

Let the Crayons Out of the Box!



8 Creative Ways to Relax, Relieve Stress and Reconnect to Your Creative Spirit

Hello!

Welcome to Week 2 of Let the Crayons Out of the Box and thank you for your patience if you have been waiting for Lesson 2.

I hope you enjoyed coloring mandalas this past week. I would love to see some of the beautiful images you have created in our Facebook group. If you have not joined us on Facebook yet, here is the link to do so. Remember that our Facebook group is a safe place to share your experience.

<https://www.facebook.com/groups/315148735279328/>

I encourage you to continue coloring mandalas when you need some gentle relaxation.

This week's lesson is very different from our experience with the mandalas where we focused on coloring and staying safe within the circle of the mandala, allowing the shapes and patterns and our feelings to evoke the colors.

This week we will be coloring but much more abstractly. I will be asking you to color through stress and into relaxation. Please make sure that you do this in a quiet, safe place. If you feel stuck in stress or it feels overwhelming to color your stress, focus on the lines and images and allow the feelings to flow through you and out of you onto the page. Make sure you have a clean space to do this, as well as a quiet one with no distractions.

I think this exercise is one you will want to try several times. If you are feeling sad or angry, you can also color through those back to relaxation and love. Feel free to pause the audio recording at any time to make more time for coloring. Sometimes you may need to color through several pages of stress before feeling like you can color in relaxation.

Remember that there is no right or wrong way to do this activity, just allow the process to guide you.

Let the Crayons Out of the Box! Lesson 2

Know that I am here holding the space for each of you to feel totally loved and supported as you pour your stress onto the paper and allow your body, mind and heart to breathe deeply into relaxation again.

There is no handout this week, just the audio recording.

Supplies needed:

Paper and something to color with and something to write with.

I encourage you to use oil pastels or chalk pastels if you have them but crayons, colored pencils or markers work well also.

If you want to treat yourself, buy some large art paper, the bigger the sheets the better so you can fill the page!

Pastels are wonderful to use for this process for their ability to flow easily across the page as well as the option to blend and mix the colors.

Here's the link to the audio file:

<http://www.audioacrobat.com/play/WyXnDPX4>

Be safe, have fun and RELAX!!

I can't wait to make time to do this visualization and coloring too!

Creatively yours,

A handwritten signature in cursive script that reads "Minette Riordan". The signature is written in a dark, slightly faded ink.