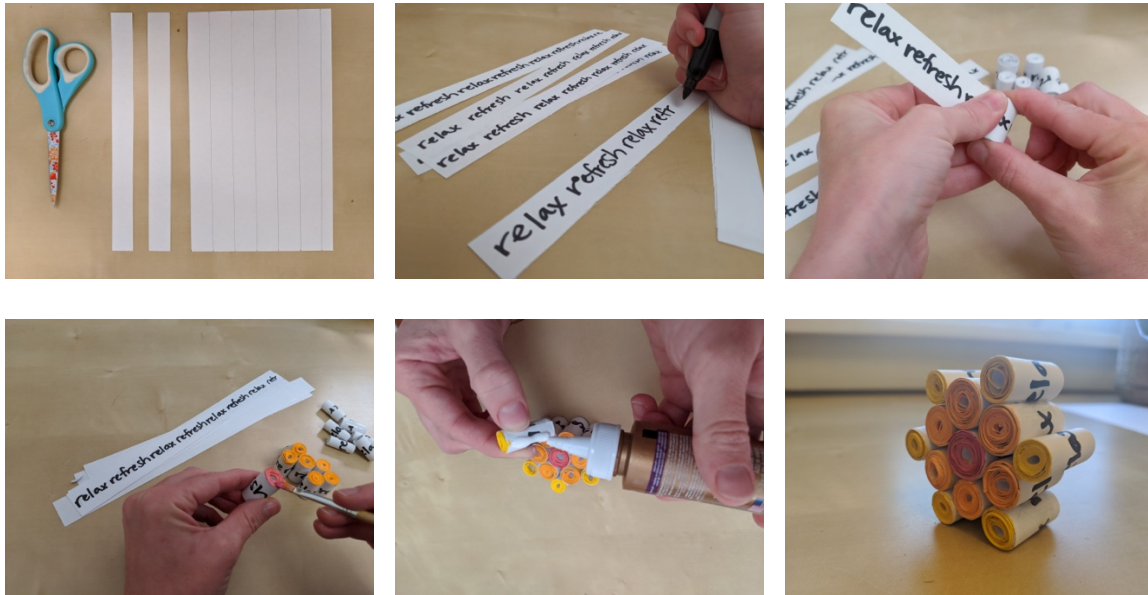


How to Make Mindfulness Scrolls



Materials:

- Paper (white copier paper works best)
- Pen, marker, or pencil
- Scissors
- Glue or tape
- Paint or colored markers (optional)

Steps:

1. Cut strips of paper—as many as you would like and of the same or differing lengths.
2. Repeatedly write a word, a name, a quote, a memory, a hope, or a secret on the strips of paper.
3. Roll the strips of paper into tight coils. Use tape or glue to hold the coils in place.
4. If you like, color the tops of the coils.
5. Arrange the coils together to make a composition.
6. Glue or tape the coils to a surface (e.g., a piece of paper or cardboard) or glue to each other.

Works in Sheldon's Collection



Hadieh Shafie
Cadmium Yellow, Naphthol Red and Ultramarine Blue 1/1
2013
Ink, acrylic and paper with printed and handwritten Farsi text

Sheldon Museum of Art, University of Nebraska–Lincoln, Robert E. Schweser and Fern Beardsley Schweser Acquisition Fund, through the University of Nebraska Foundation, U-6397.2013

Hadieh Shafie's *Cadmium Yellow, Naphthol Red and Ultramarine Blue 1/1* (2013) appears to be a decorative field of colorful circles. Look closer and you will discover that the circles are tightly rolled strips of paper. Look from the side of the work and you will catch a glimpse of hand-painted calligraphy. Shafie repeatedly wrote the word "esgh," Persian for passionate love, on the strips of paper before rolling them into tight coils and arranging them into the abstract composition. The artist describes her process of abstracting and obscuring language as "a meditative performance," and her work as "transform[ing] sadness into joy."¹

Hear from Hadieh Shafie and see her working in this short documentary:

<https://vimeo.com/325621700>.

¹ Omid Memarian, "The magic of paper and ink: A conversation with Iranian-American artist Hadieh Shafie," *GlobalVoices* (June 10, 2020), <https://globalvoices.org/2020/06/10/the-magic-of-paper-and-ink-a-conversation-with-iranian-american-artist-hadieh-shafie/>.