## 7.4 FACES AND MASKS EXERCISE

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Name:	Date:
change depending on the person and/or the	ve present to others. These masks sometimes e situation. The psychoanalyst Carl Jung called for <i>"mask."</i> In ancient Rome actors often wore e playing.
We all have characters, or masks, that we lil we're going to create a mask for the character	ke to put on from time to time. For this exercise, r of your own True Self.
	n the nature and character of your own True Self. cise, is the person you are if you are living up to
When you have a good image of your own T before going on to the next page:	rue Self in mind, answer the following questions
What is the nature of your True Self? Are you a peacemaker, or something else? What word	u a lover, a warrior, a sage, a teacher, a trickster, d best describes who you are?
	eflect your own True Self? Are you patient like a owl? Playful like a coyote? What elements best
How might these elements of nature assist your mask, how might you incorporate these	you in finding your True Self? When you create elements into its design?

Name:

Date:

CREATING YOUR MASK
Now that you have a good idea of which elements to incorporate into your mask, gather the materials to make it. Try to focus on natural materials as much as possible, using wood, feathers, twigs, leaves, leather, etc. Some Native American tribes used dried gourds for this purpose. You may also use a plaster cast of your face, or a carved wooden mask, or papier mache, or even paper plates or brown bags.
When you create your mask, hold the idea in mind that it is a representation of your True Self; the person you are in the process of becoming. As such, when finished the mask should tell your own story in such a way that anyone looking at it would have a good idea of who you are.
When you have finished constructing your mask, go on to the next section of this worksheet and answer the questions below. Do not attempt to answer these questions until you have completed your mask. It may help, before answering the questions below, to meditate or take a walk in the woods first.
REFLECTIONS ON THE "TRUE SELF" MASK
Now that you have completed your mask, what did the exercise teach you about your own true nature and how you relate to it? Be as specific as possible when answering.

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Name: Dat	te:
Now that you have completed your mask, what did the exercise teach you about hink about your own true nature as manifested in your own True Self? Be possible when answering.	
Now that you have completed your mask, what did the exercise teach you sense of "perfection?" This sense of perfection is about what you really care a gives your life meaning. In other words, it tells you how to become the perfect according to your own true nature, so be as specific as possible when answering	about, and what 'you" and to live
Now that you have completed your mask, what did the exercise teach you spiritual development? In other words, what did it tell you about your growing a to nature, to others, and to your own True Self? Be as specific as possible when	bility to connect
Imagine an archaeologist digs up your mask a thousand years in the future. archaeologist conclude about the person who wore it? Would the ma representation of who you are? If so, why? If not, why not? Be as specific as answering.	sk be a good