

SOUL
scribble

INTUITIVE CREATIVITY
EXERCISE



This simple exercise is fun and offers a quick way to slow down, quiet your mind, and tune in to the truth within you.

So, dive in, scribble playfully, and enjoy the experience!

So much love,

Larissa

SOUL SCRIBBLE

The Soul Scribble is an amazing 5-minute creativity exercise you can use to boost your creativity and your intuition, AND get answers to your questions! When I first learned about it I did it every day! It was pivotal in helping me transition from left-brain, logical thinking to right-brain, intuitive thinking to get true answers to the big questions in my life.

WHAT TO HAVE

- Paper and something to write with
- A question

WHAT TO DO

1. Take 3 deep breaths and close your eyes. Think about an issue or situation for which you would like some guidance. Maybe it is an issue at work, a relationship, a dream or idea that came to you. Avoid yes or no questions in favor of

something more open ended like “Tell me what I need to know about...” And if no specific issue comes to mind, you can simply state “I am ready to know what I need to know.”

2. Write down your question or intention on your paper, someplace along the edge. It should not be big. This is just for reference when you look back at this later.

3. With your pen or pencil in your non-dominant hand,

close your eyes and scribble for 3-5 seconds. Any longer and your left brain will start to try to control it and make it into something nameable, recognizable. The key is to scribble without thinking about it BEING anything.

4. Now open your eyes. Look at your scribble, think of this as cloud gazing, just keep looking until something jumps out at you. Turn your paper any direction you like, unfocus your eyes.

5. Once you recognize something in your scribble, use your pen (or markers or crayons) to make it as obvious as you can. Add anything it needs to make it clearer. There are no rights or wrongs here. This is not a work of art, it is play, and it is communication with your inner wisdom.



6. After 5 minutes, stop, look at your art, and write down the first 5 words that come to mind.

7. Continue to work on your scribble as much as you want. Keep it someplace you can see and reflect on it. If it is an animal or symbol, do a search online and see what comes up. Pay attention to the things that you respond strongly too... both positively and negatively. A strong reaction indicates that it resonates and has a message for you.

WHAT TO DO IF YOU HAVE NO IDEA WHAT YOUR SCRIBBLE IS TELLING YOU

OK, so, there are definitely times when you just cannot figure out what your scribble

is telling you. First let me say, the more you do this, the quicker and more easily you will discover the image in your scribble and the meaning it has for you. So, do not be discouraged! Here are three things you can do to help you understand your scribble.

1. Keep your scribble in a place you can look at it. Ask to know what it is telling you every time you look at it. Try to quiet your thoughts and just dive into the image as if it were a landscape or a story.
2. Write everything that comes to mind when you think of your soul scribble. Be uncensored.
3. Write everything that comes to mind for each of

the 5 words you came up with. Explore every angle, do not worry if something seems silly or weird or makes you uncomfortable. That is just your ego trying to be logical and stay in control. As you write, you will get lots of great information about the deeper meaning of your answers (soul scribble) and the more you can keep that critical voice out of it, the more you will learn.

soul scribble video

HOP OVER HERE TO WATCH A SOUL SCRIBBLE TAKE SHAPE BEFORE YOUR EYES!

Scribble with friends

SOUL SCRIBBLE II

Try this fun take on a the soul scribble with friends and family!

WHAT TO HAVE

- Paper and something to write with
- Another scribbler!

WHAT TO DO

1. Do steps 1-4 from the previous page
2. Once you recognize something in your scribble, take 30 seconds to clarify your image.
3. Before you add any more details, swap scribbles! You have 40 seconds to add to your partner's scribble. If you have more than 2 people in your group, continue passing the scribbles around the circle, spending 40 seconds on each one, until everyone has their own scribbles back.
4. When you have your scribble back, look at it and write down 5 words that come to mind.

5. Add anything more you want to to your image to clarify it further.
6. Share your insights with the group.

