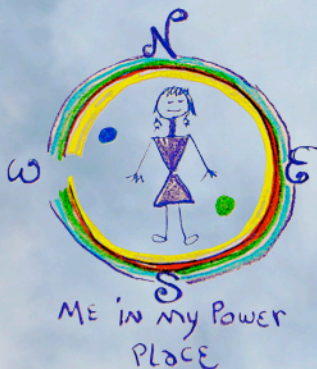


Inner Vision Quest Instructions

Supplies: colored pencils or markers, art paper.

1. Draw a large circle, indicating the sacred directions.
2. Draw a simple stick figure of yourself in this power circle, your head towards the North.
3. Using your "Other Hand" (non-dominant), sketch one or more of the spirit guides you met on your journey with Grandfather Bear Heart. Sketch or Doodle it in the appropriate direction. You don't have to be a Picasso!
4. Respectfully ask one of the spirit guides if they will speak with you about what is most important in your life at this time. Write on the paper near the drawing. Let the spirit guide answer or speak his/her statements through your non-dominant hand. Don't edit their messages, just let them come through and record their thoughts/feelings on the paper near the doodle.
5. Continue the dialogue to deepen your awareness of this situation you have presented for guidance.
6. Reflect on these conversations.



This Guided Imagery was written by Reginah WaterSpirit, Artist/ Consciousness teacher. Please contact her with questions or to share your journey. If you wish to "catch" a nature-based name from this journey, Reginah is able to assist you.

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