## **Increasing creativity and accessing inner knowledge: the ‘Draw Your Breath’ method. Worksheet.**

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This worksheet is part of an article, found on: <https://www.poeticmind.co.uk/journal-creativity-and-inspiration/volume-2-issue-2/increasing-creativity-and-accessing-inner-knowledge-the-draw-your-breath-method/>

Objective:
To help participants think clearly and more creatively.

Instructions:

Play meditation video: https://www.youtube.com/watch?v=JZzIlQZNqaM

Draw on A4 piece of paper.

Ask participants to answer/reflect on the questions below, towards the end of the meditation activity. Let the answers (or feelings) rise naturally in the meditative state. Meditation can be very relaxing experience, so you may wish to not interrupt it with questions (you could hand this questions’ worksheet after the meditation.)

Suggested questions:

* What do I know about this topic?
* How could I best prepare to study it?
* How do I learn?
* Why is my research important?
* Where is my inspiration and guidance?
* What do I need to do? What is my goal?
* What do I feel, experience?
* What insights am I having?
* How do I best prepare for exams?
* Where am I going?
* Is this interesting to me?
* What is important here?
* Is change good?
* What strategies do I need to adopt?
* What would my ‘younger self’ say about this?
* If I did know what I want to do, how would I feel? What would I do? What would it look like?

You can also share these keywords (without the questions) as they are abstract and open, thus less directive, and so can fit better into a meditation activity:

|  |  |  |  |
| --- | --- | --- | --- |
| combine | compose | design | compile |
| rearrange | construct | apply | construct |
| relate | rewrite | review | locate |
| translate | show | use | imagine |
| predict | relate | illustrate | select |
| categorise | connect | relate | arrange |
| define | describe | identify | know |
| label | list | name | outline |
| recall | recognise | reproduce | select |
| state | tell | show |  |
| record | underline | collect |  |

Credits:

Some of the suggested questions above were adapted from: Tanner, Kimberly D. (2017) ‘Promoting Student Metacognition.’ **CBE - Life Sciences Education,** Vol. 11, No. 2. The American Society for Cell Biology. Accessed 22 April 2023, from: https://www.lifescied.org/doi/full/10.1187/cbe.12-03-0033