

# *Doodle Your Breathing*

*by Pinelopi Cahralampous*

Doodling is a gentle, sacred practice that allows the soul to express itself beyond words. As we let our hands move freely across the page, we connect with the universe's flow, releasing the burdens of the mind and allowing our inner spirit to breathe. In this simple act of creation, we invite calmness and clarity, allowing divine energy to guide us through the storm of anxiety. Each line, curve, and swirl becomes a pathway to grounding, offering a space to surrender our worries and find peace in the flow of life's sacred rhythm.

## **Materials Needed:**

- A piece of paper (preferably natural or textured)
- Pen, pencil, coloured pencils, or markers (feel free to use earthy or calming colours)

**1. Create a Sacred Space:** Before starting, take a moment to set up your environment. Light a candle, burn incense, or play soft, meditative music to create a peaceful, sacred atmosphere. You may want to say a short prayer or affirmation like, "I invite calmness and clarity into my being."

**2. Center Yourself:** Close your eyes, place your hand on your heart, and take three deep, mindful breaths. With each inhale, imagine yourself drawing in divine peace and with each exhale, feel the release of tension, anxiety, and worry.

**3. Set Your Intention:** Quietly ask for guidance from your higher self, the universe, or any spiritual force you resonate with. Set the intention to use this doodling as a form of spiritual release and healing.

**4. Doodle with Your Breath:** As you begin, let each line, curve, or shape flow with the rhythm of your breath.

- **Inhale:** Visualize drawing in light or positive energy, letting your hand naturally flow upward, creating spirals, waves, or soft arcs.

- **Exhale:** As you breathe out, release any negative energy or worry, letting your hand descend into downward lines or grounding shapes.

**5. Symbolic Imagery:** As you doodle, allow symbolic images, patterns, or shapes to emerge. They don't have to be literal, but let them carry spiritual meaning—perhaps sacred geometry, circles representing unity, or spirals for growth. Don't plan too much, let the universe or your inner wisdom guide your hand.

**6. Use Color with Intuition:** If you feel drawn to, add colours to your doodles. Choose hues that resonate with your emotions or spirit. For example, blues and greens can represent calmness, while golden tones might symbolise inner light or divine energy.

**7. Flow Until Complete:** Keep flowing until you feel completion or peace. Trust that your spiritual self will guide you to the right moment to stop. There is no rush; let the process be as long or as short as it needs.

**8. Reflect and Bless Your Work:** Once finished, take a moment to admire what you've created. This doodle represents your spiritual journey through anxiety. Offer gratitude for the calm and healing that has emerged. You may want to speak words of affirmation like, "I release my worries and trust in the flow of life" or simply send loving energy to your drawing.

**9. Optional Sacred Ritual:** To close, you could fold the paper and place it on an altar, under a crystal, or keep it in a sacred space as a reminder of your inner peace.

**This exercise can help you tap into the spiritual energy around and within you, using art as a meditative practice to release anxiety and align with a higher sense of calm and connection.**