

Instructions for participating in the FOTA ART QUILT project

Step 1: Send a picture of your **6 x 6 inches** (15 x 15 cm) or **8 x 8 inches** (20 x 20 cm) art piece to joke.post@gmail.com

Step 2: We will add the picture of your art piece to the FOTA ART QUILT that we're assembling on the **FOTA Website:**

[https://www.focusingtherapy.org/ ART QUILT](https://www.focusingtherapy.org/ART%20QUILT)

Step 3: Selling. Someone loves your art piece and wants to buy it. We'll connect the two of you. The prospective buyer pays \$100, or whatever they can afford. After receiving the payment, you will pack and ship the art work to the person's home and you will send half of the payment to FOTA.

Buying. One of the art pieces in the Art Quilt really speaks to you. You'll send an email to joke.post@gmail.com and we'll connect you with the artist. You make the payment of \$100, or whatever you can afford. After the artist has received your payment, they will mail the art work to your home.

The picture remains part of the growing Art Quilt with a symbol indicating it has changed hands.