

# *Connecting with Our Divine Guidance Team Through a Colorful Visual Art Process*

*by Maria Inglesby*

For those of us who love sketchbooks and pencils, canvases, paint and colors, art is a fantastic way to connect with our inner guidance.

When you have one of those burning questions that you would like to have answered from your very own higher perspective of wisdom, take a blank sheet of paper and jot the question onto the backside of the paper. Sometimes I had multiple questions, so I penned one question down per sheet of paper. Turn the papers over such that you see the blank sides of the sheets. Then you could ‘shuffle’ them, like a deck of cards, just for fun. Pick one sheet, and start working with that. I fastened mine to a clipboard so I could sit in the garden, or someplace where I could totally relax and connect in with my heart space. To me, it was exciting to have multiple sheets shuffled, so I did not know which question I was addressing. It heightened the fun when I started doodling to allow a complete ‘unknown’ to reveal itself.

With a pen or pencil in hand, close your eyes, and scribble onto the paper randomly. Just allow your hand to move freely across the paper. Don’t overthink it. Don’t try to design some pattern. Just let go, be at ease, and allow the doodles to appear. Don’t look, just surrender into the process. A few seconds suffice. When you are done, take color pencils or whatever medium you love and just pick a color and start filling in some of the spaces that your doodles have created. Let go, choose the colors you like, whatever appears in the moment that makes your heart sing. This is about truly being present in the moment, with the colors, being in a relaxed and joyous state. Take as much time as you wish, have fun and allow the image(s) to arise organically from the spaciousness of its page.

When you are done, sit with the image. Perhaps place it at a bit of a distance from you. Just see what ideas come up for you. Write those down on the paper or in a journal book. Your answers are right there. Perhaps some words that pop into your mind at first don’t seem to make a lot of sense, keep them, just write them down. Ponder the messages and before you know it, the *AHA* will be right there for you. It is such a fun way to play and connect with our inner guidance that I have used this method a lot, especially during times that I felt confused as to who I really

was and what my real purpose is in this life. During some of those painful phases of my self-transformation journey, coloring brightened up those foggy moments for me so beautifully.



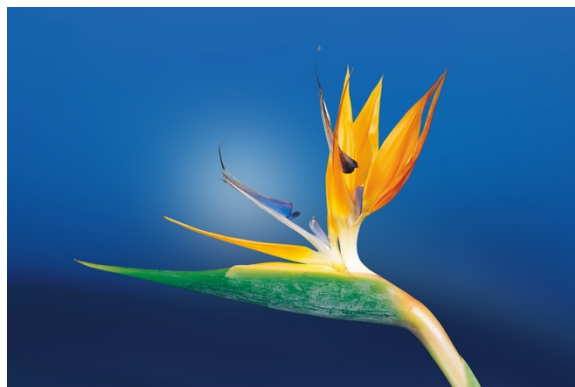
This image shows an example of one of my spontaneous drawings. I was sitting in the garden one evening and just enjoyed the flow of the doodling, the brightness of the colors, and variety of shapes that appeared on the paper. When it felt finished, I was puzzled at first. The image *felt* like a flower. Then I thought I saw a swan. The thought took me to: *a swan is a bird*. I sat with the combination of colors for a while, the green leaf, the oranges and blues. Eventually it struck me with such great clarity, it's: *Bird of Paradise* (the name of the flower shown in the photo below). And I absolutely came emotionally undone (think gobs of tears). My heart, in its hurt

and painfully confused state at the time, simply melted. It was one of those most glorious and healing moments of unraveling. I relished it so much. It felt like brick loads of weight were being washed off my shoulders. Here was the question I had posted on the back of the sheet:

*What name would my guides give me in this moment?*

In other words: *How do they view me from their perspective?*

*Bird of Paradise.* I installed the drawing in my office as a daily reminder to view myself from that very magnificent perspective my guides take, rather than giving in to the voice of that very harsh critic that my human, egoic self often unleashed at the time. The drawing has faded a bit over the years that it resided on the cork board. The oranges and purples were quite vivid when it first blossomed onto the paper. Still, I marvel at the drawing often, albeit for a different reason. Now, I look at it



with great appreciation because of the progress I have made on my voyage since the Bird of Paradise revealed itself.

*The Joy of Spaciousness. Soaring Beyond the Known Into Manifesting Magic.*

Today, as I describe in my book, Chapter 4 titled: I Love *lili*, I have come to make friends with my little *i* (lil *i*). I restructured 'my internal business' such that, today, I follow the leadership of my heart and enlist *lili* as the personal assistant to take care of logistics. That change has revolutionized my life. As a transformational guide, I am so excited to inspire, assist and enable you on your own unique path. It brings me such immense joy to see fellow journeyers soar sky high.

Here, I want to take a moment to give credit to Roger Hanson, who creatively guides people in their own process of self-exploration through the visionary art process. It was in his online-course that I first was introduced to this marvelous method of connecting with our own inner divine guidance team. Feel free to explore these art processes further:

<https://www.rogerhansonlove.com> Thank you, Roger.

From a space of great joy,  
with bundles of love for you all,  
Maria