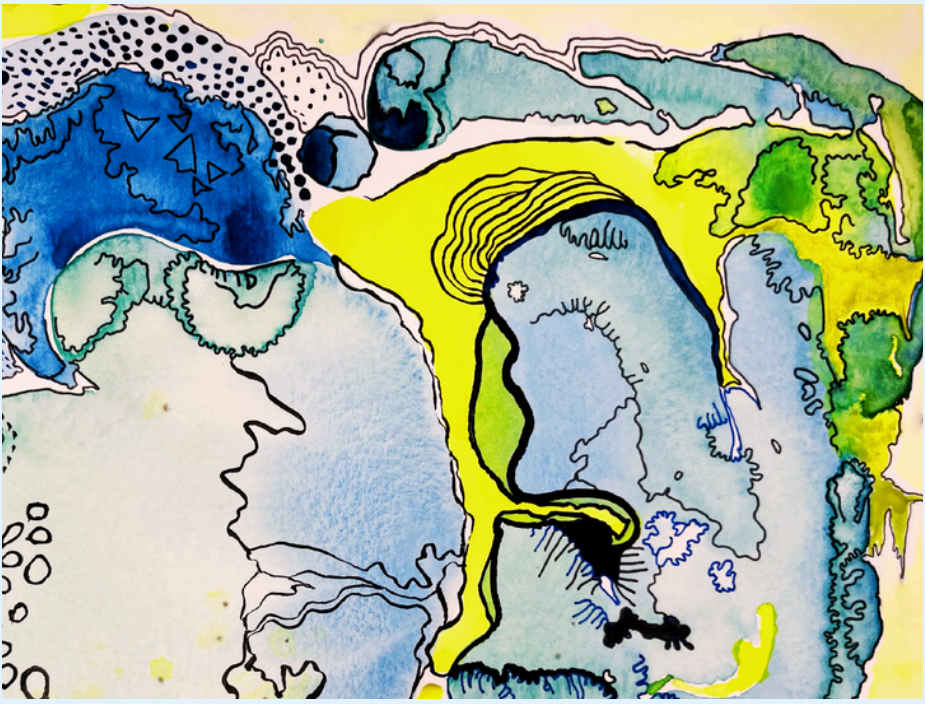
RISING HEART
coaching

The Creative Routine

to help you slow down, and reconnect with
yourself through breath, art and reflection.



by Vika Nikitina Chala

Breath:

Before the breath practice, take a few moments to settle into your seat. Close your eyes. Scan and slowly and intentionally relax your body starting with your face all the way down to your feet. Then begin the breathing practice. Afterwards, return slowly and open your eyes. A breath is an inhale and exhale.

Creative Practice:

You will need additional paper to complete the creative practices.

Remember: there is no requirement to do it well, to create a complete piece or to know what you're doing. Let your practice unfold from within, not by trying to make it happen. Whatever arrives, no matter how slowly or how small is welcome. The unknown, the awkward, the asymmetrical, the incomplete is beautiful.

Reflection:

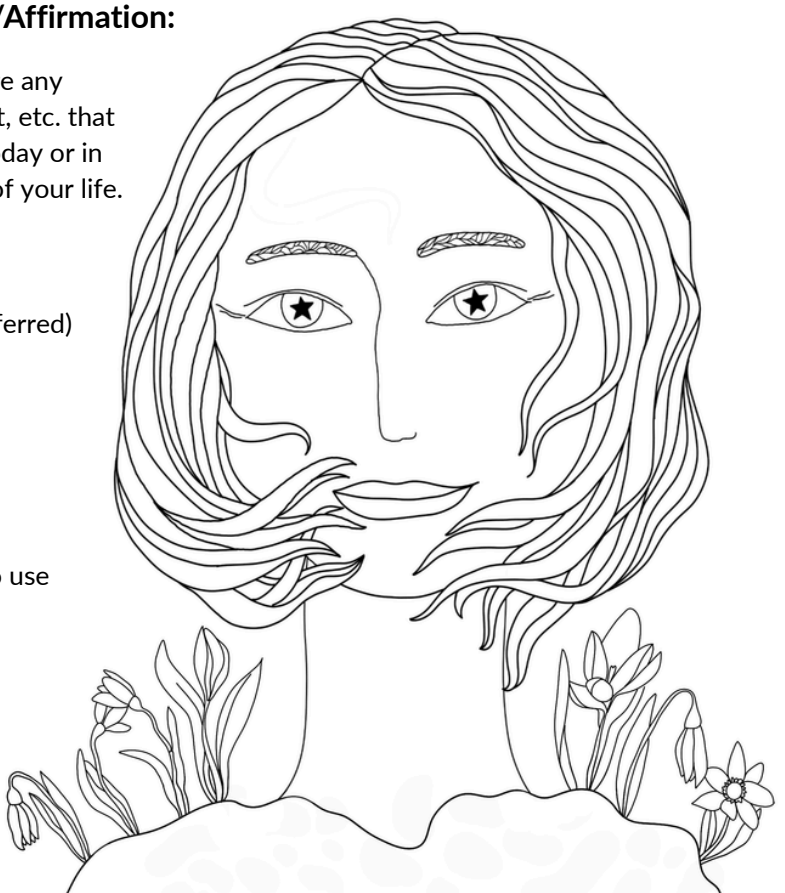
Use this space to capture any complete or incomplete thought that arrived during the creative practice. Observe your artwork, see if it has any messages. Write down something you notice. Write down a feeling.

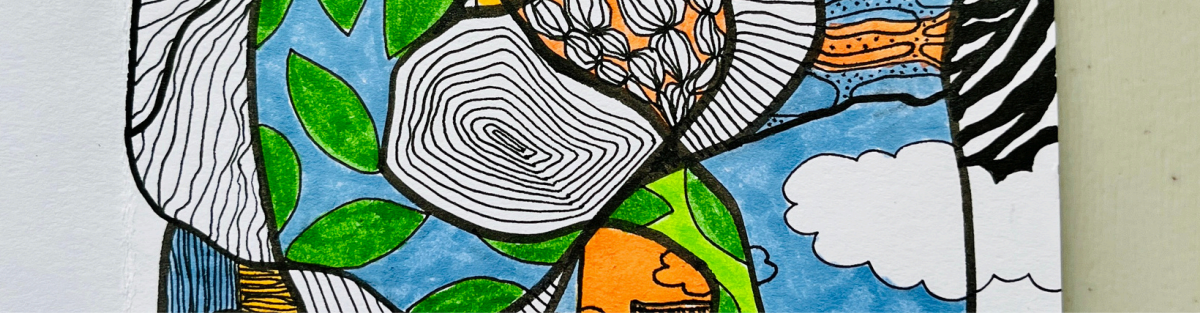
Word/Wish/Prayer/Affirmation:

Use this space to capture any magical word, statement, etc. that seems meaningful for today or in general for this season of your life.

Materials:

mixed media paper (preferred)
graphite pencil
fine line marker
color pencils
watercolor paint
oil pastel
markers
anything else you like to use





Day 1

Breath:

Inhale deeply through nose, filling your belly with your breath. Exhale slowly contracting the belly to let all the air out. Breathe fully, slowly and intentionally. Repeat for 5 breaths.

Creative Practice:

Work with a fine liner (e.g. a black sharpie or micron pen, or combination of both) pastels. Make a line, allow the line to "wander" around the page. Allow it to cross over itself, forming cells. Add patterns within the cells. Color the image with markers.

Reflection:

Word/Wish/Prayer/Affirmation:



Day 2

Breath:

Inhale fully through the nose, exhale with your mouth in a soft whisper and imagine that your breath is carrying a leaf through the air. Keep breathing and imagine the leaf being carried (imagine you're the leaf). Repeat for 5 breaths.

Creative Practice:

Work with your graphite pencil, fine liner and oil pastels. Sketch 4 concentric circles. Outline them with the fine liner. Fill them in using oil pastels, choosing colors intuitively. **First** color represents something that makes you feel **sad**, **second** color - something that makes you feel **hopeful**, **third** color - something that makes you feel **peaceful**, **fourth** - something that makes you feel **excited**.

Reflection:

Word/Wish/Prayer/Affirmation:



Day 3

Breath:

Trace a spiral with your finger on the table or in the palm of your hand. Inhale inward, hold at the center. Exhale outward. Repeat 5 times.

Creative Practice:

Work with watercolors. Cut your paper to a size of 3x6 in. If working on watercolor or mixed media paper, wet both sides of the paper. Using the brush, add water to a randomly chosen color. Place it anywhere on the wet paper, creating a shape. The brush should be wet enough so the color flows. Choose a new color and add it to the paper, let the colors touch or stay separate. Add a third color. Continue.

Reflection:

Word/Wish/Prayer/Affirmation:



Day 4

Breath:

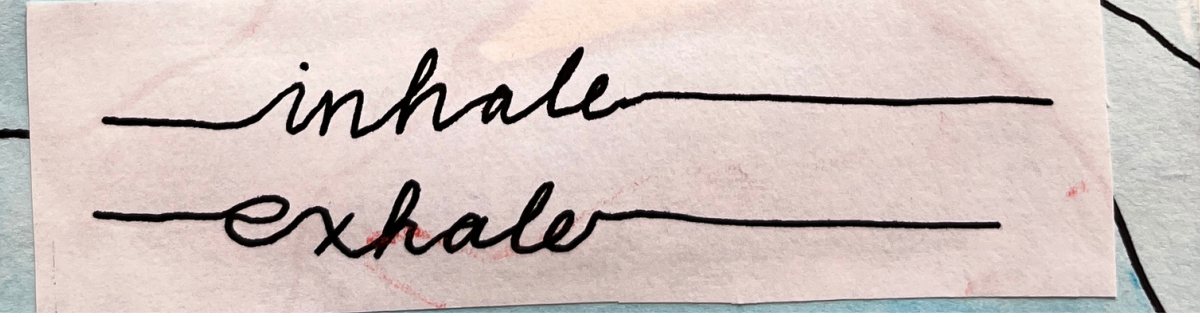
Cup your ears, inhale through nose to the count of 4, hold for a moment and exhale slowly with a soft “haa” through the mouth, imaging the sound echoing like a seashell. Repeat for 5 breaths.

Creative Practice:

Work with oil pastels. Choose two colors. Using both hands, begin making marks on the paper simultaneously (this works best on larger paper). Continue the bilateral drawing exercise as long as it feels useful. Feel free to paint over it with watercolor when done.

Reflection:

Word/Wish/Prayer/Affirmation:



Day 5

Breath:

Place hand on heart, breathe slowly and deeply and imagine a warm light glowing underneath your palm. Exhale, imagine the light traveling through your whole body. Repeat for 7 breaths.

Creative Practice:

Work with a graphite pencil, fine liners and any color medium. Sketch an outline of a heart (it can be anatomical, symbolic or abstract). Outline with the fine liner. Add any patterns inside or outside of the heart. Decorate with color. Add words that help your heart feel full. Continue to decorate your heart-work as long as you feel connected to it.

Reflection:

Word/Wish/Prayer/Affirmation:



Day 6

Breath:

Lift arms overhear with a slow inhale, imagine a color flooding over you (a color of courage, curiosity, inner peace). Breathe out slowly, lower your arms, imagine the color traveling through your body into the earth. Repeat for 5 breaths.

Creative Practice:

Use any materials that you enjoy working with. Reflect on this question: **What part of me is "in between" (e.g. not who I was, not yet the next version of myself)?** Draw a doorway or bridge. On one side, write or draw what you are moving away from. On the other, what you're moving toward. Fill the space between with shapes or colors that feel "in-between."

Reflection:

Word/Wish/Prayer/Affirmation:



Day 7

Breath:

Begin with inhale, open your arms wide. Exhale slowly, curling inward, wrapping arms around yourself. Unfurl again with the inhale, imagine emerging into sunlight. Exhale and fold inward, welcoming the sunlight within. Repeat for 5 breaths.

Creative Practice:

Use any materials that you enjoy working with. Reflect on the question: **What lights me up?** Draw or collage a matchstick, candle, sparkler or flame. Around it, add colors, words, shapes and images (can use magazine cutouts) that represent what excites you creatively, spiritually, intellectually or emotionally. Let your page and composition radiate your unique fire.

Reflection:

Word/Wish/Prayer/Affirmation:

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You can place this booklet on your desk, and return to it whenever you need it. The effects last beyond the pages.

If this practice feels supportive, and you want to keep going, I would love to welcome you to Rising Heart Coaching.

Through a combination of coaching conversation, creativity, and reflection, I support clients in understanding themselves more deeply, trusting their gifts, and moving toward their goals with renewed energy.

Art keeps you in relationship with yourself.
I help you reconnect with it.



free connection call

Talk soon!

www.risingheartcoach.com
risingheartcoach@gmail.com