



Coaching Through the Arts

The Process

Process Art focuses on the process of creation, not on the end product. While an artist must possess specific skills and talent to create art for sale, anyone can create process art. This is a method for artists and laymen alike, in which you explore your inner depths by circumventing your consciousness that wants to edit and perfect. Process Art leads you directly to your subconscious where you will discover yourself on a deeper level; develop confidence and trust and often identify and begin dissolving the many walls you have unwittingly erected.

No matter the prompt, you can use the process art method via any medium. Writing; art journaling; painting; photography; scrapbooking; sculpting; etc.

Forego any agenda. You are not creating a product; you are exploring your creative flow. Trust your impulses and intuition- follow your hand. Does your hand reach for yellow? Go with it. Even if your brain tries to intercede and tell you the grass can't be yellow.

Experiment with timed and untimed creations. See what sort of differences you notice from a 10 or 20 minute timed creation to one you may have spent hours or days on.

When you finish creating, sit for a few minutes, with your eyes closed if that's comfortable, and simply notice what is coming up for you. Notice your emotions. Do a slow motion body scan and notice what sensations each part is feeling.

Suspend all judgement and meaning making both for your creation and for your emotional and physical response to it. Simply be open to what shows up.



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The Prompt

Somatic Noticing

Sit or lay in a comfortable position with your eyes closed or your lids heavy. Feel the chair/couch or floor under you. Feel your weight pressing into it and it rising up to support you.

Bring your attention to your head and notice how it feels (tense/relaxed).

Draw your attention down the back of your head and linger on your neck, the top of your shoulders, the back of your shoulders, the muscles running the length of your spine- what do you notice in each muscle group? Don't try to change it or understand it. Just notice what is there.

Slowly tracing your attention up and around to your throat; chest; arms; torso, pausing on each muscle to take it in. Continue as slowly as possible down your body to your toes.

Begin bringing your attention back by feeling again the chair or floor supporting your weight. Wiggle your toes, your fingers. Stretch your limbs. Slowly open your eyes and stand.

Once standing, take a minute to stretch your entire body. Arch and bow your back like a cat; slowly roll your neck; stretch your limbs again. Stretch as long as it feels pleasant to do so.

Now.

Go create.

REMINDER: Do not attempt to recreate the scenes in your head. Remember, this is process art- not product art. Suspend thoughts and judgement. Engage your curiosity and let your subconscious flow.

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