

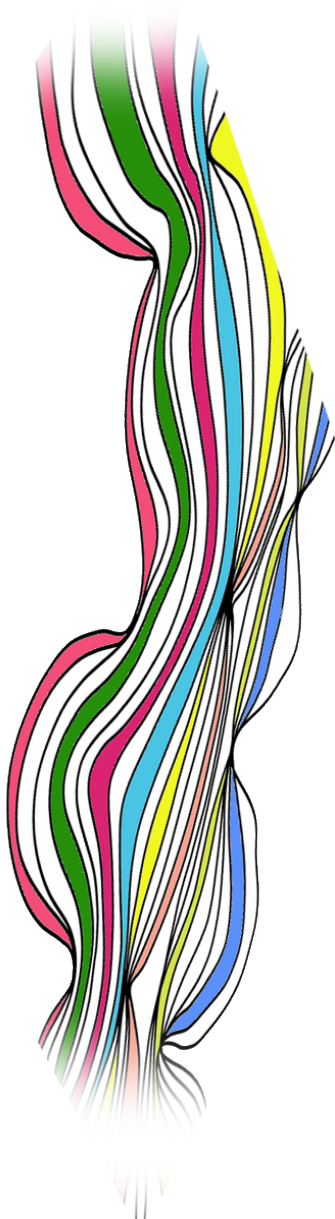
Deep Doodling

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When we are curious, somewhat lost, not sure what to make of what we are experiencing or the next step we should consider taking, rather than just thinking about it or analysing it or seeking help or advice from a friend, we very often seek help of a different sort: the I Ching, Tarot readings, Divination practices, Oracles of various sorts.

I would like to share with you another form of this type of 'inquiry', which I call Deep Doodling. You may be tempted to consider it silly or shallow compared to those old standbys I've mentioned above. Please don't mistake its lightheartedness and playfulness for superficiality.

For this practice, like those old-timers, is intended to temporarily disconnect your conscious, intentional thought process in order to allow you access to the unconscious and intuitive as you consider your question.



WHAT YOU WILL NEED:

Several colored writing implements; can be colored pencils, crayons, anything at all but with several choices, including those that are complementary with one another.

Paper of some sort you will be able to doodle upon; best if it is white or light in tone; and a slightly heavier stock or thickness of paper may be better.

THE BASICS OF THE PRACTICE

Your eyes will be closed once you begin and only opened once you have completed your Deep Doodle.

From your colored implements, choose two; perhaps they are complementary colors such as orange and blue or just two colors that at the moment you feel are right to use.

You will be doodling with first one hand then the other and then both, beginning with your 'off' hand. If you are right handed, the left is your 'off' hand and the reverse, of course, if you are left handed.

This doodling needs no shape or intention. You may find yourself inclined to move with the doodling. Feel free to move in any way but keep contact with the paper.

While doodling you will recite al-Hadi which is one of the 99 names of God. The essential meaning and power contained in al-Hadi is the guide, the offering of guidance towards a goal.

The recitation will be 11 times during each of the segments of the practice. 11 is chosen as it is often representative of personal insight, of intuition, of a heightened awareness.

THE PRACTICE

As you begin, take one colored writing implement in your 'off' hand and another in your 'on' hand. Place your 'off' hand upon the paper or surface upon which you will doodle. Close your eyes. Breathe in and out as you seek to identify the situation or question you wish to explore.

Then begin reciting al-Hadi (the Guide)...

1. Using the 'off' hand, doodle freely reciting 11 times.
2. Using the 'on' hand, doodle freely reciting 11 times.
3. Using both hands, doodle freely reciting 11 times.
4. Release your writing implements and place your hands on the table or in your lap palms up. Recite al-Hadi, this time silently on the breath 11 times.
5. Open your eyes and while considering the design(s) on the paper, be present, available and curious of what occurs to you.

