

Settling: Pick up a newspaper or magazine and find a comfortable sitting position. Close your eyes and listen to your breathing. When you breath in, let your breath draw your awareness from your head down into your heart. When you breath out, imagine you are releasing your expectations: pictures or words that you are looking for, and what you will produce.

Shimmering: When you are ready, begin to flick through your mag or paper. Try not to read the articles. Notice what images or words you respond to – what shimmers or stand out. It can be either a resonance or dissonance. Cut them out. You might want to look through more papers and repeat this process.

Sorting: Once you have gathered enough images and words, arrange them throughout the pages in your zine. Try not to think about this too much, but there may be certain combinations that resonate more with you. Don't worry about filling all your zine pages.

Seeing: Gaze on your completed zine. Move through the pages slowly. Is there meaning beginning to emerge? Is it sparking memories or emotions in you? Allow those memories, emotions, or meanings to unfold in your mind. You may want to respond by writing things down, or simply just holding them in your heart.