



BREATHE BODY COLOUR

Part 2 – the following morning

Have the voice recorder or note pad handy

(a) In the morning take out the image

Sit with it quietly for a few minutes and see what this image reflection is bringing to you

(b) Record or write down what you See, Feel, Discover

(c) In your own time, either now or a little later in the day (it needs to be the same day)

Listen to or read what you discovered in that spontaneous first look

(d) Now record or write down what you got from revisiting that capturing of your first spontaneous response to the image, to what's come from your inner self

(e) Write down any discoveries, next steps or actions

(f) Once that is done dispose of the image – shred, burn or throw it away

Next Round – Later that afternoon or evening

It's time to do another image

You can pin the paper to the wall and make large sweeping fully body movements in putting the colour onto the paper

or

have the paper on the floor or table – do it in whatever way feels good

And repeat Parts 1 and 2



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Keep going over the next few days until you have worked with at least 4 images and until you get to a place where you feel complete (you can do more if you feel to).

Once complete, take some time to review all your insights, discoveries, and notes.

Consider any next steps or actions you might want to take