

Everyday Spirituality

by Colleen Foye Bollen



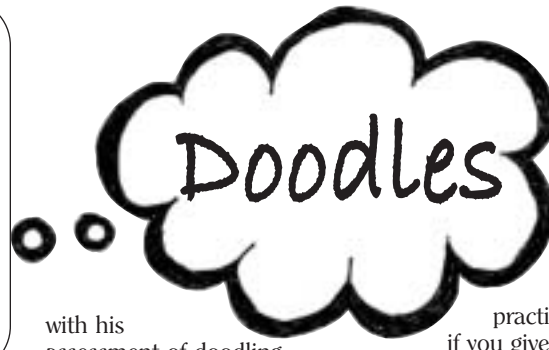
Have you ever noticed that your handouts from a meeting or class contain more doodles than notes? For some of us, myself included, the combination of paper, pen and someone lecturing creates an irresistible urge to doodle.

What exactly are doodles? First, they are not scribbles

or hastily made marks on paper. Doodles are graphic expressions of what is stirring in our subconscious minds. We usually doodle when we are thinking about something else, attending a meeting, or talking on the phone. Doodling engages the attention of the linear, analytical left side of our brains

with an activity so the holistic, intuitive right side can digest information on a multi-sensory level.

Some people equate doodling with boredom. One online business writer believes the duller the meeting the more people doodle. He warns speakers not to have a "doodle meeting." I disagree



with his assessment of doodling behavior. In fact, I go to the opposite extreme and often invite participants to doodle during workshops where I am a presenter. Before launching into the lecture portion of my presentation, I hand out drawing paper and boxes of freshly sharpened colored pencils. Many past participants say that doodling improved their retention of the information presented.

practice especially if you give yourself the gift of not self-judging."

In some ways, doodles are similar to dreams; both are messengers from our subconscious and open to interpretation. While there are books and websites where handwriting analysts attribute meanings to specific geometric shapes, symbols and figures,



I give their interpretation little credence. Yes, some symbols have universal meaning: circles are archetypal representations of the eternal whole, spirals are an ancient symbol of the goddess, snakes represent rebirth, triangles symbolize tirades and the list goes on. But personal history and association with a particular shape also plays a role in establishing a doodle's meaning. Just as dream dictionaries offer ideas for possible meanings of symbols, pre-determined meanings for specific shapes or drawings are just jumping-off points for understanding doodles. Because doodles reveal something about a person's mental

state, only the doodler truly knows the meanings of a particular doodle.

High profile doodlers include former U.S. presidents. According to a book called *Presidential Doodles*, President John F. Kennedy was such a prolific doodler the archivists at the Kennedy Library have a large folder dedicated to his doodles. President Clinton was also known to doodle. In the September 2006 issue of *Atlantic Monthly*, an article discusses a key event where Clinton used doodling while making a major decision. According to the article, after Somali militiamen killed 18 U.S. soldiers in October 1993, Clinton convened his national-security team. When the briefing was done, Clinton stopped doodling, looked up and said, "Okay, here's what we're going to do."

One of the joys of doodling is that anyone can do it. Even if you stopped drawing in elementary school, doodling is still fair game. This month, on March 7, we celebrate National Doodle Day. This is the perfect opportunity to pick up a pen and make a few doodles. Who knows, you might discover the process is a fun way to tap into your subconscious hopes or ambitions.

Colleen Foye Bollen is a certified *Jin Shin Jyutsu* practitioner. This gentle, Japanese acupressure technique works on physical, mental, and spiritual issues to promote optimum health. She is also a reiki master and certified sound healer. Call (206) 367-0491 or visit www.flowingsillness.com for appointments or more information. Colleen will be teaching *The Art of Jin Shin Jyutsu* on March 6 and *Introduction to Dreamwork* on March 13 at the University of Washington Women's Center; <http://depts.washington.edu/womenctr/>.

64 Days For Peace

Continued from Page 4

insecurities. This reminds us, as we have often heard, that peace begins within us. Gandhi's emphasis on discovering truth or "satya," his focus on spiritual and practical purity, and his faith were his inner paths.

Peace also calls for outer expression such as non-violence and simplicity in living. Gandhi, of course, obtained India's freedom from British rule. Martin Luther King, Jr., who called on people to meet physical force with "soul force," helped create greater freedom and painted a picture of racial harmony through non-violent means.

We are called to both go within and act without, learning and applying our learning throughout the whole process. Gandhi himself recognized that we are all learning on this journey when he titled his autobiography, "The Story of My Experiments with Truth."

So, what if, for 64 days

each year, we committed ourselves to some practices that would help us be centers for peace in the world? The Season for Non-Violence website, www.agnt.org, has numerous tips and ideas for supporting greater peace in us as individuals and families, and even in our schools, workplaces and congregations. There's a great daily reminder called "64 ways in 64 days" to help us focus on being more peaceful in simple and easily applied ways.

We don't need to lead huge marches, we can just ask ourselves questions like, "How can I be a center of peace in my life today?" "What am I capable of doing today?" If we began each day, for 64 days, with this type of question, what difference would we make in our lives and the lives around us?


We know from experience that violence can create fear and fear tends to shut us down, both individually and as a society. Just remember

the response to the 9/11 terrorist activity. What if we were to move out of fear thinking, just even a little each day, and be more peaceful, more caring, more open. It might be as simple as smiling at someone on the street, saying "good morning" to someone in the elevator, complimenting someone and/or meditating on peace. We can donate time and/or money to organizations, like Nonviolent Peaceforce, which has a Seattle chapter, <http://nonviolentpeaceforce.org>, that are making positive changes in the world.

Dr. King reminds us that, "The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand at times of challenge and controversy." In these times, when our society can get locked into fear, can we be a stand for peace and truth? Can we answer the challenge of Gandhi's quote at the beginning of this article and do what we are capable of doing? If we are all connected, anything we do will affect everyone. Try peace for 64 days.

David Robinson, a Religious Science practitioner, is organizing a meditation Friday, March 21, from 6 to 9 p.m. at the Center for Spiritual Living, Seattle, to mark the 5th anniversary of the Iraq war. For information, contact him at david1rscp@verizon.net.


Mountain Heart Center		
2804 Grand Ave., Everett, WA Gary Cranston, 425-870-4058 Treatment and class rooms for rent or lease. New facility that has wonderful energy		
<p>Donna Harris 360-659-7355 or donna.harris31@verizon.net</p> <ul style="list-style-type: none"> • Pre-natal (aligning two bodies as one) and Regular Reiki • Animal Communication (by phone or at your home) • Hypnotherapy (specializing in past life regression) • Sterling Silver Jewelry (handcrafted) 	<p>Jeanne Maley 425-231-7719</p> <p>Hypnotherapy, Counseling, Energy Healing and Angel Card readings. Gift cards available.</p>	<p>HARMONY GRINS Sylvee 1-888-213-4839</p> <p>Detoxifying Footbaths Kinesiology Exceptional Quality Pure Essential Oils and Health Products</p>



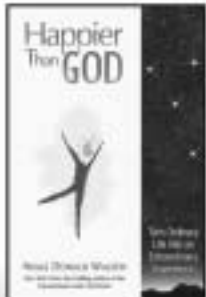
"Become aware of the power to heal yourself, and of the guides and energies available to assist you on your journey."

Charles Lightwalker
Channeler • Shaman • Medical Intuitive • Healer
509-389-7290
www.thefamilyoflight.net • charleslightwalker@yahoo.com

Inspiration for Life!
mind* body *spirit



Neale Donald Walsch
visits East West March 20.
See www.eastwestbookshop.com for details!



Know ThySelf
EAST WEST BOOKSHOP

**March Special:
20% off candles!**

6500 Roosevelt Way NE, Seattle 206-523-3726 / 1-800-587-6002 www.eastwestbookshop.com
Canyon Park Place, Suite 150 22833 Bothell-Everett Hwy., Bothell 425-487-8786