



## Mercy Messages

### Integrative Writing Exercise Post Visualization

#### Instructions for Facilitator:

1. Give participant a break before the Mercy Messages, feel into the group.
2. Guide participants to intuitively identify parts of their body that is calling their attention, and answer them in affirmations.
3. Music is prepared (see *Music for Full Body Painting*).

#### Participant Response:

1. The participant is present. They identify the parts of their body calling their attention, and answer them.
2. Their Mercy Messages are healing affirmations, and so they place them with the intention of healing.

#### Materials:

- Hard surface (clipboard, cardboard cut to size or magazine)
- Pen/Pencil
- Post-it Note (ideally pink, and in a heart-shape)
- Music player and playlists

#### Procedure:

1. Ask participants to sit down (or stand-up). Give them something to write on, a pen, a sheet of paper and a couple of the Post-it Notes.
2. Read allowed the following parts (the titles are just for the facilitator to be aware of the section).

#### a. Stick Mercy Messages onto Body Parts

So now everybody please open your eyes and look at your body painting... just look at it. And now look at any parts of your body that need tender loving care... any parts of your body that was abused, shamed, neglected... any part of your body that is standing out now as you're looking open it.

The key to Mercy Messages is to answer: what does this body area long to hear? What does this body area need to know, to reinforce itself with? What kindness does this body area need to hear? What correction does this body area need to hear? For example, they were wounded when they told you that, it wasn't true.

And now I invite you now to take the little pad of Post-it Notes, and let yourself be called to the first area of the body. On the Post-it Note write the tender, compassionate message that this part of your body needs to hear.

- For example, let's say your legs were compared to your sister's legs. You might say, "your legs are percent as they are". Or you might say, "I have compassion for what you, legs, hold".
- If your genital area was charged, if there are strong colors and symbols. If that area was calling to you, some examples of Mercy Messages would be, "you are beautiful," "you are by nature sexually radiant", "you are a sexual being" and "you have the right to be sexual". Or it may be, "pleasure is your birth right". Or, "I will protect you now, I will not let anyone that does not belong there, violate you".

#### b. Stick Mercy Messages around Body



Another alternative is to put compassionate notes around the body, as verbal messages you would like to infuse your being with.

- It might be your posture. You might be aware that you slump, and that it was a way of protecting and caving in on yourself. And so you might place posits on your shoulders. And you might say, “I fully understand what you are holding” “when you have healed the abuse you carry there, maybe your posture will change, but it is fine as it is”. “I see you, I have compassion for YOU, slumped shoulders”. Or another example you might say to your shoulders is, “you are safe with me. I will not let any hit you again, you deserve to shine your radiance with an open chest”.
  - If you are carrying obesity or some manifestation that is a result of trauma, you might say, “I have full compassion for the extreme trauma you went through”. “That you comfort ate and used the fat to protect you.”
3. Invite the participants to begin first on the paper. Then to transform the message into a present-tense affirmation to write onto the Post-it Note; one message per Post-It Note.
  4. The message may be either in first person Voice “I am...,” to affirm something. Or it may be in a second person Voice to that body part “you are...,” to provide a nurturance.
  5. When placing their Mercy Message onto the desired areas, ask the participant to do so with the intention of healing.
  6. The participant should have their hand face the placed Mercy Message, say the messages aloud (can also be in their heads) and holding their hand there for a few deep breaths.
  7. **Sharing:**
    - a. Let participants sit down and ask them to share their Full Body Paintings and their Mercy Messages, one person at a time. Each time, all participants should turn their chairs to see the Painting and the person sharing.
    - b. If the group is large, there is a greater time constraint, or if you wish for participants to hold space for each other — pair or group the participants into three to share a Full Body Painting and their Mercy Messages, one person at a time.

**Theoretical Considerations:**

This written exercise is for the participant to give mercy, compassion, reinforcement, validation or a positive message that part of the painting most needs. The idea is that this area is trying to come into wholeness, it has relieved itself from the unconscious through the Painting. It longs to be fully embraced and integrated so that the participant is free. These messages contribute to a greater healing to what is needed.

**Suggested Music Tracks:** Music is calm but gently rhythmic to carry the participant in the writing:

1. Deva Purnam - **Om Purnam II**
2. David Darling - **Cello Blue**
3. Jairamji - **Mother Tongue**

**Target for Participant(s):**

Name	Description
Identify Body Parts Calling for Attention	Participant identifies the body parts, things, parts of their being, shapes, figures and colors they see on their Full Body Painting.
Answer the Body Part	Participant writes a message the body part needs to hear for its healing.



Write an Affirmation for the Body Part	Participant creates a present tense affirmation that body part needs to hear for its healing.
Stick Mercy Messages Onto or Around the Body	Participant places the Mercy Message onto the desired areas with the intention of healing.
Sends the Intention of Healing to the Body Part	Participant hovers their hand above a Mercy Message, reading the message aloud, and holding their hand there for a few deep breaths.

**Scoring Criteria:**

*Resistant:*

- The participant did not write any Mercy Messages.

*Tolerant:*

- The participant half-heartedly wrote Mercy Messages.
- The participant identifies the need for more Post-It Notes.

*Engaged:*

- The participant fully wrote Mercy Messages.
- The participant placed their Mercy Messages with intent, and held their hand to send healing.
- The participant identifies the need and asks for more Post-It Notes.

**Program Tags:** Writing exercise, Post Painting, Spontaneous Painting, Elements, Adjectives, Descriptive phrases, Voice 1st person, Writing, Music, Integration, Mercy Messages