

Tamara Herl

inner wisdom coaching and retreats

A Sample Expressive Arts Practice

Developed by Tamara Herl

Have you ever wished you had a magic wand that could help you transform your life? Accessing your Inner Wisdom through Expressive Practices can help you do just that. The practice described below can be a wonderful tool to help you discover new perspectives in areas where you feel stuck, because it can help you see things from a new perspective. This practice is especially helpful in giving you some mindful feedback about how to handle something differently in your life.

1. Identify something in your life you'd like to handle differently.
2. Write down 1-2 words that describe how you are currently "handling" it.
3. Using modeling clay, experiment to discover how many different ways you can handle or work with the clay. For example, you can push, squish, roll, etc.
4. As you work, make a list of each different way you discover.
5. Continue manipulating the clay until you find a shape or image that intrigues you, or until you feel the desire to stop.
6. Journal about the final shape you chose for the clay. What would happen if you handled the area of your life that you identified in step 1 in one of the ways that you discovered in step 4?

The outcome of this will feel completely different when you actually DO it, rather than just reading about or imagining it. I would love to hear about the insights you discover!

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