

Week 2: Drawings

Developed by The Center For Mind Body Medicine

I. Experiential Three Drawings Exercise

Drawings are an exercise in self-awareness and a form of self-expression. Through drawing, you will have the opportunity to use imagination and intuition to become aware of issues and to explore possible answers or new possibilities.

When finished, everyone who wishes will have the opportunity to share their drawings in their small groups. Please note that this is not an art class, so you're not being graded or judged. Other than the subject matter, there are no rules. This is not about making a perfect drawing, it is about communicating with a deeper part of yourself. Try to let go of any thoughts you have about performance and relax into the process.

II. Questions for reflection writing and discussion groups

- *What do you see when all the drawings are in front of you?*
- *Do you look different in the three drawings? If so, how?*
- *Is there a story here in these three drawings? What is it?*
- *Is there anything in the drawing of the biggest problem that gives a hint to the solution of the problem?*

III. Homework

Begin to practice soft belly breathing throughout the day. You may also practice using drawings and journal writing as a means of cultivating awareness.