

Expressive Arts Discovery Self-Study Workshop



Ideally, a human life should be a constant pilgrimage of discovery. The most exciting discoveries happen at the frontiers. When you come to know something new, you come closer to yourself and to the world. Discovery enlarges and refines your sensibility. When you discover something, you transfigure some of the forsakenness of the world.

~John O'Donohue, *Eternal Echoes*

Welcome to Expressive Arts Discovery!

We are glad you are here.

In addition to this document, you have received:

- Video of a live Expressive Arts Discovery Guided Process
- Video of intermodal demonstrations (movement and writing)
- Audio of Guided Meditation
- Written transcript of Guided Meditation

Expressive Arts is for everyone. We are born with an innate human capacity to be creative. Expressive arts is about working with the creative process itself and following its thread through different arts modalities such as visual art, movement, writing, drama, music, rhythm, and poetry. In Expressive Arts Discovery, we guide you through visual art, movement, and writing. It is more about process, and inner experience, than it is about product.

Supplies

You can use the most basic of supplies for this, or, if you have favorites, use what you like. Crayons, markers, oil pastels, or watercolors are all good choices. A sketchbook, or some paper, and a journal or notebook are good to have.

Space and Privacy

Whether you work at your desk, on the floor, at the kitchen table, or in your art studio, it really helps to establish a bit of privacy and uninterrupted time, and, if you like, light a candle, or do whatever helps you to establish this as special time or sacred space for yourself.

Guidelines for working with the arts modalities

- **Guided Meditation:** Just listen, and notice what arises, without judgement.
- **Visual Art:** Whatever arrives in the guided meditation is just a starting point. Let your image emerge, discovering as you create it. It is fine to not know or understand what you are making, while you are making it.

- **Movement:** Look at your image. Notice how you feel in your body. Imagine either stepping in to the image or taking the image in to you, and allow your body to move in response to the experience.
- **Writing:** You can write in any way you like. Our favorite writing prompt for Expressive Arts Discovery is an “I am” statement. Just write down the words “I am”, and imagine that your image is speaking. Write down the words that your image says.

Witness Yourself

Rather than trying to interpret your image, or critique your own art, simply stay with the question “What do I notice?” Give yourself the gift of your own mindful presence and self-compassion. Don’t rush in to trying to extract the meaning of your image. Let it simmer, keep it around, and be curious. Do some more writing. Let its message come. Discover.

Do you want to share and be witnessed?

Join our FB group [Your Personal Expressive Arts Practice.](#)

Connect with creative community.