

Express Scribble Meditation

EXPRESS YOUR EMOTIONS THROUGH ART WITH JUST A PEN AND MARKERS. NO SKILL NEEDED—JUST LET YOUR FEELINGS GUIDE YOUR HAND.

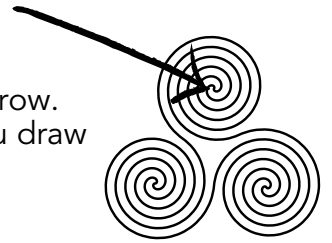
Find a quiet space. Take a deep breath and tune into your emotions. Use a pen/fineliner to freely doodle on the paper, letting your emotions guide the lines and shapes (you can keep your eyes closed if you like). Using colour markers or kokis, fill in any shapes and colour in your doodle, choosing colours that reflect your emotions or what they mean to you. Add layers and details to your doodle, embracing imperfections as part of the process. Step back and observe your creation. Reflect on how it represents your emotions.

Optional Journaling:

Write down any thoughts or feelings that arise. Decide whether to display your doodle or keep it private. Express yourself and enjoy the process!

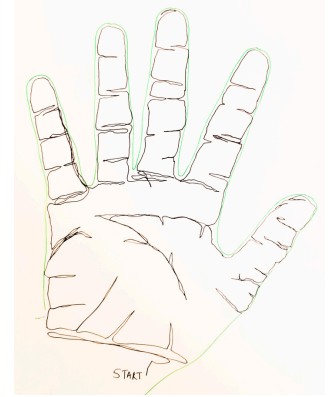
Form Drawing

1. Draw the below form as many times as you can, starting from the point of the arrow.
2. Try to breath in as you draw he spiral inwards and release your breath when you draw the spiral outward. Pause and repeat as many times as you like.



Trace your hand

1. Place your hand on the page and trace the outline of it. See the reference image to left (green)
2. Now, with a fineliner or pencil, draw a continuous line over your traced hand (black line in the reference image). Fill in all the marks, lines or observations you see of your hand. You can not lift the drawing tool off of the page. Only make one continuous line to illustrate all that you see.

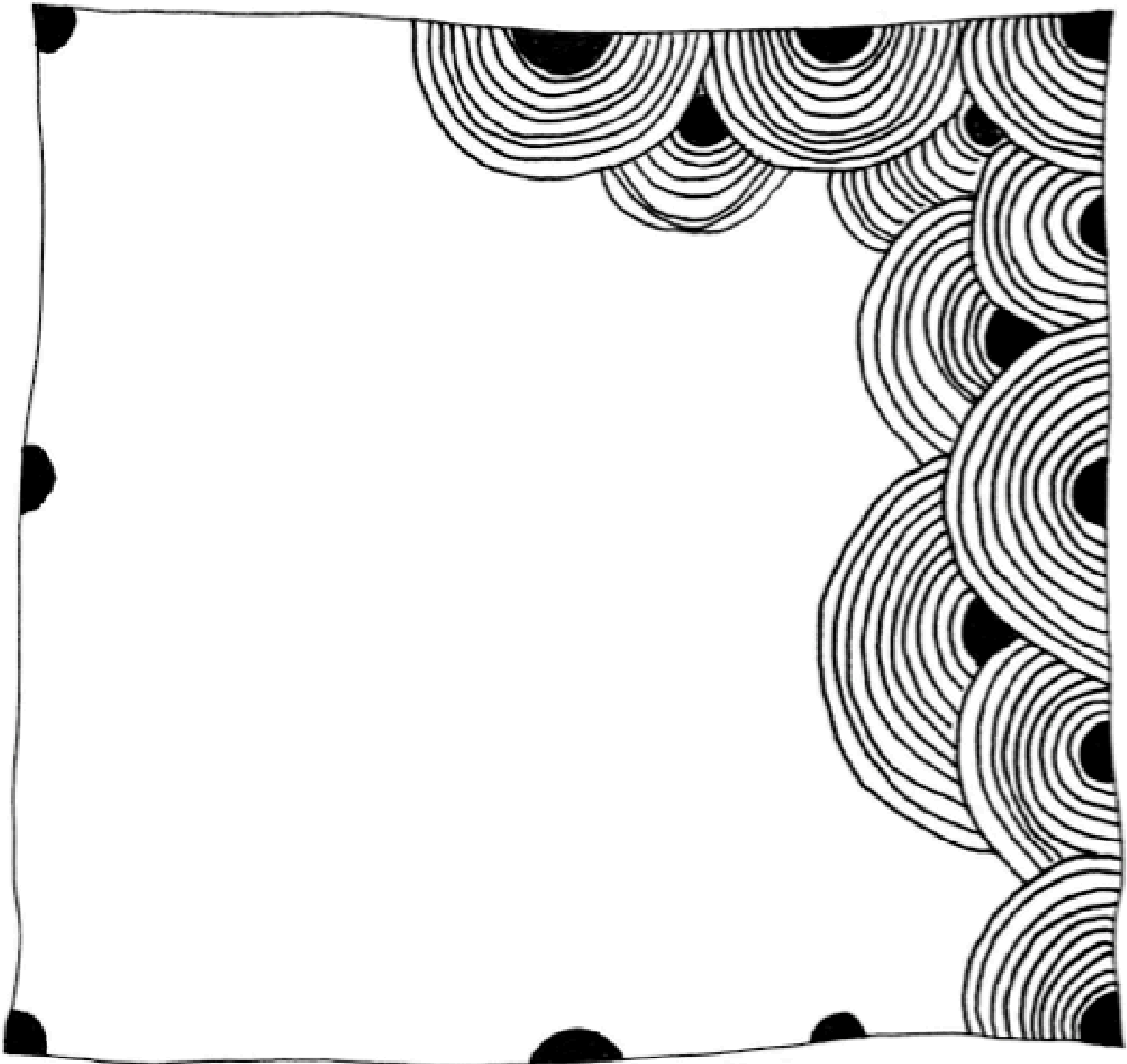


Reflection:

What came up for you when doing this activity? Did you discover any lines in your hand you never noticed before? Was it difficult to do a continuous line drawing? Do you feel the image looks accurate? How do you feel now?

Continue the pattern

1. Continue filling the space using the pattern.
2. Give it colour when you feel its complete.



Reflection:
What did you discover when you tried to replicate the pattern?
Did you notice where in your drawing or when during the exercise you were frustrated/joyous/restless or uneasy? Did you stick to containing the pattern within the block? Explore these answers with some you trust or yourself.