



Body Scan for the Full Body Painting

After the Integrative Writing Exercise and the Visualization, can be either before or after Mercy Messages.

Instructions for Facilitator:

1. If the participant does not know how, use the *Awareness of Feeling Energy Exercise* below.
2. Invite the participant to scan their Full Body Painting, before you do (and if a group setting, then the others do)
3. Create a space for sharing of the body scans.

Participant Response:

- After the initial exercise, is comfortable scanning and feeling aura and energy.
- Scans their own Full Body Painting, and those of others if applicable.
- Shares their experience, and what they perceived.

Procedure:

Write the following:

Awareness of Feeling Energy Exercise

1. Match in pairs. One becomes the receiver, and the other the giver.
2. Ask the receiver to extend their hand palm up and close their eyes.
3. The giver uses the index finger of their own right hand and mindfully do circles and figure-8s in the air above the hand, taking slow deep breaths. After a minute or two the giver may switch hands.
4. Ask both participants how the exercise was for them, who felt what? Which hand the most?
5. Then ask the giver to use their palm to go over the hand, approximately 3-4 cms above the hand. They should attempt to feel for the aura around the hand, the hand's energy field.
6. Then invite the pair to switch roles and repeat the exercise. Afterwards also ask them how that was.

Body Scan of the Full Body Painting's Aura

1. The participant who painted the Full Body Painting goes first, then the facilitator, and then the rest of the group one at a time.
2. All use whichever hand they feel more comfortable with, and scan the first Full Body Painting.
3. Sharing: The painter goes first, then the facilitator, and then the rest of the group one at a time. They should say what parts of the painting held the most energy.
4. Ensure during the sharing there is no interpretation offered. The objective comments regarding scanning the Full Body Painting, the energy it carries in certain areas may be communicated. This is to offer a mirror to the participant for any further personal integration.

Theoretical Considerations:

This may be done with any of the modalities. However the body scan is particularly helpful for the Full Body Painting, because it brings both Somatic Therapy and Art Therapy together.

The body scan is a metaphysical concept; it belongs in the territory of hands on healing, energy medicine and the electromagnetic field of all living creations. Every living being has an electromagnetic field around it. There are areas in their electromagnetic field that are more charged, heightened or depressed. This is how Emotional Body Work with a human being works. Different parts of a body will hold pockets of emotions, thought-forms or energy that is either very open, fluid and strong, or is very pent-up, charged, in pain, traumatised, etc.



The same thing happens with whatever we create. Subtle energy is limitless and has no boundaries, so that energy of ourselves will go into our Painting. Scanning your Full Body Painting becomes scanning your literal imprint. It serves as a wonderful reflection, and fine-tuning of the mirror to the creator, for where that part of the painting is longing to come into wholeness. Body scanning of the Full Body Painting offers another layer of messages that this creative piece is giving. When we scan and get others to scan with us as to where the hotspots or charged areas are, we get a consensus usually. When we scan we find the areas that are most calling for healing.

Target for Participant(s): Become comfortable using their hands as scanning instruments.

Scoring Criteria:

Resistant:

- The participant does not participate.

Tolerant:

- The participant is not mindful during the exercises.

Engaged:

- The participant is fully engaged and present during the exercises.

Program Tags: Writing exercise, Post Painting, Spontaneous Full Body Painting, Writing, Music, Integration, Worksheet