



Journalling & Eye Dialogue Guide

Our imagery emerges from the Right Brain, as we take our images/insights and draw/scribble AND write/dialogue with them three things happen:

1. We are integrating Right and left Brain faculties.
2. Our soul communicates to our personality in a language understands; words.
3. New Insights Emerge

**In journalling we can simply write down what was important for us during the meditation, or we can take the process of meditation further by engaging our images creatively through image dialogue or what some call “spirit speak” or automatic writing.

Image Dialogue:

Within the process of meditation, I often draw, dialogue and journal my insights simultaneously. As we practice these aspects of the practice become more fluid. Image dialogue is the outcome of a series of questions we “ask” our inner images or drawings as if they could speak to us. It is a process that requires us to release judgment of ourselves, learn to play and listen to ourselves. As one dialogues, it is important to be able to distinguish our soul, which is driven by internal power from our personality or ego. At first, it can be challenging, like learning any new language.

HOW TO START:

Pick a part of your meditation that interests you – or annoys you. – just brainstorm or ramble... and keep going, allow your mind to wander. Following are some places to start:

- *Write about what surprised you
- *Write about your frustrations
- *Sketch out part of the meditation
- *Write about what initiated the image

Some basic dialoguing questions: Let your curiosity guide you

- What was the primary feeling or intent behind your meditation when you started? Now what is it?
- Is there anything that surprised you or that came out ‘by accident’?
- If your image could speak to you what would it say?
- What does the image remind you of?
- If you could become the image what would it feel like?
- If you ARE the image what would you say to yourself?

Keys for knowing when you have “slipped” away from a dialogue with your true Self:

- ★ “Our (judgmental self) or ‘left brain’ is never certain about its choices and opinions. It is always weighing every statement and decision against accumulated information to determine the right course of action or thought. But our (true self) or ‘right brain’ always knows what feels right.” (p. 40 *Art and Healing*, Barbara Ganim)
- ★ Our left brain judgmental side is the ONLY side or part of ourselves that labels anything or that says the words **I think, I should, I could, I would** or **too** (as in too much of something). _

Hints for getting back on track:

- ★ “To avoid this shift back into your judgment center, try to keep your responses framed in *I feel statements*. Feeling is a right brain response. Using the word *feel* will shift you back into imagistic thinking.” (p. 40, *Art and Healing*)
- ★ Trust the first answer. If the answers don’t come readily – if you weigh pros and cons, you are starting to judge.
- ★ Try drawing or writing your responses with your non-dominant hand. Our bodies are cross linked; each hand connects with the opposite side of the brain.