

# Guided Meditation

## "Creative Expression Through Art"

Take a deep breath and close your eyes. Slowly exhale and pay attention to the sound of your breath.

Allow your body and mind to relax completely now as you continue to breathe deeply. Feel all your muscles become loose and relaxed.

We are all the artists of our own lives, creating with our thoughts and our feelings. We can also create art to express our feelings and emotions

So now, imagine your very own private art studio.

The walls are your favorite color. And there's a cozy chair where you love to sit and admire all the beautiful art you create.

Now you notice palettes of colors and art supplies waiting especially for you. This is your special place where you come to relax in your mind and create beautiful things and express yourself however you like.

See yourself standing in front of your canvas. Close your eyes and connect with your heart. This is your source of inspiration.

You feel a sense of calm come over you as you connect into your heart space. This special time is yours. You can create whatever you want.

Maybe there's a beautiful work of art inside you just waiting to come out. Or maybe you need to put a bunch of colors wildly onto the canvas to release anger or sad feelings.

Sometimes we need to feel through and clear out these emotions because they're blocking our connection to our heart.

Making art is like a meditation. The way to create beautiful art is to focus on what you're creating NOW.

Really FEEL how the paint brush glides across the canvas or how the clay sculpts in your hands.

Sometimes you get so absorbed in the creative process, everything around you fades away. For now, only the creation in front of you matters.

Isn't it fun to get lost in a project?

The best part is – there are no mistakes here. And you have all the time you need. You can express different emotions... and then magically wave your brush to make the canvas brand new again and start over.

Anything you create in this art meditation is perfect. It's perfect because it's exactly what you need to express right now.

If you love what you make, you get to hang it on the wall. If it's something you just needed to make right now, you don't have to keep it. Just wave your brush and make it disappear. This is our magical meditation. But in real life, if you ever don't like what you painted, you can always paint over the whole canvas!

Painting and creating art are excellent ways to express ourselves. We can take our time and get to know ourselves more through the art we create. It's a wonderful way to connect with yourself without saying a word.

When you're ready to put down your paint brush, gently come out of the meditation. Take all the time you need. If you want to talk about your feelings or what you created, I'm so excited to hear about it!

