

## Clearing a space with art - Rappaport



### 1. Clearing a Space

Find a comfortable way of sitting. Take a few deep breaths into your body, noticing the breath as it comes in and moves out of your body. Feel the support of the chair that you're sitting on, the earth beneath your feet, and being here. Feel free to close your eyes or keep them open whichever is more comfortable for you. As you breath, follow your breath down inside and notice how a you are on the inside. Notice if it is tight, or warm, or jumpy or calm...or anything else. When you are ready ask "How am I from the inside right now?" Just listen....give and answer time to form in your body...Be accepting to whatever you find there, without judgment. (Pause). Now imagine yourself in some peaceful place....it may be a place you already know, or it may be one you create in your imagination. When you're ready ask, "What's between me and feeling "All fine" right now?" Let whatever comes, come up.....Don't go inside any particular thing right now.... As each thing comes up imagine placing it at a distance from you. Some people like to imagine sitting on a park bench and placing each thing that comes up on another bench at some distance from it. Others like to imagine placing it on a boat on a lake and letting the boat go out a certain distance....or wrapping each thing in a package and setting it down at a distance from them that feels right. (Pause).

If the list stops, ask "Except for all that, I'm all fine, right?". If more comes up, add that to the stack. Keep a comfortable distance from your stack.

#### **Background Feeling**

Sometimes there's a background feeling – which is like always feeling....like always feeling a little anxious or always a bit depressed..... Check inside to see if there is a background feeling that's in the way of feeling "all fine".....scoop it up and add it to the stack. Check again. How is it now? (Pause.)

#### **The All Fine place**

Now I'd like you to sense the "All fine place". Turn your attention inside and let it rest on the "All fine place".....See if there is a work, phrase, image, gesture or sound that matches or acts like a handle for the "all fine place".....Check it against your body to make sure it's right. If it isn't, invite a new word, phrase, image, gesture or sound that matches or acts like a handle for the "all fine place" to come

#### **Artistic expression**

**When you are ready open your eyes feel your feet on this floor and you are sitting in this room. Go and choose art materials to create your sense of the "All Fine Place" (it can also include the things you set aside if you so wish)**