult to see the picture of where we are, where we came from, and what might be ahead. Sometimes a map can be a very useful visual tool for lighting the dark path. I'm not necessarily talking about a normal, linear map, but rather your own unique, creative mapping of the heART. A way of pulling pieces of past happening and future dreamings into the gift of the present moment where you can muse them, see how they fit together or stand askew. So this week, I want you think about the metaphor of a map and play with this idea to see what comes for you. Here are a few ideas of places to start:

## **Words**

List all the words you can think of that have to do with mapping: north, south, east, west, road, miles, topography, distance, directions, street, avenue, dead-end, one-way. And then make your heART or grief or joy into one of these words. For instance, "My grief is a street running north to an icy dead-end." And then create a Haiku or free verse poem or short story around that transformation of grief into a dead-end road.

## **Actual Maps**

Get a stack of actual maps. AAA road trips often offers them free online or in their offices. Look in the back-seat or trunk of your car or your friend's cars. Look at thrift shops for old atlas books and such. Cut out the shape of a heART from the maps. Cut out many heARTs. Large ones. Small ones.

Take one and crinkle it up and tear its edges. Flatten it back out and look at it as a version of your broken heART. Use it as a canvas to make drawing or painting or to do a print.

Take another cut out heART and rip it in half. Find a way to make a visual art piece by putting the two halves back together. Stitch it. Staple it. Lace it. Tape it. Use it in a larger collage of images that talks about the breaking and healing (or not) of your heART.

Take several other cut out heARTs and rip them all into pieces. Make each of the heARTs whole again by using pieces of different heARTs. See how the hodge podge of map images come together and fit and don't fit. Use these mixed and matched pieces as background or base for making prints, paintings, drawings or as part of collage. Or make many of these mix matched pieces and then bind them somehow. Now use this handbound heART notebook to keep a writing or art journal.

## **Make a Map**

From old magazines, cut out lots of images that speak to you. Collect up torn out words from books and flyers and newspapers. Take all the pieces to a bulletin board or a blank wall or your refrigerator. And mix and match them up while thinking about where you've come from, where you are now, and where you want to go next. Tape or use magnets/pins to put up the pieces. See what you vision for your map today. Take a photo of it. The next day, take it all down. Start blank again. Make the map again. Take a photo of it. Now look at the photo of both maps. How has that one single day changed your vision of where you've come from, where you are now, and where you are going. Try that a few times over the next few weeks. And just notice that time makes a difference. Not necessarily good or bad, but different. Let experiences of time, shape you.

