

## Example: Art and Creativity Exercise for Therapists:

### 1. Materials Needed:

- Blank canvas or paper
- Acrylic paints, colored pencils, or markers
- Brushes or other artistic tools
- Journal or notebook

### 2. Intention Setting:

- Before starting, set an intention related to your spiritual exploration, such as seeking guidance, expressing gratitude, or connecting with inner wisdom or faith.

### 3. Expressive Painting:

- Begin by applying colors and forms intuitively onto the canvas. Allow your intuition to guide your brushstrokes, representing emotions, thoughts, or spiritual symbols.

### 4. Reflective Journaling:

- After completing the artwork, spend time journaling about your experience. Explore the symbolism, emotions, and insights that emerged during the creative process.

### 5. Symbolic Representation:

- Choose a symbol that resonates with your spiritual journey and incorporate it into your artwork. This could be a tree representing growth, a spiral symbolizing transformation, or any image with personal significance.