

Week 12: Drawings & Closing Ritual
Developed by The Center for Mind-Body Medicine

I. Experiential Exercise: Drawings

You will create a set of drawings, similar to but not quite the same as the drawings created in the first session. Before you begin to draw, keep in mind that:

- Drawings are a form of self-expression and a way of accessing the unconscious
- It is important to be in a relaxed state and trusting what comes from the unconscious
- Drawings can help unlock feelings and thoughts that we have difficulty expressing verbally
- In the process of sharing our drawings, it is important to do so without analyzing or interpreting other members drawings
- You will do three separate drawings with crayons
- I will instruct you when it is time to move on the next drawing

II. Share your current drawings, then, revisit your 1st set of drawings. Any observations about your 1st drawings compared to the 2nd set?

Questions to consider:

- *How do you appear in each drawing? Are you bigger or smaller? Are other people there?*
- *Is one drawing more concrete and the other more abstract? Did you use different colors?*
- *How do you feel when you look at them? Do they bring up different feelings or the same ones?*
- *What difference/similarities do you see between today's representation of yourself and your first set of drawings?*
- *Remind them that sometimes it takes time to understand what the drawing is revealing. Sometimes the meaning may not be so obvious. That is okay. Just write down what you think and feel.*
- *Notice what lessons the drawing reveals over time?*

III. The Use of Rituals

Rituals are repeated patterns of meaningful acts. They are often performed on special occasions as a means to separate the ordinary from the extraordinary. They help to add meaning and value to our lives. Rituals are a part of all cultures. Rituals can be used to transform individuals into members of communities or to help comprehend life transitions.

There are many kinds of rituals: Daily Rituals, Family Rituals, Holiday Rituals, And Lifecycle Rituals. Ritual is one of the oldest ways to mobilize the power of the community for healing. When we feel the support of others, many of us can face the unknown with greater strength. Creating a ritual can be a spiritual act because it helps to connect us to ourselves, to each other and to the divine.

Our group ritual offers us a way to acknowledge the time we have spent together. It gives us the opportunity to celebrate the changes in awareness we have undergone.

With ritual we try to create a meditative way to acknowledge the connections we have made and celebrate them. As we have to say goodbye, the ritual will help to anchor our shared experience and when recalled, it will help trigger our memory of the group.

IV. Experiential Exercise: This Closing Ritual is a symbolic expression of what you want to “leave behind” as well as “take with you.”

V. How to continue to develop your own mind-body practice:

- In daily practice, you’ll probably want to be working with one active technique, such as yoga, walking, or shaking and dancing and one quiet technique, such as Soft Belly meditation or Safe Place imagery. When you are doing them in sequence, begin with the active and conclude with the quiet.
- Exploratory techniques like Wise Guide imagery, journaling, or drawings can be used any time you come up against an issue or problem that you want to understand better and deal with more effectively. You may want to ask your guide to give you advice about what to do, how to interpret what’s going on, or how to understand your feelings. You can use the dialogue with a symptom, issue or problem to gain insight into the situation, or drawings to help you solve a problem and discover more about yourself.

