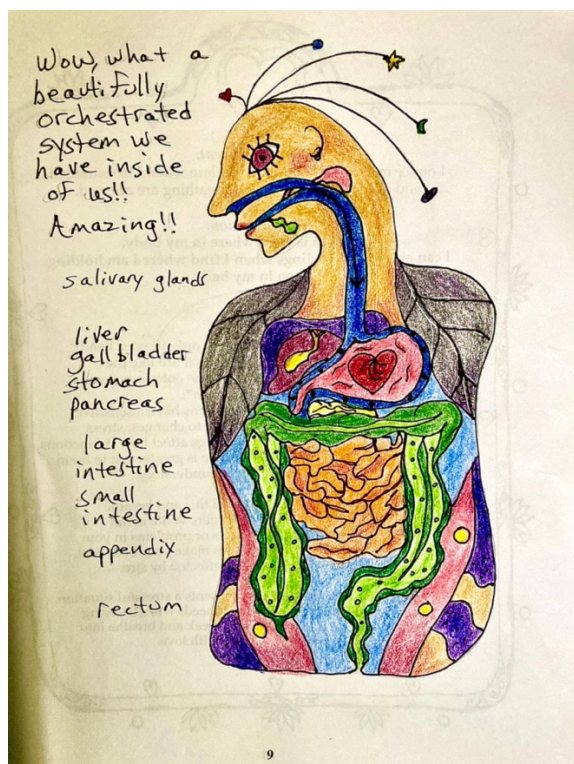


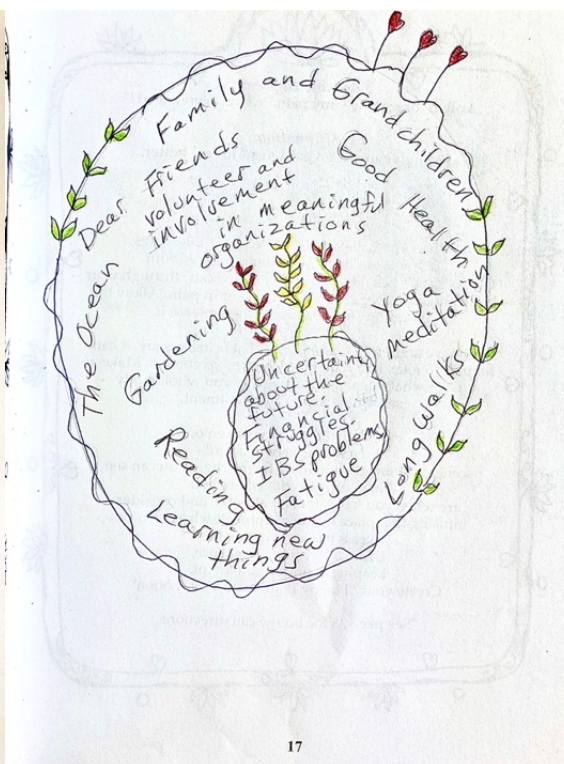
**Examples of just a few of the visualizing prompts.** These are ideas, NOT to be copied or used as any kind of ruler for how to do this. Just so the reader can see a sample. I purposely did not write journal responses in full. Art can be realistic, abstract, expressive, or non-objective...in other words, there is NO RIGHT WAY to create your visual responses. Allow the process to unfold in a way that is truly authentic for you. All images copyrighted. None of these may be reproduced, shared on any media, etc. They are provided as a courtesy to readers of ***The Conscious Gut Journal*** by Marianne Bickett. Thank you! ©Marianne Bickett 2024

*\*See Art and Nature Connections tab on my website for homemade wheat glue recipe, etc.*

*Note: I created the examples before final paging, so the page numbers at the bottom do not correlate to actual page numbers. They are one number lower than final version.*



Visualizing our interior.

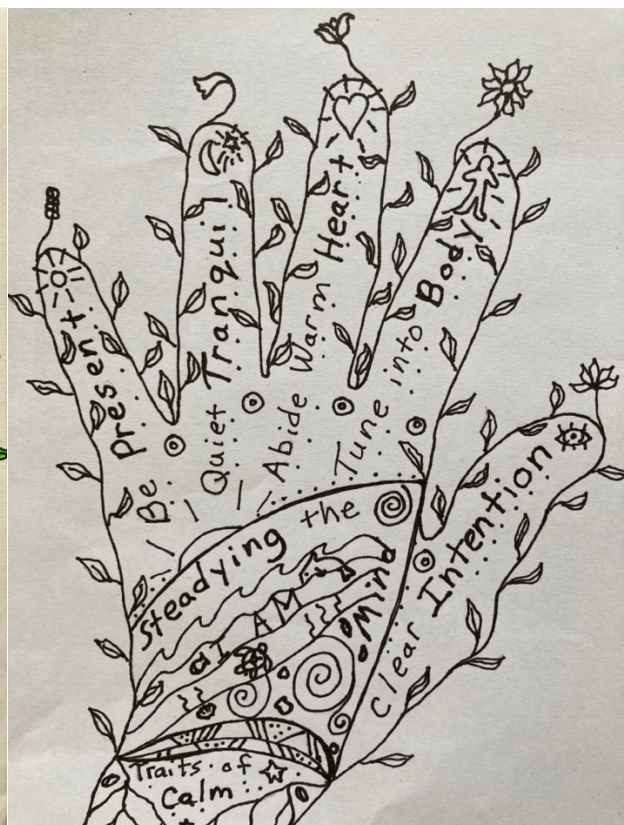


Circle containers for What is Right/Wrong





My Safe and Happy Place

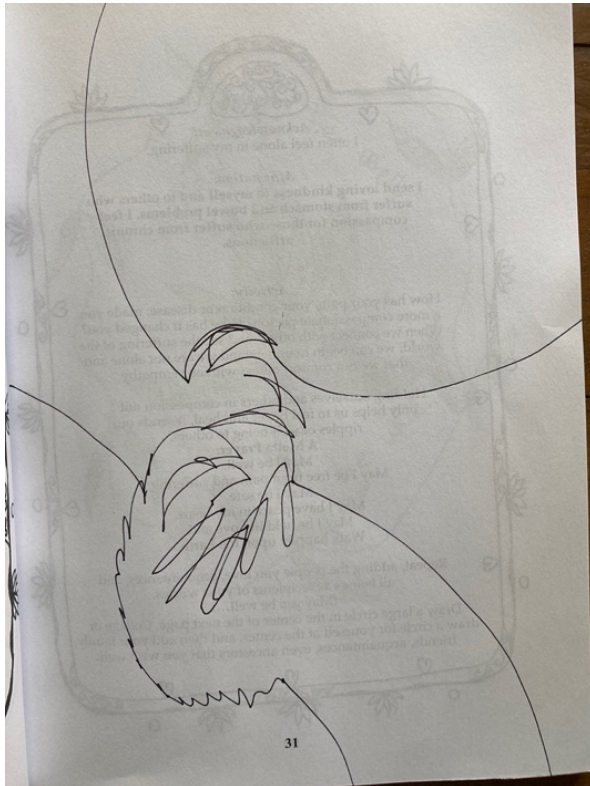


Calm states make Calm Traits: color version and bw OK to enlarge and color.



Surfboard: Ride it out!





Initial Neurographic image.



The end result of process.



This is another example of finished neurographic art that I created in 2022. The initial black lines were the fiery shapes in the center. Then I extended the lines and the image evolved.





May I be well.



Overlapping hands pos/neg



Body Scan Image



Blind Contour (draw w/o looking)





See the world in a flower.



Rumi's Guest Welcome.



Meet your Monster collage.





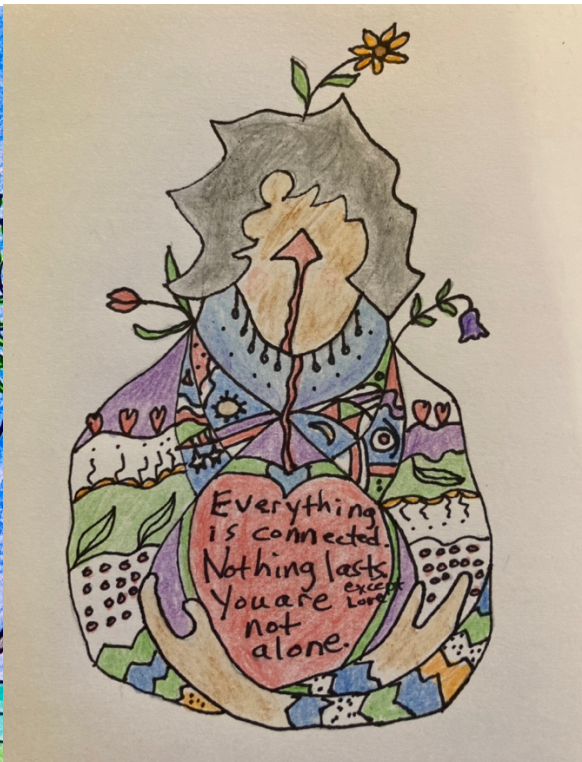
Seed Packets to plant in your "garden".



Power of the seed!

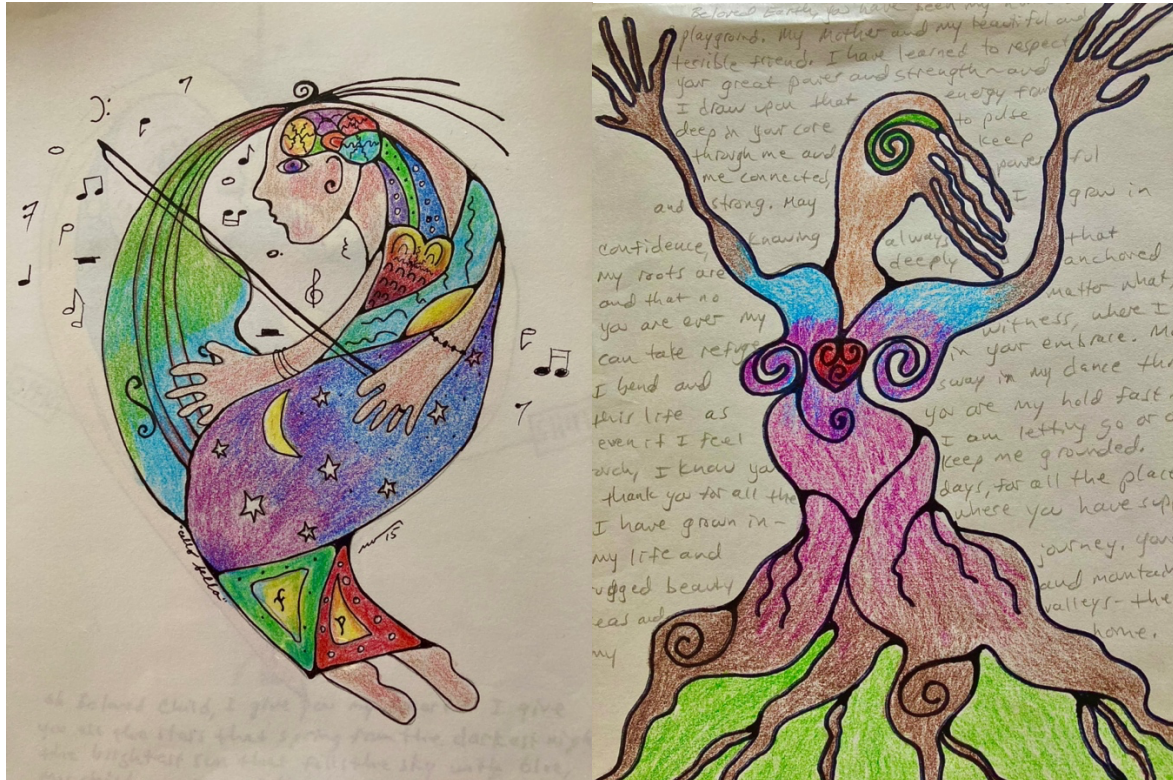


My Inner Child and Me



You are not alone!





Let your Golden Shadow speak/sing/play! We are connected inside and outside to everything.