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FUEL YOUR ESSENCE WITH CREATIVE PLAY & SOUL GUIDANCE

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7 WEEK INTUITIVE CREATIVE ADVENTURE

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JOURNEY 1

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Welcome on board fellow traveller! Ready to go on your first journey?

 **Watch: Video 1** - 7WICA - Journey 1 - Video 1 - Intentions: [http://youtu.be/NEXNai6od\\_w](http://youtu.be/NEXNai6od_w)

MY 7 BURNING SOUL QUESTIONS

Write down those kind of questions you are curious to ask your soul or guides?

During the course of the 7 weeks you may find answers to your question through your intuitive art journeys.

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JOURNEY 1

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INTENTION

1. Why did you want to take this course, what was calling you to join?

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2. What is your intention for this 7 week journey? How do you want to feel, what do you want to experience for yourself, what do you want to do?

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3. What are you committing to?

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4. In what areas of your life do you express your creativity right now and how?

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5. In which areas of your life do you long to explore and express more of your creative curiosity, joy, pleasure?

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## CREATIVE TOOL 1 - CHanneled DRAWING

### ★ **Purpose:**

- Getting started to access your creative flow and express whatever comes
- Learn to observe the creative wave with the movement of the pen(s)
- Dance with your inner judge, allow “mistakes” and watch what happens on its own.
- Access and fire up your imagination
- Get to know your soul’s visual language
- Exchange with others what you see, change perspectives, get to know other point of views

▶ **Watch: Video 2** - Guided Process of How to Create a Channeled Drawing:

[http://youtu.be/zhTf9g\\_Q2-M](http://youtu.be/zhTf9g_Q2-M)

▶ **Watch: Video 3** - Short Summary of the Channeled Drawing Process:

[http://youtu.be/pc6I\\_5JC9gk](http://youtu.be/pc6I_5JC9gk)

### ★ **Steps to create a Channeled Drawing:**

1. Take a deep breath.
2. How do you feel right now? Are there any thoughts, emotions, body sensations?
3. Pick up a pen!
4. Open your sketch book or take a piece of paper.
5. Breath again. Notice if the white empty paper intimidates you or excites you.
6. Now let your pen move while you explore your feelings, thoughts, sensations. Let the pen be a seismograph for what’s happening in you. Remember how little kids start drawing... scribble scabble doodling. You could even close your eyes to give your mind control a rest.
7. Keep moving the pen while observing what changes in your emotions, thoughts, body. Notice when the pen may stop:
  - Are you judging yourself?
  - Did your feelings change?
  - Are you analyzing things?
  - Is your creative wave slowed down?

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JOURNEY 1

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8. When you feel the flow is ebbing and the creative wave slowed down, put the pen down.
9. Take another deep breath and see how you feel now.
10. Acknowledge yourself for your wild or soft creative expressions - just as a loving parent would with her/his child's first drawing. Maybe take a little break if you want.
11. Ask yourself or your inner child what you (she/he) created, what she sees in the drawing. Be curious. Ask her questions.
12. Continue to draw and go back to the lines, structures you feel curious about. Bring out more what you sense is there.
13. Use your imagination. Like in the way you may see figures in the clouds or tree trunks. Perhaps you like to create patterns, structures that feel good to draw (stars, polka-dot, ziczac...)
14. Maybe squint or half close your eyes, turn the paper around, change your perspective. see if you recognize anything else in the lines to feel curious to continue the drawing exploration.
15. You may want to leave the drawing alone for a while. Do some other things and come back to look at it with fresh eyes.
16. Pick up some colored pencils and see what colors you feel drawing too (maybe matching a feeling you have about the drawing).
17. Play with the colors. Mix them, on the paper to create different layers. Harmonize color ranges. Play with the pressure of the colored pencils to make different hues. Color the drawing as you wish.
18. Keep notice of your feelings, sensations, thoughts. Did the change? Feel more space, more excited, frustrated?
19. Take a breath when you feel you're finished and the creative wave slowed down.
20. Again take in your creation. Honor yourself for allowing and giving yourself time and space to play with no agenda.
21. Later make notes about what you see in your drawing, what you felt, thought of, your body sensation during the creative process. Where does your imagination or inspiration take you?

To learn how to read your intuitive art, please refer also to my


**eGuide "8 Keys How to Receive Soul Guidance from Your Intuitive Art"**

↓ Download here: <http://goo.gl/ZlUL8w>

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JOURNEY 1


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22. Let your drawing have space. Sometimes the messages get clearer after some time, after some dreams and some life to be lived.
23. Share your drawing(s) with the  facebook group. It's a safe place to get feedback, acknowledgment. Ask others what they see. Keep in mind that people see what they need to see and is not necessarily guidance for you. However, there view might spark or resonate with something in you that you haven't seen yet.
24. Comment on other's drawings (with love). It's not just fun, it also trains your mind to open up to seeing things in a new way, from a different perspective. Please be mind&heartful with your words and respect people's boundaries.
25. Do it again! I suggest to do at least one drawing a day for the rest of the week if not longer. It's up to you. This way you get to know your soul's visual language and how to decipher it. Remember, it is not about creating pretty pictures/art (though that often happens) - it'S about giving yourself freedom and space to express your life force and receive your guidance.

**HAVE FUN AND ENJOY!**

★ **Sample Drawings:** <http://antoniawibkeheidemann.com/channed-drawing-gallery/>

★ **Watch my drawing process and sample reading videos:**

 Playlist of videos: <http://goo.gl/3zm4Xj>

★ **How to read your Channeled Drawings?**

Check out the eGuide "8 Keys How to Receive Soul Guidance from Your Intuitive Art"

★ **Advanced Level:**

If you got some practice after some week(s)... here is how you can keep growing:

- before starting the drawing, hold an intention or a soul question that this drawing may help you find insights to
- draw for a friend
- draw for someone you don't know yet
- draw for a group of people

*There will be an extra training course in the future to practice that and get support how to read and open your channel.*