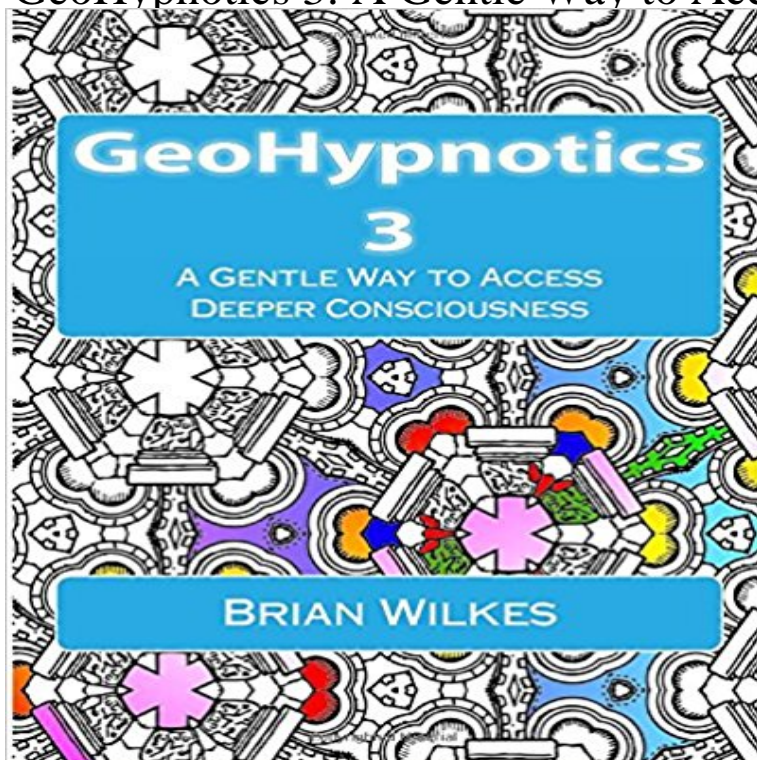


GeoHypnotics 3: A Gentle Way to Access Deeper Consciousness



The Healing Power of Art! Adult coloring is being recognized for its therapeutic properties. Art may not be able to cure disease, but it can surely make coping with it a lot better. Researchers have acknowledged the therapeutic qualities of art for years, and today, art therapy is used to help people express themselves when what they're feeling is too difficult to put into words. How much more effective might it be for helping a healthy person develop concentration and mindfulness? Art teacher and Advanced Certified Hypnotist Brian Wilkes brings you a gentle way of accessing your deeper levels of consciousness and emotion. Research shows this form of therapy often has tangible results. One study found that mindfulness art therapy for women with cancer helped to significantly decrease symptoms of physical and emotional distress during treatment. Another study concluded that after only one hour of art therapy, adult cancer patients of all ages expressed greater comfort and a desire to continue with the therapy. Art therapy is also helpful among people dealing with a variety of other conditions, such as depression, dementia, anxiety, and PTSD. Art therapy involves using an art medium as a tool to help address a specific problem, but individuals are more artistically inclined and gifted than others. Those who pre-judge themselves as poor artists may miss out on the benefits of art-based therapies, feeling themselves incapable of starting a piece from scratch. Adult coloring presents a beginner's level creative venture without the need for artistic talent. Simply color within the lines to get the desired effect. Mix colors as you like. As you become more adventurous, add elements to the design provided. The inability to focus is often a symptom of anxiety or stress. Coloring gently guides one to focus on the task at hand and elicits a relaxing mindset, similar to what you

could achieve through meditation. Like mediation, coloring allows us to switch off our brains from other thoughts and focus on being in the moment. Tasks with predictable results such as coloring can be calming. This alone can help a stressed individual who life has been an unpredictable minefield escape briefly into a predictable and controllable environment on paper. Changes in heart rate, breathing patterns and brainwaves part within a few minutes of coloring have been noted. This neurological response is attributed to the repetition and attention to patterns and detail required in coloring. Concentrating on coloring an image may also allow the colorist to replace negative thoughts and images with pleasant ones. Coloring is believed to occupy the same parts of the brain as image creation, thereby stopping any anxiety-related mental imagery from happening. The theory goes that you cant build negative and worrisome images while your mind is already occupied with the creation of positive, enjoyable ones. Anything that helps you control your attention is going to help.

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