

# THE DISCOVERY PROJECT

2015

Welcome to the Discovery Project!

The Discovery Project was created for the sole purpose of allowing larger ideas to shift within us through specific creative endeavors that move parts of the brain differently.

The activities arrive at your doorstep and you get to spend as much exploration time with them as you choose. The creative process will be uniquely your own, and what I have seen through my years of teaching is how magical and innovative a mind becomes when it experiences new ways of role modeling.

This year we have created a catalog of projects that you can choose from. I encourage you to look through and find the things that move you.

Discover well,  
Mickey



## Blackout Poetry

The story of those around us starts to create a story within us.

Human beings love to connect through storytelling, and magically those stories actually start to become the fiber of our being. This activity will be introducing you to the ways that we randomly ingest the words of others into our own story and how our minds magically move those words into new forms to become uniquely our own story. For those of you who are avid readers this will be especially magical.

Our minds are taking notes every second, attempting to make what happens in the world (real or imagined) make sense in a meaningful way.

**We all tell stories about ourselves.**

**Stories define us. Is your story moving you forward, or keeping you in the past?**

## Life Isn't Always Tied Up With a Bow, But It's Still a Gift

This very special red bow represents the often invisible links in your life. Many decisions in our life are connected with our emotional well-being; rarely do we realize that our vital force energy is guided by only a few themes or links. Though we live each day to survive, we want to discover how enthusiasm for life is anchored and where the reasoning for our decision making begins.

There is a vital force that guides us through the largest segments of life that we face in the world. We shall explore the threads that bond and unify your actions along with reactions to the world.

There are 10 essential themes or segments that are provoked (positively or negatively) by this vital force. It is essential that one develops an understanding for what force drives them through life, and where their vital force leads them through:

**Family, Sexuality, Body, Spirituality, Wealth,  
Health, Work, Prejudice, Love, Fear**



# Your Anthem

In this session, we invite you to ride wild and free.

The goal of this session is to remake the primary song that runs through your mind into a heroic journey of lyrics and chorus writing about your life.

You will start on the TOPIC of your hero's roar, and then concentrate on the creation of a chorus. Lastly, you will work on the four-part story that the chorus pulls together.

To inspire you, we have added a few anthem chorus quotes from all different genres on the instruction sheet. We encourage you to look them up online and see where your mind goes.

Traditionally the melodic musical repeating pattern of the chorus is what your mind will attach to. But even before attaching to the pictorial sorting section of your brain, the feelings attach to that chorus and will bring themselves to the surface. So pay attention and try to get clear about what feelings are surfacing when you hear a chorus or when you write your own.

It is that feeling that will be the basis of how your mind will surprise you during this exploration.



# ORDER FORM

You can pick and choose which kits you would like to receive. Your kit may not look exactly as pictured.

Sign me up for the following Discovery Project kits @\$25 each:

- \_\_\_\_\_ Blackout Poetry
- \_\_\_\_\_ Life isn't Always Tied Up with a Bow
- \_\_\_\_\_ Your Body as Art
- \_\_\_\_\_ Your Anthem
- \_\_\_\_\_ Total Payment

# Your Body is Incredible Art



Our mind constantly listens to our self-talk and takes notes, always remembering what we say when it comes to our bodies. Here we will focus efforts on changing the dialogue of our body image self-talk and re-write the notes that our mind is always taking.

Our body stores memories, hurts, passions, desires, and hatred. Like a constant tape recording playing over and over in our minds and bodies; we see our body transform the way it holds itself when it is sick, overjoyed, or nervous. The body also hears *all* the messages that are coming from its worst critic—you.

Sadly, it hears every time that we look in the mirror and discount the way we are aging, the size of our arms, the freckles on our face, or the pain of fatigue. In fact it hears that it is awful, in some way, on average of 100 times a day. It's time to change the recording!

Let's make a deal; today is the day to transform those messages into fresh statements that send a message of beauty, adoration, surprise and delight.

In this lesson our body self-talk will become an artistic review.

Mail this form with your payment to:

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Name:

Address:

Email:

