

The lighthouse

Description

In this workshop, after a basic guided meditation, the trainer starts to tell participants a story. He then provides them with the necessary materials, and instructs them to draw, colour, or paint a lighthouse as a source of guidance. He encourages them to depict themselves in relation to the lighthouse somewhere in the image and to add words that represent sources of guidance in their life, i.e. faith, family, hope.



Spyros Karras

Method

This exercise can be done either by a group or an individual.

Materials

- Plain or colored paper
- Markers and colored pencils

Preparation

No significant preparation is needed. Only to have available the necessary material.

Time for preparation

The trainer will need almost 30' to gather the necessary material and arrange the sitting.

Tips for implementation

It is very important for the trainer to introduce the exercise properly and explain that it is common for all people at points in their life to feel lost, isolated, or overwhelmed. That way, participants will feel secure and part of a group with common needs and anxieties and thus it will be easier for them to participate in the exercise. Also, it is the trainer's responsibility to keep all participants focused on the story he is telling and guide them to express their inner thoughts and emotions.

Resources/References

Art activities like the Lighthouse are based on visualization and are suitable for those who feel lost, overwhelmed, or isolated; expressing it and visualizing hope on the shore, is a therapeutic and beautiful way of identifying needs, feeling hope for the future, or realizing where they are on a specific journey.

References

Art and Healing : Using Expressive Art to Heal Your Body, Mind, and Spirit (Barbara Ganim, 2013), Echo Point Books & Media

Learning outcomes

Through this method/action, these benefits are achieved:

- Self-expression
- Identify needs
- Feel hope for the future
- Increase in hope, optimism and happiness
- Clarification and prioritization on what is important

Description in clear steps

Step 1: Basic guided meditation

The trainer asks the participants to sit comfortably, close their eyes, and turn their focus to their breathing. Participants take a couple of minutes to clear their minds and become settled.

Step 2:

As participants continue to meditate and relax, the trainer explains that it is common for all people at points in their life to feel lost, isolated, or overwhelmed. It can be a scary time, and people often think there is no way out, but there is usually always a light to help guide them back to safety.

Step 3:

The trainer starts to tell participants a story. They have been out on a boat on a clear day, but as the day progressed, the weather has taken a turn for the worse. The sky has darkened, the sea is black and choppy. It is cold, and water is flowing into the boat. They have lost their way and are unsure of how they will find their way back again. But, in the distance, they see a lighthouse showing them the way to safety. They must head toward the lighthouse.

Step 4:

The trainer brings participants out of their meditation, provides them with the necessary materials, and instructs them to draw, colour, or paint a lighthouse as a source of guidance. He encourages them to depict themselves in relation to the lighthouse somewhere in the image and to add words that represent sources of guidance in their life, i.e. faith, family, hope.

Participants are advised to place their lighthouse in a place where they may see it regularly and be reminded of all the good things that keep them on course. Maybe the inside of a closet door, as a bookmark, or a digital version as wallpaper on their PC or phone.

Website

<https://www.artoopaspartoo.gr/>

Links

Email: artsoot@gmail.com

Art category

Performing Arts, Music, Creative writing

Days

- 1

Group size

- Individuals
- up to 10 participants

Settings

- Face-to-face

Competence / skill

- Composure/emotional regulation
- Self-motivation & perseverance

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<https://training.centaur-project.eu/exercises/CX127/>

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



Co-funded by the
Erasmus+ Programme
of the European Union

Project Number: 2020-1-DE02-KA227-ADU-008268