



Illustration  
Meditation

*Na Bonsai 2023*





*for those who desire a better world,  
for all creatives, for anyone who  
needs healing, for your inner child.*



# Introduction

Illustration Meditation is a framework of wellness practices and a guide for returning to our innate creative energy using

*breath work*  
*sensory awareness exercises*  
*sonic attunement*  
*meditation*  
*intentional drawing*  
*and creative prompts*



Since we can allow our creative energy to flow through any vessel, this sensory meditation can be applied to any creative practice. While this zine dedicates space for drawing, I encourage you to try these practices with your musical instrument, or your poetry notebook, or fabric before you sew it, or some fresh garden produce before you cook a meal, or before collaging flower petals together on the front porch after a long day.

In beginning any practice, I offer gratitude to every teacher I have had the honor of learning from, and who have given me many tools to expand my understanding of creative purpose and subtle energy.

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# Grounding

Read this resource before you begin your practice.

Go through the steps gently, and be open to different needs your body, mind, or spirit might subtly suggest along the way.

You may choose set up your meditation space with music, incense, essential oils, herbal tea, natural lighting or no lighting.

- Sit comfortably with your feet on the ground. Notice how your body feels on your chair, how your feet feel on the floor. The temperature of the room. And the sound of the stillness.
- Reflect on your practice. Remember your earliest memories of making a drawing or playing piano. Think of your relationship with your creativity today. BE OPEN to the memories and emotions that arise. They are validated and cared for in this practice.
- Set your intention for your practice. Here are some examples:

TO RELAX  
TO FIND JOY  
TO GET BACK TO  
CREATING  
TO RELEASE  
UNPLEASANT  
EMOTIONS  
TO FIND A SOLUTION  
TO TALK TO GOD  
TO BE OPEN TO NEW  
THINGS  
TO CARE FOR MY  
SPIRIT



# BREATH WORK



We breathe life into our practice and increase the flow of oxygen, stimulating our blood flow and charging our life force energy.

**BREATH RETENTION:** Breathe in through your nose for 6 counts, hold for 4 counts, release through your nose for 8 counts. Do this about 8 times.

**BREATH OF FIRE:** Breathe rapidly in and out through your nose, contracting your abdomen with each exhale. Do this as long as you can.

**BREATH HOLDING:** Take a deep breath in and fully exhale. Breathe in deeply again and hold your breath for as long as comfortably possible. Then gently release and return to normal breathing.





# SENSORY ACTIVATION



*In this part of the meditation, you may choose to hold, think of, or look at your instrument in creation. (This could be your pencil, your musical instrument, your painting, garden, etc.)*



Delicately, feel all of the energy you have charged up in yourself during the breathing exercises.



From your seated position, feel the subtle movement inside your body. With your eyes closed, keep your feet resting on the ground, and imagine a white light beginning to move up your legs, torso, chest, and surrounding your head.



Breathe deeply, relax, and release all tension in your body.



Close your eyes and try to visualize yourself exactly where you are. Imagine this white light surrounding you slowly fades to a light blue, and allow it to surround your creative instrument as well.



Meditate here for as long as you choose. Until you gently bring yourself back.

# CHANNELED EXPRESSIONS

This part of your meditation is intended to be, at it's core, as accessible for you as possible, so that it's easy to return to, even on your hardest days.

It's based on simplicity and flow -- to meet yourself where you're at, and to be open and curious to all outcomes. In other words, in this meditation, we practice no expectation. When you feel relaxed and grounded, you are able to enter a state of inner discovery.

I invite you to remember the intention you set at the beginning of your meditative journey, and allow it to be present with you as you draw (or play, or plant, or print, or dance, or cook, or sculpt).

In the following pages we'll explore:

- Stream-of-Consciousness Drawing
- Ritual & Repetitive Shapes
- Intuitive Self-Portraiture

All of these practices are done with your eyes closed. Your mind's eye is your guide.

What colors, shapes, or thoughts show up for you in your visualization? What senses are activated?





## ***PART I: Stream-of-Consciousness Drawing***

### *Instructions:*

- 1. close your eyes*
- 2. focus your attention inward*
- 3. draw*
- 4. open your eyes*

## **PART II: Ritual & Repetitive Shapes**

### *Instructions:*

1. close your eyes
2. choose a shape, and draw it as many times as feels right for you (aim for at least two minutes).
3. open your eyes



### **PART III: Intuitive Self-Portraiture**

*Instructions:*

1. *close your eyes*
2. *visualize yourself, like you were looking in a mirror*
3. *gently, feel your face with your hands*
4. *draw yourself*
5. *open your eyes*

While many systems and -isms tell us we cannot thrive as creative people, and many people subscribe to the idea that we must sacrifice joy or conform our practices to meet pre-determined success,

*these meditational exercises are resistance.*

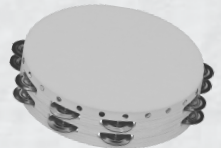
Our connection to our intuitive creativity is our biggest currency and resource for liberation.

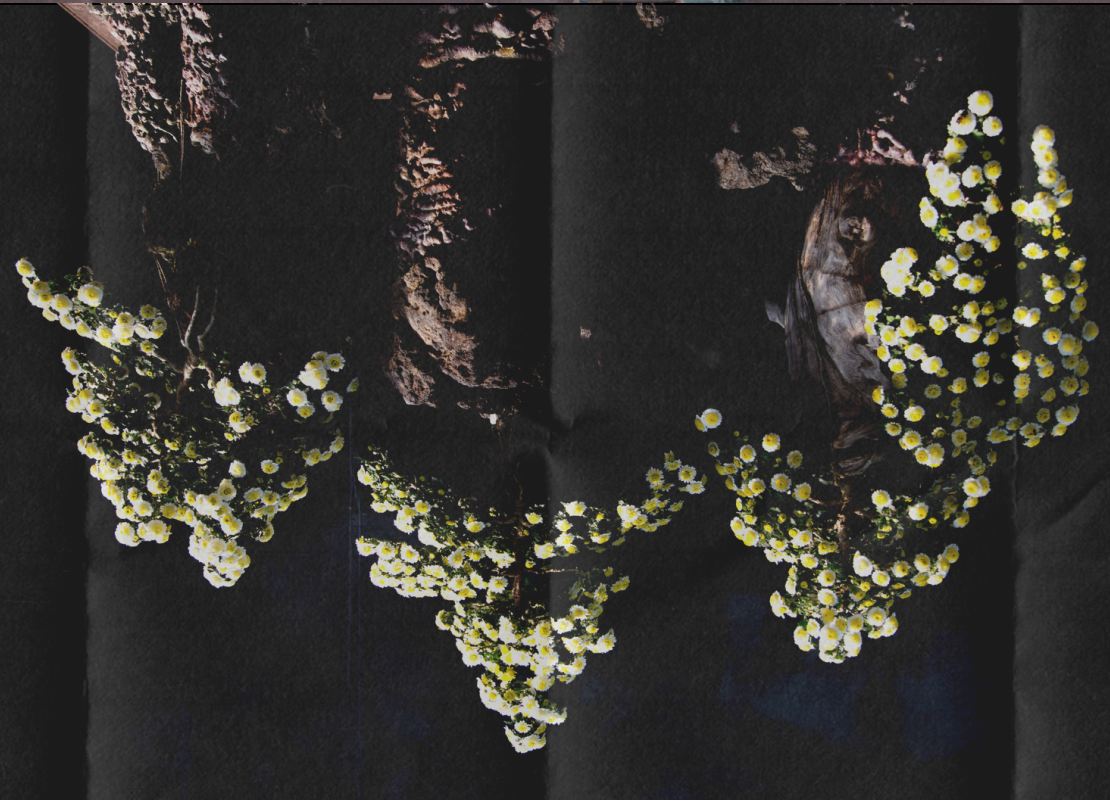
As artists, every practice is an opportunity to channel healing, solutions, and new ways of being.

By practicing openness, we position ourselves to receive downloads of information that give us purpose, and create joy and understanding for our communities.

I hope you will adapt these practices that have worked for me, and take the time to find yourself along your journey of artistry. Remember it is a lifelong commitment to a relationship with your Divine self, your emotions, and your legacy. Asé!

Na Bonsai









[nabonsai.com](http://nabonsai.com)