

## SPRING

Let's wander through and wonder with the painting of 'Spring'

Start by sitting still with the painting and taking a few slow, deep breaths.

Simply look at the painting.

Imagine you are in the scene. Let's wander along the path.

If you were in this picture where would you be? Which direction would you be facing?

Look around you for a few moments. Notice what you can see.

Use your other senses too - hearing, smell and touch. What can you hear and smell? Is there anything you want to touch?

What feelings are evoked?

Notice and name those feelings without judging them or wanting to change them . . . just let them be.

Look up – what do you see and how do you feel?

Stay with your strongest feeling for a while.

Just notice the feelings and let them be. Let them come – and go.

Does 'Spring' seem to be a season you identify with emotionally?

What is it saying to your life right now?

Stay with the painting for a while then take a few slow deep breaths as you gently withdraw from the image. Step out of this experience.

You may find it helpful to write about how you feel or share with someone you trust.

*'The beautiful spring came; and when Nature resumes her loveliness,  
the human soul is apt to revive also.'*

*Harriet Jacobs (1813-1897)*



'Spring' by Paul Judson © 2019 The Mary Stevens Hospice

*'Art is not about what you see, but what you make others see.'* (Edgar Degas)