



## Energy Drawing

Right after the guided meditation, grab 7 different colored pencils/crayons/markers. Take out a blank sheet of paper and draw your energetic body.

Don't worry about which colors belong where – note the feelings you had during the meditation, where you feel more open or closed, more expanded or lop-sided, etc. Sketch it out intuitively, date it and slide it into your Intuition Journal. This exercise is fun to do and to compare the sketches! See how your subtle energy body shifts and changes over time.

You don't need to draw a true body form you can just make a blob of colors, but just to get started I have included a template for you. Put colors and symbols where it feels right for you.

