

## Rose Colored Glasses

### Process

Let go. Ask Spirit to give you a color. Paint the whole canvas a single light color. This differs in more advance levels.

Why – To confirm your identity is in God not the world. To set yourself up for communion with God’s will not man’s will. Allow for no worry to set firmly. To let you start on the sure footing of hearing a color from God. Set a clear intention to give this process to God.

### Examples of Contemplation

What are my barriers to communication with you, God?

What is there to worry about? God has it!

I receive the identity of my new name in Christ.

I want Contemplative Prayer to be in this painting and day long experience with my Papa Father God.

**Paint at least 5 minutes a day. Pray continually.**

## Know Choice

### Process

Know how you flow in the gifts. Be free to flow in all 4 styles. Do you hear from God? See? Feel? Know? Your choice is to listen and refine your *style* but not limit your gifts. Seasons are God’s to set. You chose to just “show up”. Ask for a shape, a color, a thought. Then express what you see, feel, know or hear.

Why - We don’t want to restrict the flow of God’s gifting in us by our choices.

### Examples of Contemplation

Which is my strongest gift?

What are the fruits of my gifts?

How does God want me to use my gifts?

Do I see my gifts in action?

Am I employing my gifts daily?

What fruits do I want to grow in?

**Become observant of the gifts and how God uses them daily in your life.**

## Structure

### Process

Set an intention to hear a desire from God. Then share and discuss.

Add a structure. Could be a simple line or 3 shapes. Imagine how it would feel if God wants you to paint each day. Explore what that would look like. You may use 7 small squares randomly placed. One for each day of the week.

Why – To set a structure to build intention. Say the intention I want is to have more of you God. Then reading the bible sets that intention as a foundation. Sometimes God will have you read the same verse over and over for a long period of time. Or you will be given a life verse and supporting verses.

### Examples of Contemplation

What intentions do I need to fulfill my destiny?

What changes in me need to happen to tune in to God’s plan for me?

To be real my intentions must be demonstrated in my choices and behavior.

**Have tangible evidence of your intentions.**

## Feel Praise

### Process

Place a splash of praise in the painting. We sometimes thank and praise God for provision only at meals. Give gratitude for a bed, as we make our bed in our daily routine. Ask God to help you find praise and gratitude is each moment of each day.

Why - This life is an adventure of material and spiritual experiences. Each blessing is epic and warrants praise of the Creator.

### Examples of Contemplation

Help me through the obstacle course of life to see, know and feel your hand.

Show me how the heavenly hosts praising you.

Do I have enough praise in my life?

Am I hungry for like believers to praise with me?

God, I want to praise you like Psalm 150.

**Find people to worship with that really love, honor and praise God the way He wants to be praised. This is God’s Love Language.**

## Rhythm

### Process

Pick a brush to place rhythm in the painting. Rhythm is a strong, regular, repeated pattern of movement. Ask God for a color and rhythm. Don't be afraid to start and see if you have it right. Practice does make it more easily heard. Music does help too. Be bold and beautiful.

Why – God's seasons and rhythms are constantly teaching us what He is doing. You want to be able to decipher them in the moment, not in the next season.

### Examples of Contemplation

Am I seeing any rhythm in my life?

To what beat is my life moving?

Do I need to dance?

Why am I early or late to the party?

What rhythm am I missing around me?

**Find God's timing and rhythm in your life.**

## Jesus Take the Wheel

### Process

Put something unexpected into the painting. If we use texture we roll the brayer over the painting to represent the fact we are not in control. If you are really brave let your neighbor make a few marks. Then reflect on the feelings. Write the feeling down.

Why – We don't want to always think or feel that the glory goes to us. The glory goes to God. God even uses events not initiated by him to our good.

### Examples of Contemplation

Has my life gotten predictable?

Have I taken the reigns and stopped hearing you Lord?

Has my need for predictability, for control, inhibited my joy and fruits?

This painting is not precious; you are God. But, I am very precious to you!

Jesus, have your way with me. Take the wheel.

**We want to increase the will of God and decrease our need for the illusion of control.**

## Rhyme

### Process

Pick a different brush and place a rhyme. A rhyme is a patterned movement too; but a rhyme is a beat. More of a stop or and analytical placement of a line. Staccato is the concept but wrong word. Japanese art has a lot of this.

Why – We want to examine our life at different points for the rhyme and reasons. Are we eating correctly for our body? Does this day need to be rethought? Do I need some different strategies? Is my 5-year plan 10 years out of date? Am I honoring my body the way God would want me to?

### Examples of Contemplation

God, I am fearfully made in your image. Am I living up to your intentions for my life?

Help me reflect upon and evaluate my thoughts and conduct.

Show me the area you want to work on with me today in this painting.

Where is my negativity affecting my body? My soul? My actions?

**Before sleep replay your day to see if you would like to rethink something.**

## Forgiveness

### Process

Use denatured alcohol to represent forgiveness. Put a moderately moist coating of a color on your canvas. If you make it too wet it will take too long and melt back. Warmer is better. Then place the denatured alcohol on and watch the development without your involvement! Eye droppers help but are not necessary.

Why - Christ develops us without our help, then works with us to finish. As we watch the of this chemical reaction, it helps us witness the grace of God without our help.

### Examples of Contemplation

Have I asked for forgiveness which He always wants to give?

Have I extended forgiveness to myself also?

God has made me white as snow; shouldn't I make me white as snow too?

Whom do I need to forgive?

**Christ is our forgiveness. Over the last 48 years of teaching this I have found this is the step people have struggle with the most.**

## Rewrite

### Process

Find something in the painting and rework it or remove it. Ask God to show you how to rewrite an aspect of your life for healing or better understanding.

Why – It is very helpful to reframe your past, your job or your marriage from God’s perspective, or from another person’s viewpoint. Then leave the pain behind.

### Examples of Contemplation

Would rewriting my wounds from childhood through the eyes of my parents give me a new respect for the issues that kept them from parenting me differently?

How has my life changed now that I am adopted into God’s family?

How has Christ’s sacrifice, and my acceptance its significance, affected me?

The blessing and promise of the Fifth Commandment is important to me, my parents, my children and their children. Help me be obedient.

**Seeing things from another prospective helps enrich our life, facilitates change and brings a greater level of compassion for ourselves and others.**

## A Community of Eight

### Process

Make 8 medium shapes. They can be transparent, outlines or just lines.

Why - They represent the fellowship you have in Christ. Perhaps eight, like in Noah’s time. We need other people we can trust in any circumstance. We can tell them the worst in confidence and they will help us and pray with us. We can be open and not be judged, but held accountable. A community to come around us in need and show us how to be there for them as well. They praise God with us. We all are grateful.

### Examples of Contemplation

Who should be in trusting fellowship with me? Who do you want me to marry?

Who can I trust with my hidden side?

God, I am hungry for you and the fellowship in my community of worship.

**Accountability and safety are very important aspects of walking with Spirit. A mate could be an important part our community of eight, but is rarely the best person to hold the position of “accountability warrior” in our life.**

## Discern

### Process

Use stamps or odd textures to imprint a small section and explore the results. Practice talking with Spirit. Ask a question. Write it down. The question is more important than the answer. When the answer comes, write it down. Compare the answer to the question and ask more.

Why – We scrutinize all we see, hear, feel or know. Be sure you know it is the voice of God. We confirm the nudging of Spirit by our gifts and the fruit that they produce.

### Examples of Contemplation

Ask Spirit for discerning guidance.

Is this God’s voice or my own thoughts?

Am I hearing one of the “Four Seeds of the Evil One”?

Is this pizza?

**Sometimes we should ask God “Is this you?” God does not play mean games with you. If you discern it is not God, rebuke it and seek spiritual intercession.**

## Dream Big

### Process

Ask God for a dream and a drive bigger than you by yourself can ever achieve. Then your accomplishments will be for His glory and not yours. See if you can find a shape or form to put in the painting. Use a light contrasting color. Let your big dream take shape on the canvas.

Why – We want to have the extravagant love of God shine through us. We want that Garden of Eden walk with God glory, always avoiding any chance being prideful. Always giving God the glory.

### Examples of Contemplation

God, keep it clear to me is not me but you.

God, give me a dream that you are directing in me.

Let me co-create with you on Earth.

Employ me for your will and your destiny for me.

**Dream with God for His glory!**

## Bandage

### Process

Put a set of strong marks on the painting. Set intention. Then cover the painting with the same color all over! But make sure you use a transparent color. I like Indian Yellow. It gives a warm comforting balanced glow. Sometimes that finishes the painting.

Why – Sometimes we are so wounded we need balance, harmony and letting go of our painting. In co-creating with God there often is a moment of reset. A new season. A pruning. It is beyond balancing, it is total release.

### Examples of Contemplation

Spirit, my intention is to serve you. I need shepherding. Please walk with me. Show me the ways in this new season. Prune what is no longer needed. Complete the good work you have started in me. Heal the wounds in me. Thank you for healing.

**Often our timing is off (Isiah 55:8). We are in a new season or are being pruned. We might be totally unaware that the change could be in the spiritual realm. We must ask for guidance, wisdom and discernment.**

## Mariahsachin Spiritual Practice

Mariahsachin is a Spiritual Practice designed to communicate deeper with God and the Holy Spirit. It means “The Essence of the Essence”

There are two forms of Mariahsachin Spiritual Practice: “Personal” and “Public” Both start with prayer for God to come, to be and to play with you. To lead and communicate with you. Holy Spirit you are in charge. Here I am Lord. I praise you God!

“Personal” is for you to upgrade to a higher level of communion with the Trinity through painting. Exercises can be done in almost any order and repeated as often as needed. Mostly, Mariahsachin is conversation; listening is critical.

“Public” is to help take the community to a deeper level of experiencing the Spirit of God. The act of painting for a community is a prayerful experience on behalf of others and is intended to stir feelings and epiphanies in the participants. To share in part the experience God is downloading to you for others to experience.

We paint in abstraction only. No lions here. Rather movement in the soul and spirit.

## Interpret

### Process

Sit and gaze upon the painting and ask God to speak to you through it, to heal what He wants to heal in you. Let him show you what He wants you to see, learn, understand and *feel* in the painting.

Why – These paintings tend to bring healing on their own through God’s grace. They are a spiritual tongue, an abstract language not necessarily needing an interpreter. Some people have a special gift of interpretation which might be helpful.

### Examples of Contemplation

Please talk to me, with me.

Please show me what you want me to see.

Please use the painting to heal me and others as you will.

Thank you for being with me in praise and play through the conversation within this painting.

**This abstract “tongue” needs to be heard. Gazing on it is the way to hear.**

## Mariahsachin Workshop Release

Name:

Phone:

Email:

### **Photo Release & Disclaimer**

- I agree any photos taken today may be used for promotional/educational purposes.
- The Mariahsachin Workshop - It is a spiritual practice for self-help. It is not counseling. We are not counselors or therapists.

Signature: \_\_\_\_\_

Location: Loveland, Colorado Studio

Date: