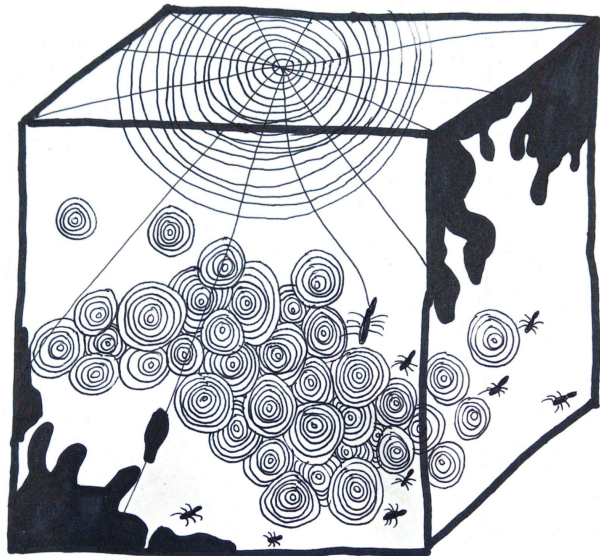
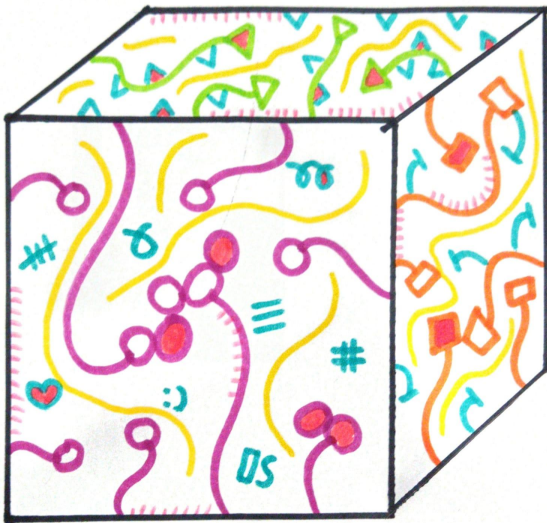
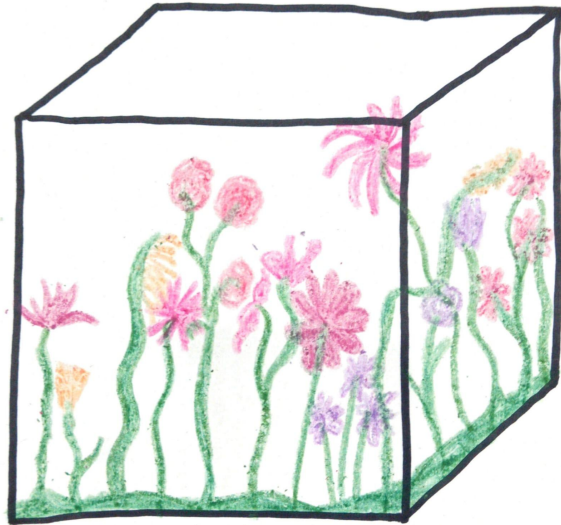
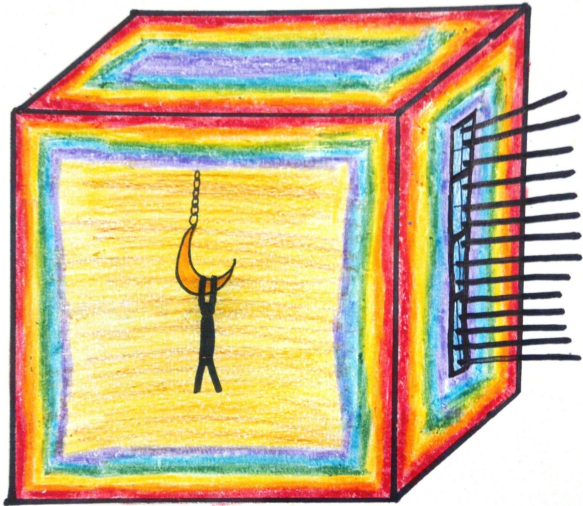


# THE CUBE

Workshop for young entrepreneurs to visualize their ideas without using words



# THE CUBE

Keywords: Visualisation, art, expression, meditation

This tool is created for young entrepreneurs to visualize their mental cube to get closer to what they want or need. This visualization is not done through words but through images, with the help of a guided meditation. It consists of 3 parts, first a 10 minute guided meditation, then the filling of your cube using art materials, and lastly reflecting in groups and collectively looking back on what you learned.

## Aims:

- To become aware of one's mental space, mental environment.
- To learn to express one's mind without words.
- To use meditation to get closer to one's ideas, feelings and dreams.
- To use art as a tool to express the inner mind space

When	What	How/Why	Guidelines	Materials
5 mins	Energizer			
5 mins	Explanation of tool	Explaining what is meditation, what this exercise will be about, prepare participants for meditation		
10 mins	Meditation	Guided meditation to guide participants through an exploration of their mental space		Speaker for music, guided meditation template (attached)
30 mins	Visual art	Using art materials to make their mental cube visual	Nothing is wrong or right, aesthetics are not the goal	Art supplies, papers with the cubes (attached)
20 mins	Group reflection	Groups of 3 or 4 participants. Answering questions about this exercise, writing down the 4 words	Each participant is encouraged to speak	Debriefing questions (attached), post it's
15-20 mins	Conclusion	Sharing the words on flipchart, collectively reflecting with the whole group		Flipchart, marker

## TIPS FOR FACILITATORS

- Provide a broad spectrum of different art materials, so participants are not limited in their creative process (markers, paint, coloured pencils, crayons)
- Remind participants that this exercise is not about aesthetics, but about expression. Art is used as a tool, not a final product
- Put soft music in the background of the meditation, during the visual art space participants are allowed to listen and to leave the space to work somewhere else
- Freedom of expression is key, nothing is wrong, nothing is right. Encourage participants not to judge the other art works.

## ATTACHMENT

Debriefing questions:

- Write down one word each for the overall experience of this exercise on the post it, will be written down on the flipchart
- How was this exercise for you?
- Can you share one aspect of your cube
- What feeling do you get from looking at your cube?
- How can this exercise help you in practice?

Guided meditation:

Let's begin by taking a moment to allow your body to settle. Find a comfortable position that allows your spine to be long but with a natural curve in the low back (2 seconds). You can close your eyes or keep them open with a soft gaze downward a few feet in front of you (2 seconds). Let the belly and shoulders relax (5 seconds). Today I'll guide you through a practice to envision your mental cube. It's a chance to connect with that place inside us that wants to work toward a life of meaning and fulfillment (2 seconds). Before we start, take a full breath in (2 seconds) and a long breath out (5 seconds). Now allow the breath to find its natural rhythm (2 seconds) in and out (2 seconds) allowing yourself to be fully present resting on the breath (20 seconds). I'll provide you with questions to prompt ideas and responses that can help to visualize your mental cube (2 seconds). Throughout this practice, let your body and mind feel loose and open (2 seconds). Repeat the questions I offer silently and to yourself (5 seconds). Resist the urge to problem-solve and see if anything comes up on its own organically (2 seconds). If nothing comes to mind you can always continue to rest your attention on the breath until something comes up (10 seconds). Let's begin (5 seconds). Imagine that your brain is a cube (10 seconds) Notice the thoughts, feelings, and images that come to mind (5 seconds). Meanwhile, remembering to breathe, breathing in (2 seconds) and breathing out (10 seconds). As you visualize this cube in your mind, what feelings are present? (15 seconds) Here's some more questions to help explore your cube (5 seconds). How big is your cube? (40 seconds) Which colors are in your cube? (30 seconds) Do you see any shapes or objects inside? (25 seconds) Is it empty or full? (20 seconds) Now imagine yourself walking into this cube. (20 seconds) What grabs your attention? (25 seconds) How do you feel? What do you see? Are there any sounds, smells, textures, tastes you experience? Are there any other people or animals? See yourself right now in this cube in your brain. (5 seconds). What things do you see yourself doing? (2 seconds). Maybe it's spending time with family (2 seconds), maybe it's engaging in a daily practice that supports clarity and focus (2 seconds) maybe it's putting your energy into learning new skills (2 seconds) or maybe it's how you allow yourself to connect with others (5 seconds). See those things in your mind's eye and notice what it feels like as you imagine doing them (25 seconds). We all have the ability to improve our lives and the lives of those around us (2 seconds). Can you take this feeling with you as you start coming out of this meditation? (2 seconds) Can you allow it to guide how you visualize your mental cube? (5 seconds) Let's finish this practice now (2 seconds) by taking a full breath in (2 seconds) and a long breath out (5 seconds) \*ding\* (15 seconds)

