

(©)Deep Release
5 Ways to Integrate Artwork in Counselling
Guided Configurations Meditation

“Just begin by settling where you are...

letting your body arrive...

noticing your breath, without needing to change it...”

“And when you’re ready...

I’d like to invite you to imagine your inner world as a house at dusk...”

“The light is soft...

not fully day, not fully night...

a time where things can be seen a little differently...”

“You’re standing just outside this house...

and in some way... this house represents you...”

“There’s no right kind of house...

you don’t need to focus too much on how it looks...”

“When you’re ready...

you find a way to enter...”

“Inside, there are different rooms...

and each room holds a different aspect of you...

“You don’t need to explore the whole house...

just notice...

which room you’re drawn to...”

“And as you move toward that room...

the focus isn’t so much on the space...

but on who... or what... is there...”

“As you come to that room...

just gently notice...”

“Are you aware of a presence there?”

(pause)

“Someone... or something... that represents a part of you...”

(pause)

“It might be very clear...

or just a sense...”

“There might be someone working hard...

an angry person cleaning...

a frightened boy or girl hiding...

a protector standing guard...

a performer...

a part that feels tired...

or something harder to name...”

“Just let that presence be as it is...”

“You don’t need to change it...

or understand it fully...”

“Just notice...”

“What is this part like?”

“How does it seem to feel?”

“Even if it could speak...”

“What might it be saying?”

Transition to Drawing

“We’re going to pause the image there...

and I invite you to bring that part onto paper...”

“You can include the room if it helps...

but the focus is really on the person... or presence... you noticed...”

“Just draw them in whatever way feels right...”

“It doesn’t need to be detailed...

just enough to capture something of what you experienced...”