

Drawing & Painting as Meditation: A Practical Guide

This guide introduces you to simple ways of using drawing and painting as meditation. You don't need to be an artist — these exercises are about presence, calm, and self-expression. Use this workbook to slow down, breathe, and enjoy the process of creativity.

Meditative Art Exercises

Exercise 1: Drawing Your Breath

Place your pen or brush on paper. As you inhale and exhale, let the line flow to match your breath. Notice the rhythm.

Exercise 2: Free Doodling

Let your hand move without planning. Draw shapes, squiggles, or patterns. Focus on the sensation, not the result.

Exercise 3: Mandalas

Start from the center of the page and draw outward in circular patterns. Repeat shapes or colors. Let symmetry calm you.

Exercise 4: Color Flow

Use watercolor or paint. Let colors blend freely, following intuition. Pay attention to how the paint moves and mixes.

Exercise 5: Guided Imagery

Imagine a calming place (forest, ocean, sky). Use colors and shapes to bring that scene to life on paper.

Reflection Prompts

After each exercise, take a few minutes to reflect: - How did I feel before starting? - What emotions or thoughts came up while creating? - How do I feel now, compared to when I began? - What patterns or colors reflect my inner state today?

Weekly Practice Tracker

Day	Exercise	Notes/Reflections
Day 1	Drawing Your Breath	
Day 2	Free Doodling	
Day 3	Mandala Drawing	
Day 4	Guided Imagery	
Day 5	Zentangle/Patterns	
Day 6	Color Flow	
Day 7	Choose Your Favorite	