

# creative spirit

week 2



# Rate Yourself

On a scale of 0-10, how present  
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts  
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about  
the past, future or distracted by thoughts

10 = completely present





alignment is a vibration;  
a movement of energy that feels at  
once grounded; centered; and  
enlightened and propels you  
gracefully forward toward what feels  
good and meant for you.

— kris franken; author



How did your creative spirit  
emerge this week?

Raise your Zoom hand or put your answer in the chat.



# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES



**Creative Spirit  
has one hand  
on the ground  
and one hand in  
the sky.**





**Creative Spirit is  
Grounded**







## **Would you like any of these?**

- Improved sleep
- Improved immune function
- Reduction in inflammation
- Better mood
- Reduced anxiety
- Reduced pain and soreness
- Eliminate the experience of “too much” happening.





# If so, you need grounding!

- A powerful mental and physical tool used regularly by dancers, athletes, artists, gardeners, therapists and many others.
- Grounding is an ancient practice and now researched with demonstrable benefits.
- Helps us feel calm in our body and clear headed in our thoughts.





# How Grounding Works

- Dampens the sympathetic nervous system response (i.e., the fight, flight or freeze response).
- Helps you to reestablish a feeling of “stability.”
- Stops “Ov\*whelm” of feelings.
- Limits racing thoughts by grounding in reality.
- Stops past rumination and future worry.
- Returns us to the here and now.





# Ways to Ground Yourself

- Psychological
- Physical
- Ecological
- Creative





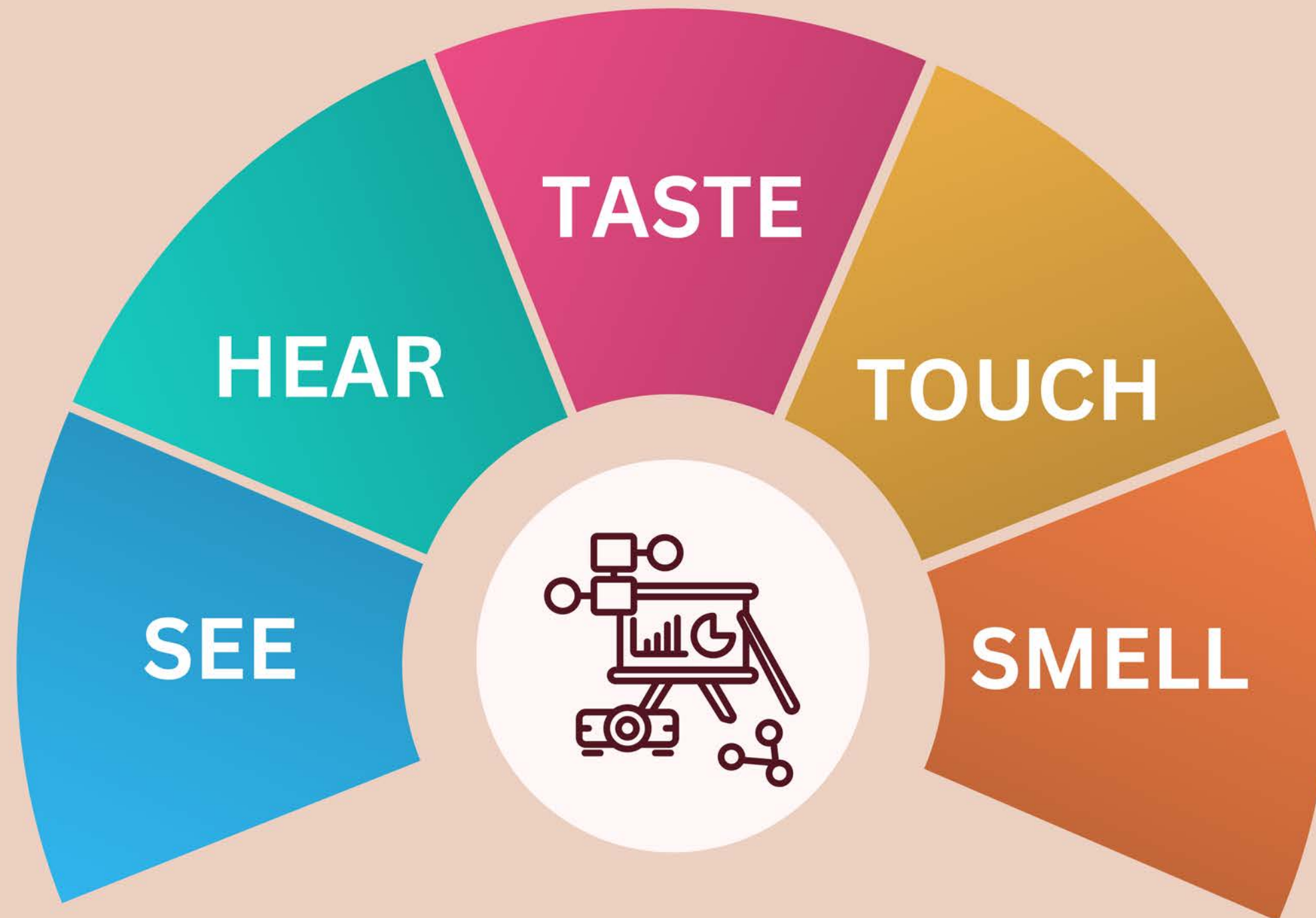
# Psychological Grounding

- Self-soothing skill, especially good for relaxation and managing intense feelings, freeze, and anxiety.
- Grounding keeps you in the present (instead of fears from the past or worries of the future).
- Affirmations, relaxation, meditation, 5 senses, here and now, sometimes distraction.




# Grounding in The Moment

Anchor yourself in the moment using your 5 senses.







# Physical Grounding

- Shifting from unconscious breathing to conscious breathing.
- Gentle attention to your body.
- Tapping.
- Noticing where your body touches the earth, chair, ground, clothes, etc.





















# Ecological Grounding

- The practice of energetically connecting to Earth.
- Releases uncomfortable energy from your field into the ground, and draws desired energy to your body.
- Replenishes and recharges your whole being.





# Grounding Outside

- Best way is being outside—walking barefoot on sand or grass, swimming in the ocean or a lake, a sun or moon bath, and touching nature (touching plants and trees).
- Forest Bathing.
- When it is chilly, rainy or cold you are less likely to be spending time outside with your shoes off.
- So how can you stay grounded when the weather is bad, you are indoors most of the day, or you are traveling?



# 7 Indoor Grounding Tips

1. **Seek Sunlight:** Vitamin D, and “recharging your battery.”
2. **Keep stones & plants:** Stones are plants easy ways to touch nature.
3. **Eat mindfully:** eat natural foods and root vegetables.
4. **Take a salt bath:** Salt is literally the earth and epsom salts provide magnesium to your body.





5. **Exercise:** be present in your body, yoga, pilates, martial arts center your mind and body at the same time.

6. **Create using eco art materials:** use nature objects to make a sculpture or mandala, build a snowman.

7. **Be in community:** find people who are grounded and healing themselves.







# Creative Grounding

- The practice of energetically connecting your Creative Spirit.
- Brings focus to the creative parts of your brain, body, and spirit.
- Removes focus on thoughts and judgements.
- Encourages experiments and fun.





# Creative Grounding

- Art
- Play
- Flow
- Meditation
- Novelty
- Fun



# Mindful Moment: Creative Grounding







## Contour Line Drawing from Nature





## Contour Line Drawings

- A method of drawing where you draw only the outline of an object, without any shading.
- “Contour” means “outline” in French, which is where the name comes from.





# Contour Line Drawing

- Zero drawing skills required!
- Look at an object.
- Place your pencil on your paper.
- Without looking at your paper, often (or at all) draw the object.
- Keep your pencil on the paper the entire time or use only long strokes.
- There is zero pressure to create something that looks representational.





# Why we do Contour Line Drawing

- Challenge our brain with a new and slightly difficult task.
- Create new neural pathways.
- Increase proprioception.
- Hand-eye coordination.
- Give ourselves evidence that we can try, even if we lack confidence.
- Remind us of novelty in childhood.
- Mindful awareness.
- Practice non-judgement.





# Proprioception

- A brain ability to determine where our body is in space.
- The “sense” of limb position.
- Proprioceptive feedback is critical for proper balance and motor control.
- Innervated by fast-conducting fibers, muscles have receptors involved in proprioception.
- Related to kinesthesia: ability to control body movements (walking, posture, expressions); “sense” relying on receptors in the muscles, joints, and tendons.





K. BISHOP 10

# Contour Line Drawing

- Find a piece of nature in your room right now.
- Inside: house plant, rock, feather.
- Outside: look out the window at a tree, plant or landscape.



# Your Contour Line Drawing







# Contour Line Drawing

- Focus on noticing the object and let your hand trace the shapes as you observe them.
- Keep your pencil on the paper using one long line.
- Blind Contour Drawing: It is fun to see the results when you avoid looking at your paper.
- If you peek at your paper, it is ok to reposition your hand on the paper and keep going.
- Avoid judging or starting over.





What did you experience using the  
Blind Contour Line Drawing Method?  
Raise your Zoom hand or put your answer in the chat.





# Contour Line Drawing

## Ideas for the Week

- Draw your hand.
- Draw a pet.
- A photo of a favorite place or a place you want to visit.
- Sit in nature and draw the landscape or a plant.
- Copy a drawing by another artist.
- Draw a contour in the sand or dirt with a stick or rock.





What did you notice as you held your  
attention on the Creative Spirit and  
consciousness part of your brain?

Raise your Zoom hand or put your answer in the chat.



# Affirmations





**I am a woman  
who...**

- grounds herself  
in the here and  
now.
- respects  
nature.



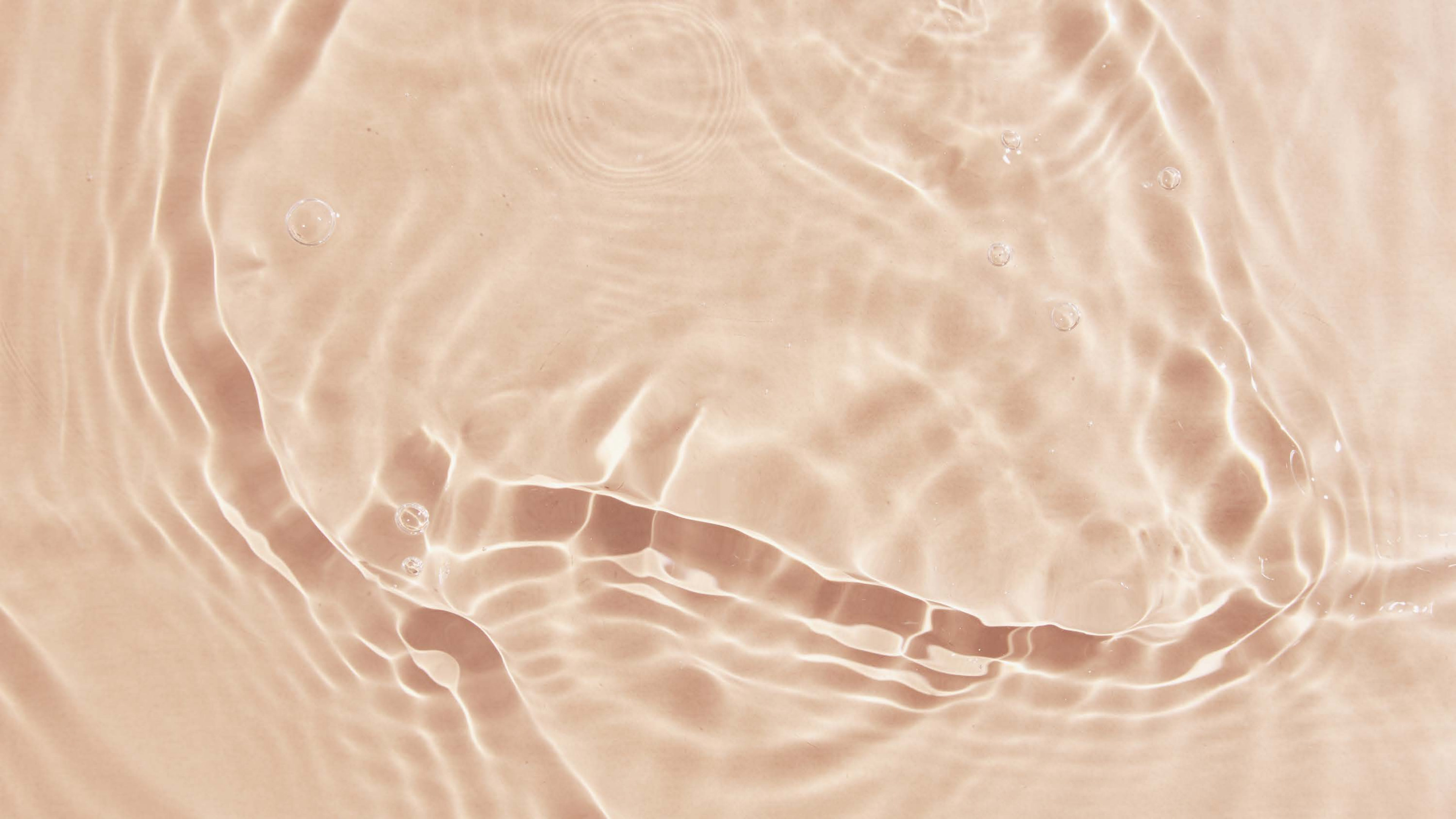




Finish the sentence in the chat:

"I am a woman who..."







# Your Reflections for the Week







# Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Grounding  
Thoughts**

2

**Mindmap of  
Grounding**

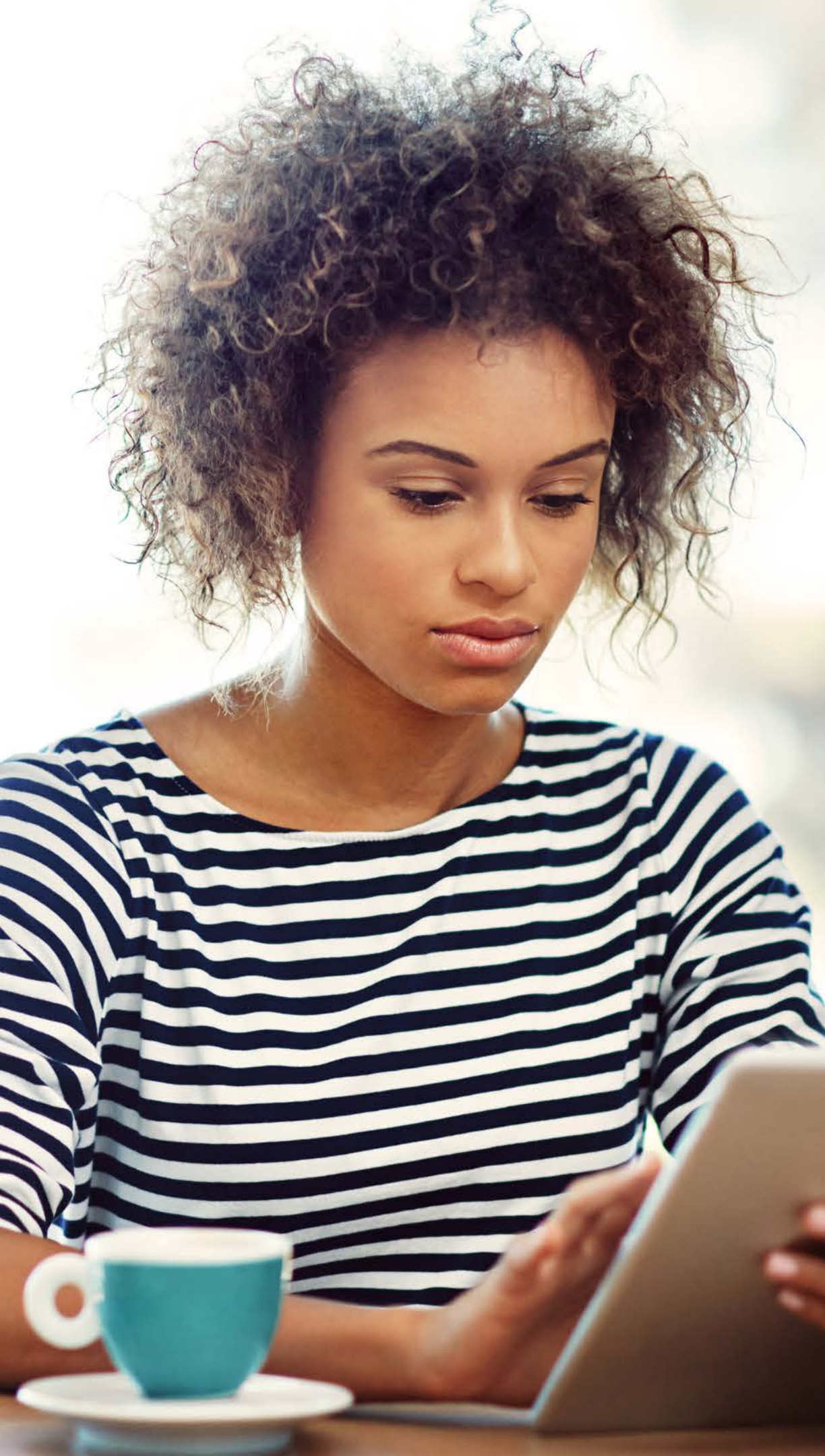
3

**Grounding  
Chart**

4

**Written  
Reflection**





# Grounding Thoughts

- Ground yourself for 20 minutes by walking outside in your bare feet, placing your hands on the ground or digging in the soil or sand at the beach. (Indoors: sit in the sun, take care of your house plants, hold a rock, take a salt bath, visualize yourself with your bare feet in the earth.)
- Answer the questions in the workbook.





# Mind Map of Grounding

- In the middle of the mind map, write a topic where you would like to ground yourself.
- In the surrounding boxes, write and draw whatever comes up. Focus on grounded thoughts, feelings and actions.
- Work quickly and be spontaneous.





# Grounding Chart

- Thinking - Feeling - Doing
- Fill in the Grounding Chart with the practical application of what your learned.
- Graphing this experience gives you new thoughts, desired feelings and concrete actions to quickly return to being grounded any time you like.





# Written Response

- Reflect on what you noticed this week in grounding.
- What will you remember about this week?
- Avoid judging yourself for what you did or did not do.





**BREATH IT ALL IN.  
LOVE IT ALL OUT.**





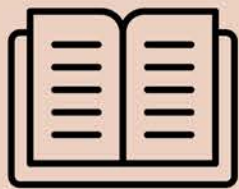
On a scale of 0 -10, how present are you  
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.



# What To Do Next



## **Review**

Review your orientation manual & workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.





# Ready for More?

Friday at noon PST on IG live  
@dramybackos

Autumn VIP Creativity day or weekend

Podcast

Paris Trip

The Modern Creative Woman





What will you remember about  
today's class?

Put your answer in the chat  
or raise your Zoom hand.





Thank  
you!