

Bahar Medley

Seven pages for one week, by hand, in the diary with this cover.

READ YOUR COVER

Your cover is cotton, hand block-printed with small flowers in pink, yellow and blue scattered on cream. Block printing lays down one colour at a time, and a second block can add another colour, so a three-colour scatter is built up pass by pass.



phool
SMALL
FLOWER



kali
BUD



scatter
THE REPEAT

Simplified drawings, not copies of a printer's block.

THE ONLY RULES

- ◆ One page a day
- ◆ By hand, about ten minutes
- ◆ No rubbing out
- ◆ Nobody else has to read it

A page written by hand is the one nobody else could have written.

FROM THE STUDIO, AHMEDABAD

THIS WEEK

- 01 **WRITE** 10 min *Bahar* means spring. Write about a spring you remember: a new school year, a garden, a move to a new city.
- 02 **DRAW** 5 min Draw one small flower in three colours, one colour at a time, letting each settle before the next. Notice where they overlap.
- 03 **LOOK** 10 min Find three flowers on your way today, real or printed. Write down where each one was.
- 04 **WRITE** 10 min Make a list of seven things that made this week lighter, however small.
- 05 **MAKE** 10 min Press a flower or a leaf between this page and the next. Write the date and where you picked it beside it.
- 06 **WRITE** 10 min Write a letter you won't send to someone you would like to see this season.
- 07 **RETURN** 5 min Read the week back. Underline one sentence that sounds like you on a good day.



TWENTY SHEETS

One for every diary print, free. Scan the code or visit houseoffalguni.com/pages/haath-se

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Craft notes from houseoffalguni.com/pages/the-craft and the product page for this cover.