



## Wisdom Making: What the Hands Know



Watch the  
invitation

Collect 10-15 easy to find objects.

For this practice, a model isn't an exact representation or illustration of steps in a plan. You assemble materials at hand to express your situation and what is emerging in a form that holds meaning for you.

You are on track when your thinking mind is witnessing what your hands are making.

Your purpose is to explore a change you want to bring to life, a change that will strengthen the positive influence of person-centered planning. It may be a change in your own practice or a change in your organization.

Your whole body knows the situation that wants to change with your help. Your whole body knows a change that has meaning for you. Some of what your whole body and mind know has not yet found words.

This practice invites you to let your hands show your thinking mind what your whole self knows about how things are now and what wants to emerge next. It asks you to let go of thinking up a plan and pay attention to what emerges as you make two 3D models.<sup>1</sup> Sculpture I models the situation as it is now. Sculpture II shows the next stage of development in the change you want to create.

- Take three minutes to introduce your selves while you lay out whatever you have collected to sculpt with. Show and describe a few of the objects on hand to your partner. Center yourself with three breaths..
- Set a timer for 5 minutes. Each works alone to form Sculpture I to reveal how it is now in the situation that wants to change with your help. Let your hands show you the elements of the situation that matter and the ways these elements are related.
- Take a picture of Sculpture I.
- Set a timer for 2 minutes. One sculptor takes a turn reflecting on their Sculpture I What needs to end in this situation? What wants to emerge. Repeat for the other sculptor
- Set a timer for 3 minutes for each sculptor to work alone. Attend to Sculpture I and make changes to reveal the next stage of the journey to the future you want to create. Feel for where a shift wants to start and what that first move will change.
- Take a picture of Sculpture II.
- Each sculptor takes 2 minutes to reflect on the change from Sculpture I to Sculpture II and to answer two questions.  
... “Where does the shift from current reality start?”  
... “What could I do next to give life to this emerging future?” .

---

<sup>1</sup> If you don't have materials to model with you can sketch 2D models. Don't forget the childhood imagination that could make a castle or a space ship out of a cardboard box: Almost any collection of objects can form a model.

Collect materials

Paper clips & other stuff from the desk

Kitchen tools

Legos



Stuff from nature

Play-doh

Kids toys & figures

Jewelry

Toothpicks

Boxes & containers

Stuff from your junk drawer

Matchsticks

Sculpture I Now

Sculpture II Next



Beth Mount's stories about these sculptures are at [www.youtube.com/watch?v=mgP-phihLKS0&feature=emb\\_logo](https://www.youtube.com/watch?v=mgP-phihLKS0&feature=emb_logo)

