

Sacred Scraps

Seeing something new in what's been discarded.

Supply List

- Large image to form the “starting point” for collage
- Junk mail
- Packaging
- Book pages
- Wrappers
- Leftovers from other projects
- Anything flat or flatten-able
- Circular hole punch
- Scissors (optional)
- Glue
- Waterproof pen
- Your favorite markers (watercolor / acrylic)
- Journal



Where Art Meets Your Inner Voice

Insight Art Journal is a meditative practice designed to turn the page into a mirror. Through our signature “Listening Page” process, we use simple creative tools to bypass the noise and access clarity, calm, and genuine self-discovery.

Begin your journey at www.insightartjournal.com



Pam Hausner

Sacred Scraps

Instructions

Guided Insight Practice:

1. The Arrival (Preparation)

Before you begin, take a moment to settle into your space. Relax, exhale, allow yourself to become fully present, letting go of your to do list or the busyness of the day.

The Setup: Lay out your supplies so they are within easy reach.

The Breath: Close your eyes and take three deep, grounding breaths. Notice any tension you are carrying and allow it to soften.

The Intention: Set a simple intention for this page—perhaps to be curious, or to simply let the colors land where they may.

2. Gathering Scraps

Take a moment to gather the papers you brought. Without overthinking it, begin loosely sorting them. You might sort by light vs dark, bold vs quiet, text vs image, smooth vs textured. There is no correct way to do this. Just notice what draws your attention.

Shape Language: Choose two or three papers from your piles. Each paper becomes one type of shape. For example, one paper becomes strips, one becomes circles, one becomes rectangles or square. Cut, tear, or hole punch several shapes from each paper.

3. Preparing the Page

Turn to a blank spread in your journal. Choose a large photo or printed image. Tear or cut it so only part of the image remains visible. Glue that partial image onto your page. Let it be incomplete.

Pause for a moment to look at it. Notice how your mind naturally starts imagining what might belong in the missing spaces. That's something our minds are very good at! You don't need to act on it yet. Just notice.

4. Playing with Completion & Transformation

Using your waterproof pen or marker, draw in some lines to “complete” or “transform” the image in the white spaces around it. You can try to sketch by hand the part you tore away or you can create an entirely new scenario, transforming the original image into something new.



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Instructions (continued)

You are not repairing the picture; you are responding to it. You can sketch a little or a lot. That is completely up to you.

When you're finished sketching, continue to complete or transform the image using the paper scrap shapes you've created. You can layer them or make a mosaic. You might notice whether you are trying to match the image, or any wanting to change it or ignore it entirely. All of those are welcome here.

You can glue as you go or arrange first and glue later.

Let yourself play with: repeating shapes, layering shapes, turning shapes, spacing or clustering shapes.

Think of yourself as building something rather than decorating.

5. Pause & Notice

Now gently step back and look at your page. See if anything has appeared that you didn't plan. Maybe a new image? A pattern? A feeling? A sense of movement or story?

Sometimes when we work with fragments, surprising things show up.

If you enjoy adding words, you might write a single word or phrase.

Feel free to use your markers to add lines to connect areas of the spread that need to feel included.

6. Reflection

How does it feel to look at your page? Did anything shift for you while you worked? What did you enjoy about this process?

You spend time with materials that were meant to be discarded. You slowed down enough to cut, arrange, and pay attention. That alone changes how we experience creativity, and sometimes how we experience ourselves. Our creative process can help us listen more deeply, not just to our art but to our lives.

If you're curious, I share more practices like this at www.insightartjournal.com.