

## **Week 1 – Returning to the Body**

**Intention for the Week:** To gently reconnect with your body and notice where you are holding or releasing emotion.

### **Materials**

- Paper (any size)
- Soft drawing tool (pencil, charcoal, crayon)
- Optional: 2–3 colored materials

**The Practice:** Find a quiet place where you won't be interrupted. Sit comfortably. Take a few steady breaths and let your shoulders drop.

- On your paper, draw a simple outline of a body — it can be abstract or symbolic. No need for detail.
- Now pause. Slowly scan your body from head to toe.
- Where feels tight? Where feels light? Heavy? Numb?
- Using lines, shading, or color, mark these areas.
  - Darker tones for weight or tension
  - Lighter strokes for ease
  - Shapes or symbols if emotions feel hard to describe
  - There is no right way. Let your hand move before your mind explains.

### **Reflection**

- What surprised you?
- Did one area call for more attention?
- If your body image could speak, what would it say?

**Integration:** Throughout the week, check in briefly with one body area you marked. Breathe into it. Notice if the sensation shifts when acknowledged. If this practice stirred something in you, pause and notice the colors you were drawn to. They may not be random. The shades that feel calming, energizing, heavy, or comforting can sometimes reflect what is unfolding beneath the surface — emotions, patterns, or shifts that are not always easy to name.

In my book, I explore the emotional language of color and how our creative choices can mirror the subconscious in quiet but meaningful ways. These weekly exercises are small openings into that deeper conversation. If you feel curious, the fuller framework and guidance live there, waiting for you to continue the journey.