



' TAPPING '
THE BODY'S WISDOM
CLEARING A SPACE
WITH ART

An interactive workshop
by **Thomas Binns** in . . .

Creative Communication and
Listening through the Body
when **Being With Children**

A therapeutic Art Making exercise,
Intended for Adults and Children of all ages.
The venue could be ~ a Public Library, Art Gallery or School.

This exercise is intended for people to get **a wee glimpse** of the rich landscape inside ourselves **underneath our everyday story**, through Art Making, gently therapeutic in nature, centered on **the Expressive Qualities of ~ Line, Weight, Rhythm and Colour**. By that I mean ~ the intention is NOT to make precious pictures and any artwork produced will be shared ~ ONLY if you say so. **The attitude we want to have towards ourselves is ~ Playfulness.** As adults we can re-connect with the imaginative child we once were and give ourselves fresh permission to ' play ' again ~ *like this is not real.*

The ' language ' of the exercise described here is intended for ADULTS. Simpler language, a more PLAYFUL approach and a different emphasis suits children under 10yrs ~ which I will detail in a separate document.



For now before we go any further
Please keep in mind ~ 2 simple boundaries.

**ONLY do . . . ‘ whatever feels right for me ‘
and**

**Please ~ take a ‘ Timeout ‘ whenever you need to
OR . . . if you feel overwhelmed by anything at all.**

This is NOT an opportunity to be ‘ swamped ‘ by all the usual ‘ stuff ‘ that can quickly hi-jack our attention as soon as we look inside ourselves . . . even for a moment. **This is NOT therapy** ~ though it may be therapeutic.

- 1: Draw a line** on a piece of paper, as big as you want. A4 is fine. Take the line all the way to the edge of the paper ~ if you like. (*this is just a guide line ~ you can leave the paper blank too*)



Now turn the paper over . . .

- 2: Draw a line** ~ on the other side in exactly the same place. (you should now have a piece of paper with one line on both sides)

Allow your attention to rest inside and gently ‘scan’ your whole body.
Notice anything that your attention is drawn to while you do this.

Can you find an attitude towards yourself ~ of Kind, Respectful, Curiosity and let yourself remain ‘ at the edge ‘ of what you sense inside ?

NOT going ‘ into ‘ anything at all.
Just noticing what is there ~ very lightly.

Lifeline



This is kind of like just saying 'hello' to yourself . . . real friendly.

*“ Oh yeah ~ there is an image right now ~ that's interesting . . .
Or . . . there are some memories, some colours, thoughts, feelings,
strong emotions or ~ some vague 'sensations' here . . . in my body.*

This is a very helpful 'door' for us to stay at the edge of our experience and NOT become quickly overwhelmed by everything we could notice when we turn our attention inside our physical body & inside ourselves.

There is a story going on inside, all the time, which is directly connected to our physical body, our thoughts, feelings & emotions ~ and to our life.

The QUALITY of the Sensations in our Physical Body connects to all these.

*Noticing the QUALITY of our physical sensations can be unusual for us, as we are not really used to checking it, habitually, throughout our day. It can often be very vague at first . . . ' kind of jumpy ' or ' **Red and tight** ' ' kind of **sparkling** ' or ' **bright, fuzzy and heavy** . . . all at the same time '.*

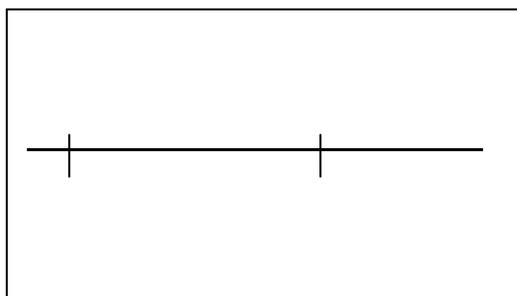
*We already have really helpful words we can use to say very clearly ~ ' I know there is **SOMETHING** there **AND** I don't know what it is . . . yet ', even when that ' something ' is actually still extremely vague. That's OK!*

More about this later.....for now ~ back to drawing our Lifeline.

3: Imagine the line represents the whole of your life **in TIME.**
Make a mark on the line to show where you sense you are NOW.

You could think of the life you have ahead of you ~ to the right of NOW.

4: **Make a mark** wherever you sense was the moment of **your birth.**



You could have something looking like this ~ OR MAYBE NOT *smiling*

Lifeline



This could be a moment where you want to slow down a little to pause. Just thinking about your ' **birth** ' or ' **where you are now** ' in your life ~ can ' bring up ' a lot for us inside, whether we are adults or children. Sometimes it can bring up thoughts of our own mortality ~ that is ok too.

Remember the 2 boundaries here and just notice what is there,without going into anything.

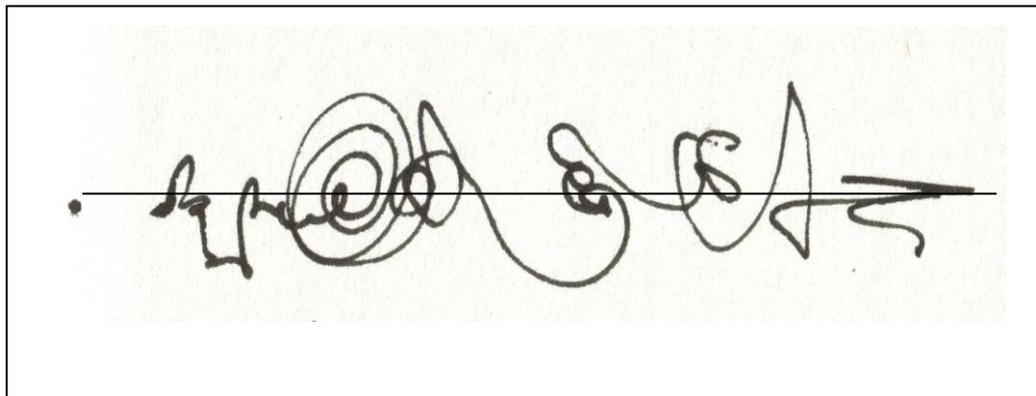
5: Allow yourself to think of ' **the whole of your life** ' **Everything . . . that ever happened to you.**

It is probably too much to hold all at once right ?

So see if you can just ALLOW ' all of you life ' to be there ~ inside you, in a kind of ' vague ' or unclear way.

You may have images, memories, some strong emotions or feelings or a mix.

While holding this vague sense of ' **my whole life** ' ~ **let yourself draw a line** or make marks or symbols on and around your guide line ~ **as freely as you can**, to represent everything you are sensing inside . . . all the moments of your life. **It can be an interesting change ~ to allow your left hand to make the marks.**



You could have something looking like this ~ OR MAYBE NOT !

Taking in events and moments throughout your life ~ stretching from BEFORE your Birth to the Future you have ahead of you.

Again ~ just notice what is there, inside, as you look at your work.



NOW . . .

ONLY if you feel like it ~ Get up and walk in a circle . . . slowly.

After a couple of minutes ~ or however long feels 'right for you' ~
come back to your drawing and contemplate this . . .

**If this squiggly line represents your whole life 'AS IT IS' ~ then
Can you sense inside . . .**

'How you would like your life to have been . . . instead ?'

Everything from your birth all the way to today.

6: **Turn the paper over** and allow yourself to think of **the whole of your life** again.
Draw a line ~ representing **this fresh new sense inside** . . . of your whole life.

Hold the paper in your hands and just notice **what is going on inside your body.**
Do you notice any sensations or **something in there** that connects to your whole life.

Many things could be going on inside yourself at this point ~ or nothing ~ that is ok!

Nothing is also actually something too right ?

We are just not used to noticing it like that though it does have a QUALITY too.

Right now you can simply **pause.**

Take a breather to just notice what is going on in, response to the marks you made.

Some OPTIONS ~ if you want to take a few steps further.

A: Continuing the 'Circular Movement' you may have made earlier, you can ~
Fold the paper round on itself ~ so the start of your line meets the end of itself.

B: **Notice what happens inside yourself** ~ if anything.
If you ALLOW the question to form

"How would it feel inside ~ if my life was already the way I wanted it to be."

Notice what comes inside . . .

Relief ~ Excitement ~ Resistance ~ Strong Emotions ~ Thoughts ~ Feelings
Images ~ Memories ~ Colours ~ Physical Sensations ~ or something more.



Some more OPTIONS ~ if you want to take a few steps further.

C: Looking with Fresh eyes

Maybe this is a moment to look at 'the whole she-bang' sensing if anything inside *the whole* sticks its head up to draw your attention.

Asking . . .

“ Is something there inside my Body, right now, I want to explore . . . freshly.”

Take a new sheet of paper.

Again ~ find a moment to pause

Listen inside to get a sense of '**All that is within me**' and whatever individual elements might be standing out for you ~ from among the whole.

Let yourself express something of **the QUALITY of Energy and Sensation** of this through your mark making on the paper. Let the qualities of your Art Making reflect the energy of the inside ~ in terms of **Line, Weight, Rhythm and Colour**.

D: Zooming in . . . zooming out.

This is a very helpful way of finding **the distance that is right for you**. It helps you to stay in touch with something without being sucked in to it completely and being overwhelmed by strong imagery, memories, sensations, colours, thoughts, feelings or emotions.

There may be lots of information coming in to our mind all at once about some event or issue such as ~ our birth. **Zooming out** can help us take a step back ~ and then approach an element freshly, on our own terms, **with Kindness, Curiosity, Neutrality and Respect**.

If we are '*in the soup*' it is much harder to tell what flavour it is, never mind have much chance of sensing how IT might like to be.

Take a fresh sheet of paper.

Come back to the drawings you have made so far and sense if there is anything that you would like to expand on. You can 'Zoom in' on it just like you would do with a camera lens or a microscope.

Make a new drawing of just this element and Zoom in again if you like.

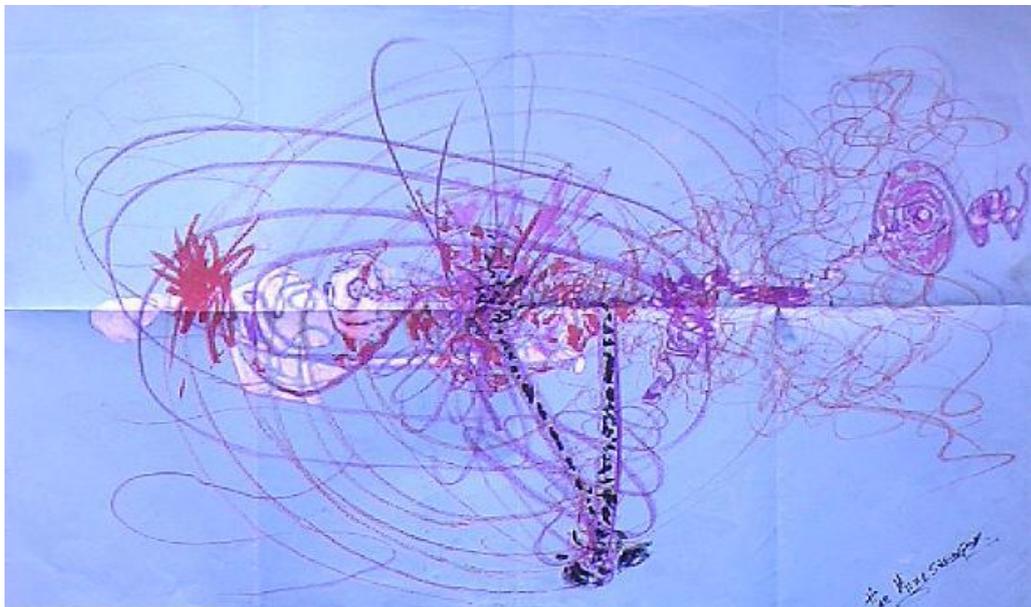
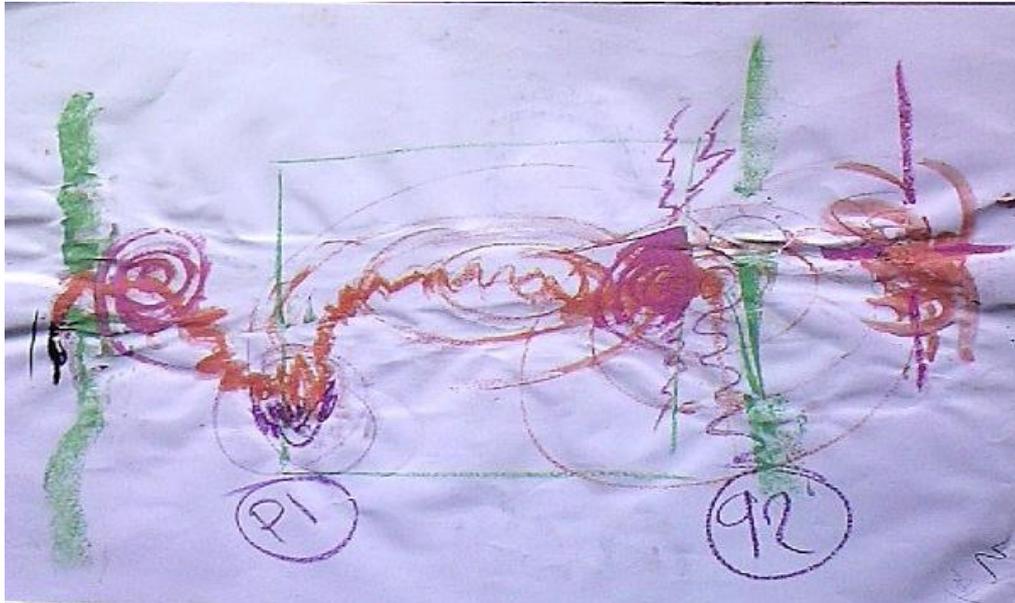
**When you reach ' a good stopping place ' for yourself
see if you can find a simple thank you ~ to your body,
for all this new information ' IT ' just gave you.**

Lifeline



There is much more your imagination could do to expand this simple little exercise. You could explore a relationship with someone with 2 parallel lines on the paper, one for yourself and one for your 'sense' of the movement of the other person's life. Or ~ you could invite them to draw their own Lifeline on the same paper as yours. Then ~ notice HOW and WHEN your lines meet Zooming in or out ~ if you like.

Here are some examples of other Lifeline drawings I have made.



You can do this exercise for 5/10 mins, on a scrap of paper OR more elaborately, on a much larger piece of paper ~ with more COLOURS and more TIME.

