

# How to play Museum Sage



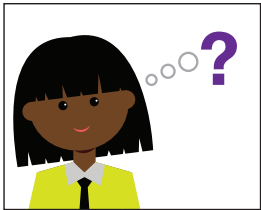
## 1. Start Here

Play in groups of two to four people. Choose who will be the Guide and who will be the first player (the Sage).

If you're the Guide, read this script. Other people in the group can follow along with you and the Sage. Everyone will get their turn, including you.

Your role as Guide is to be a good listener and to be kind. Keep everything confidential. Follow museum visitor guidelines.

Enjoy this unique experience of personal discovery while learning about art one piece at a time!



## 2. Choose a Question

*You as the Guide will read everything in quotation marks to the person you're guiding. Start now:*

"Choose a question about your life. It can be small, deep, playful, or serious. It can be about relationships, finances, health, spirituality – anything! However, it should be meaningful to you. Don't share your question yet."

"If you can't think of the 'perfect' question, don't worry. Just pick a topic. Keep in mind that the artwork that 'chooses you' may answer another question entirely!"

*Give them awhile to think of a question.*



## 3. Pick a Gallery and an Object

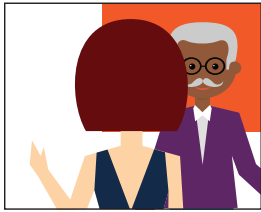
"Where in the museum would you like to start? Let's go there."

*After you reach an exhibit area:*

"I'll time you for one minute as you walk mindfully through the museum, looking at the floor about five ft. ahead of you. When I say time's up, whatever piece you're closest to is 'yours.'"

*Go ahead and time them.*





## 4. Get Insight

"Choose the piece you're closest to and let's stand in front of it."

"Close your eyes and take three very deep, slow breaths." *You too.*

1. "Look closely at the art for one minute and then describe it to us in detail: size, shapes, colors, subject matter, what's in the middle, what's at the edges, atmosphere, anything." *Give them lots of time to answer.*
2. "What associations or memories does this piece call up?" *Give them lots of time to answer.*
3. "Can you reveal your personal question? If you don't want to, that's okay; the process will still work." *Let them respond.*
4. "What insights does this piece offer you about your question?" *Give them lots of time to answer.*
5. "Are you okay if I (and others) comment?" *Say what you notice, taking turns. Be kind and keep things positive. If the object depicts death, you can reframe it as, "What old beliefs may need to die?" Give everyone time to comment.*
6. "What's a small step you could take to act on these insights?"
7. "May I take a photo of you with your art, using your phone? I'll take a photo of the wall label too. Try researching the piece online — you might get more insight into your personal question." *Go ahead with the photos.*

"There are [journaling questions](#) on [museumsage.com](#) if you want to reflect on your experience in a different way."

"You can post your photo and story at [Facebook.com/museumsage](#) or [Instagram.com/museumsage](#) to inspire others."



Now trade places and let them guide you, or rotate if there are other people in your group.

## A Bit of History



Museum Sage was created by writer and performer Jon Spayde in response to his wife, artist and life coach Laurie Phillips, having a brain that felt stuck in quickly glancing at a painting in a museum, reading the wall label, glancing, reading, trying to cram in too much art viewing and feeling overwhelmed.

Jon had been studying books by the French Surrealists and, in the twinkling of an eye, used them as inspiration to come up with a whole different way to see art and other objects in museums.

Since the creation of Museum Sage, many people have benefited from using this sacred and fun practice to experience museums in a whole new way — as well as getting direction on some pretty gnarly life issues. For videos and stories, please visit [www.museumsage.com](#).

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These directions are also available as a free app! Search "Museum Sage" on the Apple or Android store.