

# DIVINE DOODLES: A STARTER KIT FOR SPIRITUAL CREATIVITY

## A Practical Guide: Essential Tools for Doodling



Begin with just a pen and sketchpad. Choosing a pen is intentional; it discourages the urge to erase, encouraging acceptance of each stroke as part of a divine response. This practice embodies active faith, setting aside personal ambitions to embrace the guidance of a higher power.

### Preparing for the Doodle Journey:

Position yourself to be open and receptive. Let your Inner Artist lead the way. Focusing solely on your sketchpad helps center your thoughts, paving the way to experience the full benefits of doodling. Remember, doodling can:

- Enhance creativity and memory.
- Improve mood and focus.
- Foster emotional processing and big-picture thinking.
- Make you a better listener and learner.

### Overcoming Common Concerns:

Many worry about 'getting it right,' concerned with performance and results. Here are some

#### FAQs to guide you:

Q: How do you know when you're done doodling?

A: With practice, you'll intuitively know. Feel free to pause anytime and seek guidance from your Inner Guide or God, asking questions like, "What are you saying to me, God?" or "What does this mean?" Then, listen intently, embracing the 'pause' as a divine response.

Q: What if I don't hear any answers?

A: Continue to pray and seek insights. Share your doodles with someone who understands your journey. Alternatively, join my Facebook group, Evolve YourSELF Creatively ([Facebook Group Link](#)), for feedback and support from a creative, like-minded community.

### Journaling Your Doodle Reflections:

After doodling, journal your thoughts and reflections. This practice creates a valuable record that can continue to inspire, clarify, and bolster your confidence in your spiritual journey.

### Closing Thoughts:

I'm eager to hear about your experiences with doodling. Your practice has the potential to reveal profound insights and offer guidance. Share your journey with us, and let's explore the depths of creativity and spirituality together.