



EnSights

Resources for Tapping into Our Inner Wisdom

© 2021 Michelle Belto, All Rights Reserved

Completing the Circle

“If you look at the ending as the beginning and the beginning as the ending,
then there is no ending and there is no beginning!”

— Mehmet Murat Idan

You have come full circle in your residency journey. We know from experience that each journey we take with intention will be transformative in some way. In the early weeks of the Enso Circle, we provided an exercise in the EnSights section that asked you to draw a circle with intention. It sounds simple, and at the time you must have wondered what this task proved. As you reflect on your time in the Enso Circle Residency, we are hopeful that the act of drawing a circle has become a deeply ingrained symbol for how you make your work.

The metaphor of journey requires that we leave home in the ordinary, familiar world, travel to a faraway place where we are changed and then return to the world of family and friends to live in a new way. This is the metaphorical experience described in myths and stories throughout cultures and time. This is the lens of our reflections on these past twelve weeks of the Enso Circle.

Reflection

Set aside one hour for the complete exercise. Choose a time and place where you won't be disturbed. Put on soft music (optional) and bring along a warm cup of tea or anything else that makes you comfortable and reflective.

Materials: *Your sketchbook/journal, favorite pen, blank journal page (double page) or larger sheet of blank paper, appropriately sized ink brush, bottle of black India Ink. If you prefer to capture your thoughts in images, add collage bits, markers or colored pencils or any other material that feels right at this time.*

1. With your paper and pen or drawing materials before you, sit in a comfortable position. Close your eyes and begin to notice your breathing. You don't need to change your breath, simply notice.
2. Become aware of your body. Notice where there is pain or tension. Using your breath, gently release those tight areas. Breathe into any painful places in your body. Do this until your mind is quiet and your body is more relaxed.
3. Imagine yourself as you remember yourself at the beginning of the residency. What were your thoughts and feelings? What did you most and secretly want? Why did you come. *(Take a moment to capture your thoughts in writing or image somewhere on page of your journal or paper).*
4. **(Allow 15 minutes of clock time.)** The next part of the exercise doesn't have to be sequential or comprehensive. Allow your memory to surface any events, insights, personal connections, accomplishments or frustrations that have been part of this twelve-week journey. Like movie credits rolling across your mind's screen, note what you are given, and then let it go past.
5. **(Allow 10 minutes of clock time)** Using your journal or paper before you, capture in words or images something of what was presented to you in the first part of the exercise.

Drawing the Enso Circle

1. Find your way back to a place of center and quiet. Knowing that the seeds of your next chapter have been planted, make inner space for an intention to come forward. Wait until it is fully formed. Say the intention aloud several times like a mantra.
2. When you are ready, place your full attention on the action of dipping the brush into the ink and drawing a circle over the writing in your journal or on the paper. As you draw, stay present as an observer to the action of making that mark.
3. When you have completed the drawing, replace the brush and go back to noticing your breathing holding your intention in your mind.
4. Use the last of your time, if you choose, to write about what you have experienced in closing the circle.