



21 Guided Drawing Meditations Transcripts

01. Dot to Dot Connection (Organic):

Find a comfortable and quiet space where you can sit with your organic dotted grid and a pen, marker, or colour pencil of your choosing. Take a moment to settle into a relaxed posture, allowing your body and mind to unwind.

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in the present moment. With each inhale, feel the air filling your lungs with calm and clarity. With each exhale, release any tension or distractions from your body and mind.

With gentle focus, start at one point on the grid and begin to connect the dots, following the sequence laid out before you.

Notice the rhythm and flow of your movements as you progress from one dot to the next, creating a pathway of lines across the page.

As you continue to connect the dots, allow yourself to enter a state of deep concentration and absorption. Let go of any thoughts or distractions, and simply be present with the act of connecting each point to the next.

With each line you draw, feel a sense of satisfaction and accomplishment as the image begins to take shape before you. Embrace the process of discovery and revelation as you uncover the hidden image within the dotted grid.

As you come to the end of the dot-to-dot meditation, take a moment to observe the completed image before you. Notice the intricate patterns and connections that have emerged from your focused effort.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the energy of your dot-to-dot meditation with you as you continue your journey, knowing that creativity and clarity are always within reach.

02. Dot to Dot Connection (Modular):

Find a comfortable and quiet space where you can sit with your modular dotted grid and a pen, marker, or colour pencil of your choosing. Take a moment to settle into a relaxed posture, allowing your body and mind to unwind.

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in the present moment. With each inhale, feel the air filling your lungs with calm and clarity. With each exhale, release any tension or distractions from your body and mind.

With gentle focus, start at one point on the grid and begin to connect the dots, following the sequence laid out before you.



Notice the rhythm and flow of your movements as you progress from one dot to the next, creating a pathway of lines across the page.

As you continue to connect the dots, allow yourself to enter a state of deep concentration and absorption. Let go of any thoughts or distractions, and simply be present with the act of connecting each point to the next.

With each line you draw, feel a sense of satisfaction and accomplishment as the image begins to take shape before you. Embrace the process of discovery and revelation as you uncover the hidden image within the dotted grid.

As you come to the end of the dot-to-dot meditation, take a moment to observe the completed image before you. Notice the intricate patterns and connections that have emerged from your focused effort.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the energy of your dot-to-dot meditation with you as you continue your journey, knowing that creativity and clarity are always within reach.

03. Dot to Dot Connection:

Find a comfortable and quiet space where you can sit with your dotted grid and a pen, marker, or colour pencil of your choosing. Take a moment to settle into a relaxed posture, allowing your body and mind to unwind.

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in the present moment. With each inhale, feel the air filling your lungs with calm and clarity. With each exhale, release any tension or distractions from your body and mind.

With gentle focus, start at one point on the grid and begin to connect the dots, following the sequence laid out before you.

Notice the rhythm and flow of your movements as you progress from one dot to the next, creating a pathway of lines across the page.

As you continue to connect the dots, allow yourself to enter a state of deep concentration and absorption. Let go of any thoughts or distractions, and simply be present with the act of connecting each point to the next.

With each line you draw, feel a sense of satisfaction and accomplishment as the image begins to take shape before you. Embrace the process of discovery and revelation as you uncover the hidden image within the dotted grid.

As you come to the end of the dot-to-dot meditation, take a moment to observe the completed image before you. Notice the intricate patterns and connections that have emerged from your focused effort.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the energy of your dot-to-dot meditation with you as you continue your journey, knowing that creativity and clarity are always within reach.



04. Mindful Drawing Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and some drawing utensils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and take in the grid before you. Notice the lines and shapes that make up the grid and allow yourself to become curious about the possibilities they present.

Select a drawing utensil that feels comfortable and enjoyable to use. It could be a pen, pencil, marker, or any other medium you prefer. Trust your instincts and choose the utensil that speaks to you in this moment. With your chosen utensil, begin to draw freely on the grid. Allow your hand to move intuitively, without any specific plan or intention. Let go of the need for perfection and simply let the lines flow from your hand onto the paper.

As you draw, pay attention to the sensations and impulses that arise within you. If you feel drawn to a particular area of the grid, explore it further. If you feel called to change colours or switch utensils, follow that instinct.

Take a moment to reflect on your drawing. Notice the patterns, shapes, and lines that emerged during the exercise. Consider how the process of drawing freely on the grid affected your mood and mindset.

When you're ready, take a few more deep breaths and gently set aside your drawing utensils. Carry the sense of peace and fulfilment with you as you continue your day, knowing that you can always return to this mindful practice whenever you need a moment of calm and creativity.

05. Intuitive Shapes Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and some drawing utensils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and take in the grid before you. Notice the lines and shapes that make up the grid and allow yourself to become curious about the possibilities they present.

Select a drawing utensil that feels comfortable and enjoyable to use. It could be a pen, pencil, marker, or any other medium you prefer. Trust your instincts and choose the utensil that speaks to you in this moment. With your chosen utensil, begin to intuitively draw shapes, forms or letters following the lines of the grid. Allow your hand to move intuitively, without any specific plan or intention. Let go of the need for perfection and simply let the lines flow from your hand onto the paper.



Take a moment to reflect on your drawing. Notice the patterns, shapes, and lines that emerged during the exercise. Consider how the process of drawing freely on the grid affected your mood and mindset.

When you're ready, take a few more deep breaths and gently set aside your drawing utensils. Carry the sense of peace and fulfilment with you as you continue your day, knowing that you can always return to this mindful practice whenever you need a moment of calm and creativity.

06. Mindful Drawing Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and some drawing utensils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and take in the grid before you. Notice the lines and shapes that make up the grid and allow yourself to become curious about the possibilities they present.

Select a drawing utensil that feels comfortable and enjoyable to use. It could be a pen, pencil, marker, or any other medium you prefer. Trust your instincts and choose the utensil that speaks to you in this moment. With your chosen utensil, begin to draw freely on the grid. Allow your hand to move intuitively, without any specific plan or intention. Let go of the need for perfection and simply let the lines flow from your hand onto the paper.

As you draw, pay attention to the sensations and impulses that arise within you. If you feel drawn to a particular area of the grid, explore it further. If you feel called to change colours or switch utensils, follow that instinct.

Take a moment to reflect on your drawing. Notice the patterns, shapes, and lines that emerged during the exercise. Consider how the process of drawing freely on the grid affected your mood and mindset.

When you're ready, take a few more deep breaths and gently set aside your drawing utensils. Carry the sense of peace and fulfilment with you as you continue your day, knowing that you can always return to this mindful practice whenever you need a moment of calm and creativity.

07. Pattern decor Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and some colour markers, pens, or pencils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.



Open your eyes and take in the grid before you. Notice the lines and shapes that make up the grid and allow yourself to become curious about the possibilities they present.

Take a coloured marker to decorate the pattern with dots. When you are ready, take a different colour pen or pencils to decorate with lines. Decorate intuitively, let go of the need for perfection and simply let the dots and lines flow from your hand onto the paper.

Remember that there are no mistakes in this exercise, only opportunities for expression and exploration. Embrace any imperfections or unexpected outcomes that arise and see them as part of the creative process.

As you come to the end of the pattern decor meditation, take a moment to observe the completed image before you. When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the energy of the pattern decor meditation with you as you continue your journey, knowing that creativity and clarity are always within reach.

08. Rhombus Maze Meditation:

Find a quiet and comfortable space where you can sit with your rhombus grid and some colouring utensils such as markers or colour pencils. Take a moment to settle into a relaxed posture, allowing your body and mind to unwind.

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in the present moment.

Take a moment to look at the rhombus grid and imagine yourself standing at the entrance of a beautiful maze, surrounded by towering hedges. Visualise the intricate twists and turns of a maze, each path inviting you to explore and discover its secrets. As you enter the maze, feel a sense of excitement and curiosity wash over you. Trust your intuition to guide you as you navigate through the winding corridors, colouring in each rhombus you encounter along the way.

With gentle focus, begin to colour in the rhombus shapes that become the walls of the maze. Select colours that resonate with you in this moment, allowing your intuition to guide your choices.

As you colour, notice how each rhombus shape fits together with the others, bringing the maze to life with each stroke. Allow yourself to become fully immersed in the act of colouring, letting go of any worries or distractions.

As you reach the centre of the maze, take a moment to admire the masterpiece you've created. Notice the colours and intricate patterns. Reflect on the experience of colouring. Notice any insights or feelings that arise as you reflect on your journey.

When you're ready, gently take a few deep breaths, bringing yourself back to the present moment. Carry the sense of peace and fulfilment with you as you go about your day, knowing that you can always return to the maze of rhombuses whenever you need a moment of relaxation and creativity.

09. Repetitive Lines Meditation

Find a quiet and comfortable space where you can sit with a patterned sheet of paper and your favourite pen. Take a moment to settle into a relaxed posture, allowing your body to soften and your mind to quiet.



Close your eyes and take a few deep breaths, allowing yourself to arrive fully in the present moment. With each inhale, draw in a sense of calm and clarity. With each exhale, release any tension or distractions from your body and mind.

Now, bring your attention to the pattern before you, noticing its intricate details and repeating shapes. Visualise yourself filling in the pattern with short, repetitive lines, allowing your hand to move with ease and fluidity.

With gentle focus, begin to draw short lines within the pattern, following its contours and shapes. Notice the rhythm and flow of your movements as you progress, allowing each line to connect seamlessly with the next.

As you continue to fill in the pattern with repetitive lines, let go of any need for perfection or precision. Instead, focus on the sensation of movement in your hand and the soothing repetition of the lines.

With each line you draw, feel a sense of calm and centeredness washing over you. Let the act of drawing become a form of meditation, anchoring you in the present moment and quieting the chatter of the mind.

As you approach the completion of the pattern, take a moment to observe the intricate web of lines you've created. Notice how each line contributes to the overall beauty and complexity of the pattern, reflecting the unique expression of your inner creativity.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the sense of calm and centeredness with you as you continue your day, knowing that you can always return to the practice of filling in patterns with short repetitive lines whenever you need a moment of inner peace.

10. Triangle Quilt Meditation

Find a quiet and comfortable space where you can sit with your paper grid and some colour markers, pens, or pencils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and take in the grid before you. Notice the triangles that compose the grid and allow yourself to become curious about the possibilities they present.

Take a coloured marker to decorate a triangle with a pattern of your choice. It could be dots, circular lines, wiggles, zigzags, stars, etc. Decorate all and each one of the triangles differently and intuitively, let go of the need for perfection and simply let your creativity flow from your hand onto the paper.

As you come to the end decorating all and each triangle with a different pattern, like it would be a quilt, take a moment to observe the completed image before you.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the sense of peace and fulfilment with you as you go about your day, knowing that you can always return to the triangle quilt meditation whenever you need a moment of relaxation and creativity.



11. Colour Landscape Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and colouring pencils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and look at the grid before you. Imagine yourself standing at the edge of a vast and beautiful landscape. It could be a serene beach, a lush forest, a majestic mountain range, or any natural setting that brings you a sense of peace and tranquillity.

Visualise the landscape and with your colouring pencils, begin to draw it. Visualize the colours and shapes of the landscape, feel the movement of your hand as it glides across the paper.

Embrace the process of drawing as a meditative practice. Let go of any attachment to the outcome and simply enjoy the act of creating. Trust that your drawing will unfold exactly as it's meant to.

As you near the completion of your drawing, take a moment to express gratitude for the opportunity to connect with the beauty of the landscape through your art.

Reflect on your experience of drawing the landscape. Notice any insights or feelings that have arisen during the process. Consider how you can carry the sense of peace and connection you've cultivated into other areas of your life.

12. Mindful Drawing Meditation:

Find a quiet and comfortable space where you can sit with your paper grid and some drawing utensils.

Sit in a relaxed posture, with your back straight and your feet flat on the ground. Take a moment to centre yourself by taking a few deep breaths. Close your eyes and focus on your breath, allowing yourself to let go of any tension or distractions.

Open your eyes and take in the grid before you. Notice the lines and shapes that make up the grid and allow yourself to become curious about the possibilities they present.

Select a drawing utensil that feels comfortable and enjoyable to use. It could be a pen, pencil, marker, or any other medium you prefer. Trust your instincts and choose the utensil that speaks to you in this moment. With your chosen utensil, begin to draw freely on the grid. Allow your hand to move intuitively, without any specific plan or intention. Let go of the need for perfection and simply let the lines flow from your hand onto the paper.



As you draw, pay attention to the sensations and impulses that arise within you. If you feel drawn to a particular area of the grid, explore it further. If you feel called to change colours or switch utensils, follow that instinct.

Take a moment to reflect on your drawing. Notice the patterns, shapes, and lines that emerged during the exercise. Consider how the process of drawing freely on the grid affected your mood and mindset.

When you're ready, take a few more deep breaths and gently set aside your drawing utensils. Carry the sense of peace and fulfilment with you as you continue your day, knowing that you can always return to this mindful practice whenever you need a moment of calm and creativity.

13. Radial Meditation

Find a comfortable and quiet space where you can sit with your radial grid and a pen, marker, or colour pencil of your choosing. Take a moment to settle into a relaxed posture, allowing your body and mind to unwind.

Close your eyes and take a few deep breaths, allowing yourself to fully arrive in the present moment. With each inhale, feel the air filling your lungs with calm and clarity. With each exhale, release any tension or distractions from your body and mind.

Open your eyes and take in the radial grid before you. Notice the fragments that compose the grid and allow yourself to become curious about the possibilities they present.

With gentle focus, start ornamenting each fragment of the radial grid differently, allow yourself to use different utensils. Follow your intuition and let go any need for perfection, simply let your creativity flow from your hand to the paper.

As you come to the end of the radial grid meditation, take a moment to observe the completed image before you. Notice the intricate patterns that have emerged from your focused effort.

When you're ready, take a few more deep breaths, bringing yourself back to the present moment. Carry the energy of your radial grid meditation with you as you continue your journey, knowing that creativity and clarity are always within reach.

14. Colour in Pattern Meditation

Find a comfortable and quiet space where you can sit with your colouring materials. Take a moment to settle into a relaxed posture, allowing your body to soften and your mind to become still.

Hold the patterned page in front of you and take a few deep breaths, allowing yourself to arrive fully in the present moment. With each inhale, draw in a sense of calm and relaxation. With each exhale, release any tension or distractions from your mind.



Begin to engage your senses as you observe the pattern before you. Notice the shapes, lines, and spaces within the design. Choose a colour from your colouring materials that resonates with you in this moment. Trust your intuition and allow yourself to be drawn to the colours that speak to you.

Feel a sense of excitement and anticipation as you prepare to bring the pattern to life with your chosen colours.

With gentle focus, begin to colour in the pattern, allowing your hand to move with ease and fluidity. Let go of any need for perfection or precision, and simply allow the colours to flow onto the page. Notice the sensations of the colouring utensil in your hand and the smooth movement as you apply colour to the paper.

As you near the completion of the pattern, take a moment to reflect on your experience. Notice any feelings or insights that have arisen during the colouring process. Reflect on the sense of peace and relaxation that colouring has brought you.

When you're ready, take a final look at your coloured pattern and appreciate the masterpiece you've created. Feel a sense of satisfaction and accomplishment wash over you as you admire your work.

Gently set aside your colouring materials and take a moment to stretch and reorient yourself to your surroundings. Carry the sense of peace and creativity you've cultivated with you as you go about your day, knowing that you can return to this practice whenever you need a moment of relaxation and self-expression.

15 (same as 14)

16,17,18 (same as 14&15 but different music)

19. Free Form Drawing Meditation

Find a comfortable and quiet space where you can sit with your drawing materials your cross-grid paper. Take a moment to settle into a relaxed posture, allowing your body to soften and your mind to become still.

Hold the cross-grid paper in front of you and take a few deep breaths, allowing yourself to arrive fully in the present moment. With each inhale, draw in a sense of calm and relaxation. With each exhale, release any tension or distractions from your mind.

As you look at the cross-grid paper, imagine it as a blank canvas waiting to be filled with your creativity. Let go of any expectations or judgments and allow yourself to be open to whatever arises as you begin to draw.

Use the cross-grid paper as a guide for your drawing, allowing the intersecting lines to inform and inspire your compositions. Experiment with different shapes, sizes, and textures as you fill the grid with your artistic expression. Trust your instincts and allow your inner creativity to shine through in your drawing. Let your imagination guide your movements as you create shapes, patterns, and lines.



As you near the completion of your drawing, take a moment to reflect on your experience. Notice any feelings or insights that have arisen during the drawing process.

When you feel ready, take a final look at your drawing, and appreciate the unique creation you've made. Feel a sense of satisfaction and accomplishment wash over you as you admire your work.

Gently set aside your drawing materials and take a moment to stretch and reorient yourself to your surroundings.

20. Tetris Meditation

Find a comfortable and quiet space where you can sit with your colouring materials and your grid paper. Take a moment to settle into a relaxed posture, allowing your body to soften and your mind to become still.

Hold the square grid paper in front of you and take a few deep breaths, allowing yourself to arrive fully in the present moment. With each inhale, draw in a sense of calm and relaxation. With each exhale, release any tension or distractions from your mind.

Visualise a Tetris screen in your mind's eye, filled with colourful blocks of different shapes and sizes. Select your colouring materials and choose the colours that resonate with you in this moment. Feel a sense of excitement and anticipation as you prepare to bring your Tetris screen to life with vibrant hues and shades.

With gentle focus, begin to colour in the shapes and spaces on your paper, mimicking the patterns and arrangements of a Tetris screen. Allow your hand to move intuitively across the page, filling each block with colour in whatever way feels right to you.

Enjoy the process of colouring in your own Tetris screen style, letting go of any worries or judgments. Allow yourself to experience a sense of joy and satisfaction as you watch the screen come to life with each stroke of colour.

When you feel ready, take a final look at your coloured Tetris screen, and appreciate the masterpiece you've created. Feel a sense of satisfaction and accomplishment wash over you as you admire your work.

Gently set aside your colouring materials and take a moment to stretch and reorient yourself to your surroundings. Carry the sense of peace and creativity you've cultivated with you as you go about your day, knowing that you can return to this practice whenever you need a moment of relaxation and self-expression.

21. 8-bit Character drawing Meditation

Find a comfortable and quiet space where you can sit with your colouring materials and your grid paper. Take a moment to settle into a relaxed posture, allowing your body to soften and your mind to become still.

Hold the small square grid paper in front of you and take a few deep breaths, allowing yourself to arrive fully in the present moment. With each inhale, draw in a sense of calm and relaxation. With each exhale, release any tension or distractions from your mind.



Visualise an 8-bit style or pixelated character in your mind's eye, with each square representing a single pixel. Imagine the character standing in front of you, ready for you to bring it to life with your colouring materials.

Select your colouring materials and choose the colours that resonate with you in this moment. Feel a sense of excitement and anticipation as you prepare to colour in the small squares of the grid, creating a vibrant and pixelated masterpiece.

With gentle focus, begin to colour in the squares on your grid paper, following the outlines of the 8-bit character. Enjoy the process of colouring in the 8-bit style character, letting go of any worries or judgments. Allow yourself to experience a sense of joy and satisfaction as you watch the character come to life with each square filled with colour.

When you feel ready, take a final look at your coloured 8-bit character, and appreciate the masterpiece you've created. Feel a sense of satisfaction and accomplishment wash over you as you admire your work.

Gently set aside your colouring materials and take a moment to stretch and reorient yourself to your surroundings. Carry the sense of peace and creativity you've cultivated with you as you go about your day, knowing that you can return to this practice whenever you need a moment of relaxation and self-expression.