

Faces of the Inner World

1- Guided Meditation

music link:

<https://www.youtube.com/watch?v=pDNaSCqW8qo>

Step1:

Take a slow, deep breath in... and let it out gently. Feel the chair supporting your body. Feel the ground beneath your feet. With each breath, imagine yourself settling into this present moment, leaving behind the noise of the day.

Step 2 :

Becoming Aware of the Outer Mask (2 min) Imagine standing in front of a mirror. In the reflection, you see the face you show to the world - your outer mask. Notice the expression. Is it smiling, serious, calm, or maybe hiding something? What colors or patterns would you give this outer mask to represent the way others see you?

Step 3 :

Meeting the Inner Mask (2 min) Now, slowly turn the mirror around. Behind it, there is another mask - your inner mask. This one holds your private feelings, your dreams, your fears, your hopes. What does this inner mask look like? Are the colors bright or soft? Are the shapes smooth or jagged? Is it heavy or light?

Step 4 :

Bringing Them Together (2 min) Imagine holding both masks in your hands. Feel their weight, see their differences, and maybe their similarities. You are the artist who can bring both of these worlds together - not to hide, but to express your truth.

Step 5:

Transition to Painting (30 sec) When you open your eyes, you will begin to give form to what you have just seen. Take your time. Let the brush and colors flow from your breath and your heart. Now, gently open your eyes and return to the room.