

Lighted Path® Coaching

308-A W. Millbrook Rd. Raleigh, NC 27609
LightedPathCoaching.org 919-848-2100 SusanMillerLPC@Gmail.com

Intuitive Visual Journaling



Take a Small Journal. Sit and open it up. Close your eyes and breathe in and out deeply until you feel released to focus on this process of visual journaling. Relax. Trust yourself and God to open your body, mind and spirit to putting thoughts, lines, and color on the page before you.

NO JUDGMENT. This is just for you ... guidance and revelation within you. Sometimes the process is a release, sometimes it is a stirring up..... Always connecting some truth to your soul - creating even just a tiny bit of balance.

Here is "how to"

1. No particular rules...
2. After quieting your body with deep breathing.... Pick up your pen and write a word or words, simple phrases that come to mind. Let your mind tell you where to put them on the page. (You can center yourself with a prayer if you would like - but do not try to say many words - just quiet.)
3. After you have written what you need to for that page - (Remember to leave some space around your word, words, or phrases for color and line), begin drawing lines, squiggles, circles, shapes - connecting and separating as you intuitively feel is needed.
4. When finished with that step, add color with pens, markers, crayons, or colored pencils.
5. When you are "finished," you'll know. Stop ... Meditate a bit on what you see and feel after this experience. If you would like to write about it, you may do so (connecting this drawing and coloring experience to your desire to know yourself better.) Or you may want to draw another page using the same process. You can choose to wait... you feel like you have what you need ... for now. It is surprising how you will remember your findings and intuitively add to it!

Things to Expand the Journaling Process:

1. This is not a method in which you are to "judge" your artistic skill. That simply does not matter. This process is available for anyone, regardless of skill. Be mindful of a need for perfection. You may want to ask yourself what that may be all about and journal about that!
2. Practice mindfulness while you are in the process. When you find yourself distracted, make note of what you are distracted about....choose to involve it in your journaling process using color, line or word. Or you can choose to let it go ... putting it aside to come back to later. Notice your body and emotion when this distraction comes. Are you tense? Are you feeling irritated or sad? Or other feelings? Let these thoughts teach you about this process.
3. You may vary this experience by using it to pray for people or situations; to meditate on what your intuition is telling you.
4. Note the patterns you have over time through looking at what your intuitive visual journal pages tell you.
5. Share this experience with your children as a way to teach them to express their feelings or listen to their intuition.
6. Use small journals to allow the process to be completed in one 30 minute session or less. Of course you may expand it if you would like.