



# ART THERAPY BIBLIOMANCY

Metodo Integrato Marchio-Patti®  
BY ASS. LA CITTÀ DEL SOLE



## MATERIALS

- notebook
- colours (pencils, crayons, chalks)
- pen

## PREPARATION

- find a safe place in which to write and the time to do it, avoiding interruptions as much as possible
- (optional) background music, as long as the music reflects your mood

## PURPOSE

### SELF KNOWLEDGE:

- connect with yourself
- emotions and behavioural self-assessment
- insight and understanding yourself

## \* INTRO

This activity is inspired by the ancient divination practice of bibliomancy: a random sentence that is interpreted as a response to a question asked. In this activity, you have an additional expressive artistic element, that allows you to connect with yourself and provide a channel to express your emotions. You start, in fact, with the assumption that you can be a prophet of yourself, as

\* You already have a good relationship with yourSelf.



The whole experience is designed to be able to observe yourself from the outside and reflect on your mental state. The writing activity proposed here does not start from cognitive reflection but from „magic“ action (=bibliomancy), not determined by cognitive control.

## STEPS

1. Start by getting close to your bookshelf or library.
2. Identify, without consciously thinking, a book that appeals to you, take it and open it on a random page. Read the first sentence that you set your eyes on from the beginning to the end.
3. On a sheet of paper (or your diary) symbolically draw what you have read, and what emotions the reading triggered.
4. Observe the drawing and reread the sentence, placing yourself in a position of openness to communicating with yourself.
5. Write down the thoughts that you had in these three moments (reading, drawing, observation). Write about your perceptions and thoughts, feelings (physical and mental), any memories you had, emotions felt. Also, write down the sentence from the book.



## REFLECTION

- How did this tool help you to understand yourself better?
- What new insights or thoughts did you discover?
- What inspiration did you get from this activity for your resilience?

## COMMENTS

- As for the personal diary, regularly look back at what you have written, trying to find a personal theme or pattern and discovering any similarities with your own life.
- It should be stated that this activity has no divination function since it significantly differs from Bibliomancy from the start. In divination Bibliomancy, you first ask a question that the book „will respond“ to. Here, however, this is reversed: the book „offers and demands“ a topic and we are the ones trying to give an answer (to ourselves, not the book).
- In addition, in this activity we do not want to choose books based on their symbolic and/or religious value.