



Heartfulness Psychotherapy

Self-Exploration through Art (River of your Life)

About This Activity

Time: 40 minutes

Objectives: For participants to explore their own life and to bond with one another through sharing

Methods: Art (drawing), Sharing insights with the large group

Materials:

- Color Pencils & Crayons
- White sheets of paper



- **Begin** with a “your life is like a river” visualization

Your life begins small, something like the drops of rain which become small streams and eventually great rivers which flow into the ocean.

Like these streams and rivers, we encounter obstacles and challenges. The streams and rivers overcome these obstacles by wearing them down or finding a path around or through them. At times there are massive floods, huge waterfalls, and raging rapids. Then there are the periods of smooth and peaceful flow. The thing to note is that the flow never stops. It continues until the ocean is reached.

The river never passes the same point twice and is only at that point for the precise moment it is there. It flows immediately to the next point in its journey. It does not normally back track. Those few times it does, it becomes stagnant and brackish. The river does not struggle and strain, it simply flows on until it reaches its destination.

The river will at times change direction because of obstacles encountered, but will continue the journey to its goal. When one path is blocked it seeks another path.

The river is patient, for it knows it will eventually reach its destination. It is also consistent and persistent.

There are many parallels between the river and our lives. As babies and children many small items of input form our outlook on life and influence the way our lives flow. Meager input equals meager flow, whereas greater input gives our lives greater flow.

How many parallels can you find between a river and your life? Now take 15 minutes to draw a river of your life

- **Ask participants** to take 15 minutes drawing their river
- **Invite participants:** to introduce their river to the group in as much or as little detail as they like
- **Conclude with asking** what they are taking out of this group