

Mairead Ajisola

THE PEOPLE'S PEDAGOGUE

Intentional Wellness Events

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SMILE WHEN YOU ARE READY



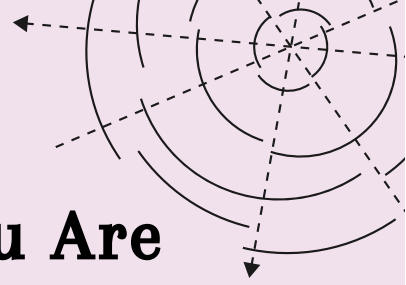
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The People's Pedagogue

SELF-LIBERATION IN PRACTICE



'Smile When You Are Ready' evolving collage

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For Patient Visual, Tactile & Kinesthetic Learners: An exercise to use your illusions toward Self-Liberation. You are invited to start each task without pressure to complete it. Meditate on the process of each stage in a healing space. Extend any steps that feel especially gratifying. Enjoy!

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Collect found materials to upcycle including old receipts, packaging materials, old magazines, ribbon, fallen leaves, a smooth stone, empty jars, or discarded fabric.

Reframe or deconstruct the materials. Simple techniques are to fold, cut, or tear up materials. Straight edges or organically ripped edges. Possibly into different shapes or symbols. Or leave it be.

Improvise! Joining or pasting images over one another, a glue or tape adhesive works, and if you don't have those around, use a folding or knotting method.

Generously apply color to surfaces. The more abstract the better!

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Add dimension with drawings or paintings.

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Rest and revisit. Further developments might be interesting. Consider adding more embellishments over time.

While collaborating with other well-aligned someone special(s), consider allowing each individual to choose their preferred task along the process.

When comfortable, find a visible place to share your progress. A bookshelf, a public wall, a coffeeshop counter, in the folds of a book, are some ideas. The sharing and location is up to you.



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Share your progress with MaireadAjisola@gmail.com

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