

## **THE CLOWN PROCESS**

### **"THE CIRCUS OF LIFE – A MULTI-COLOURED EXPERIENCE"**

The following is taken from "Colour Healing" by Lilian Verner Bond.

Clowning comes from the heart. You are born a clown. Clowns make you laugh and make you cry, they have an effect upon the heart and the nervous system. Clowning around releases stress and allows you to act out and release emotion that is not normally displayed. Clowning opens you up. Clowns speak to us through our feelings, both sad and happy.

The purpose of this exercise is therefore to draw your own clown and through the process to discover more of the potential within yourself as well as the shadow aspects contained within. The information is contained in all aspects of your clown including the colours.

#### Drawing your clown

We may fool ourselves consciously, but drawing can bypass the rational mind and express our deepest inner feelings – in drawing, you are drawing yourself out.

Using an A4 page, draw a clown. It does not matter whether you know how to draw or not – all you need to do is imagine a clown & put it down on paper. Be as free and spontaneous as possible. Now colour in your clown.

#### WHAT YOUR CLOWN IS SAYING

There are 3 main ways in which your clown is talking to you :

1. Interpretation of your clown as a whole
2. The body language of your clown
3. The language of colour

#### 1. THE WHOLE CLOWN

What is your clown's presence saying to you? How does the way it is drawn on the page strike you? Your clown is an indicator of how life is for you right now and drawn at a different time may be very different.

Try to get a feel for what your clown is saying, almost as though you are listening to a friend trying to tell you something personal and important – use your intuition and write down your first impressions. How much detail is there in your clown? Take note of any parts that are not visible or may be missing. Also note any prominent or bright features – it is an indication that you need to look at this area immediately.

For example, a drawing that is overly elaborate would show somebody who has an overload in life. It may look like a bountiful life, but can indicate a person who is swallowed up in the trappings of life.

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Now fold your picture in half down the centre – what is the left/right ratio ? Is your clown centred or is there more on the left or right of the crease ? The right and left sides indicate the masculine and feminine aspects of yourself. If it your clown is situated more on one side than the other , then this is the side you motivate from and would also indicate suppression of the other side (and the need to develop this side for balance). In addition to looking at how your clown is positioned on the page , also look at the balance of colour between the 2 sides – brighter colours on one side would also indicate greater dominance.

LEFT/FEMININE/MOON

Feeling  
Yielding  
Gentle  
Weak  
Pliable  
Obedient  
Loose  
Scatterbrained  
Fickle  
Red

RIGHT/MASCULINE/SUN

Reason  
Rigid  
Strong  
Harsh  
Determined  
Commanding  
Tight  
Straight  
Reliable  
Blue

Now fold your paper in half horizontally & examine the top/bottom ratio. If your clown has more of itself in the bottom half , you are very earthed with feet firmly on the ground. This could however also indicate the tendency to be a bit of a "stick in the mud" (particularly if the feet are big). A greater portion above the line , would indicate the need to come down to earth, to introduce a sense of reality. Examine how your life is being run.

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2. BODY LANGUAGE

The following are guidelines to interpreting the various body parts. However , remember that some part of you drew and coloured in the clown , so it knows what everything means. Your own feelings and intuitions are therefore worth more than a thousand pages of lists !

The Head

- Does the head lean more to one side or the other ? This would indicate which gender you relate to most.
- How does the size of the head compare to the rest of the body ? Large – tend to live in your head , not trusting feelings or intuition. Small – tendency to be all emotion without much sense of reality.

The Face

- narrow face = masculine , wide face = feminine
- square face = down to earth, business like
- Large round face shows neediness ("please give me")
- Small face says "I have no needs, I can get along fine by myself. I don't need anything from anybody"

## The Eyes

Eyes reveal how we see things. They are the windows through which life is viewed.

- The larger the eyes , the happier the person & greater ability to have fun. Can be impulsive.
- Small eyes show unease, fearful of the impression they give. Suspicious, the fault finder.
- One eye higher than the other shows a displacement at some time in a major area of life , problems with parents (right eye = father, left eye = mother)
- No eyes – something is too painful to look at Often goes back to a painful experience in the womb. Reluctant to see the truth
- Eyes shut suggest looking for a clue to your life
- Narrow eyes show neglect
- Beady eyes show mistrust
- Protruding eyes show shock. Could also indicate extreme wilfulness.

Eye colours - Blue = free spirit, moderate temperament, cool, fun-loving

- Sapphire blue = deep thinker, calculating, truth seeking, honour, discriminating
- Pale blue = gentle, ambitious, an eye for opportunities
- Brown = loyal, studious, frustrated, a doubter, strength & determination
- Hazel = uncommitted , discontented (can be a vice or a virtue)
- Green = stabilising, easy mixer, adaptability, has to learn to cope with conflict
- Black = intelligence, foresight, dead blank look.

## The Nose

The nose points to the direction you are taking in life.

- a big nose shows you put great energy into what you are doing. Have good fortune
- Small nose shows you are low on luck. You only gain by your own endeavours
- No nose shows a lack of leadership. Aimless.

## The Mouth

The way in which we communicate.

- open mouth is inviting
- closed mouth is saying "keep out"
- Large mouth shows confidence, happiness, ability to communicate emotionally, at ease with sexuality
- Small mouth shows difficulty coping, unexpressed feelings, holding back has to work hard in life to achieve

## The Jaw

- wide jaw shows strength & power
- small jaw is less ambitious, restricted, a lack of safety.

## The Ears

- Big ears show great self worth, abundance. Big ears on a small face show lack of character, irresponsible.
- Small ears show lack of confidence, unable to rely on others, always come us short on expectations. A gap between getting what you want & what you achieve
- No ears show you are not being heard
- Ears covered by hair shows perhaps you don't want to hear.

## Hair

- Thin or no hair shows it is hard for you to have your own ideas
- Thick hair shows you have a very busy mind
- Curly hair shows you can go around in circles with people to get to the point. You tend to manipulate to get what you want rather than ask for it directly
- Long hair is free and easy. Wild
- Short hair is a neat and controlled personality

## The Neck

- No neck shows you are not connecting. Deep insecurity
- Long neck is searching. Likes to go with the flow if uncluttered by clothes. Prepared to stick your neck out.
- Medium neck shows compatibility between head and heart
- Neck covered with clothes shows emotions are being hidden
- Stiff neck shows inflexibility – unable to see others side of things. Stubborn.

## Shoulders

- Broad shoulders show you are able to take care of yourself and others
- Small shoulders need protecting. Not able to take any pressure.
- Sloping shoulders are sliding away from responsibility
- Raised shoulders show tension and fear (left shoulder – female issues, right shoulder -, male issues)
- Square shoulders show confidence in the world.

## Arms

Arms represent reaching out for life.

- Long arms say "I must have it at all costs"
- Short arms say "I know I won't get it, so I won't try"
- Folded arms protect the area they cover
- Arms behind the back suggest you don't want to be involved. A loner who prefers not to relate.

## Hands

The ability to grasp what is ours in life

- open hands are able to give and receive
- Clenched fists show apprehension, clutching at straws, self-protection
- Hands in pockets show you don't want to show your hand or intention
- Clasped hands indicate "don't come near"
- Big hands (compared to body size) looks at the splendour of the whole. Can envisage the grand outcome of projects. Big Plans.
- Small hands show a great eye for detail
- No hands show you are not expecting anything
- Hands holding each other create a continuous circuit

## The Midriff (Solar Plexus)

This area absorbs & takes the brunt of all our experiences. The liver is also the seat of anger. Shows how kind you are to yourself. Emphasis on the waist :

- Thick waist shows repressed emotions & feelings, anger , humiliation
- Straight waist shows you go your own way
- Small waist indicates the follower , "I do as I am told"
- Belts – when we put a belt around the waist, we are protecting this area. A need to keep everything under control, fear of letting go. Resisting the flow of life, Cutting the above off from the below. Large belts could suggest not wanting to look at your sexuality.

### The Hips

The hips are where our life is balanced.

- Heavy hips indicate static in life. Not able to shift, immobile
- Narrow hips suggest not enough sustenance for growth. Meanness in support, having to rise out of restrictive circumstances.

### The Legs

Our legs connect us to our feet, the earthing & security. They are our supports in life.

- Short legs indicate a bad start in life
- Over long legs indicate a fear of adulthood. Growing to get away, a weak foundation
- Heavy thighs show childhood shock & trauma, victim as a child. Disempowered and suppressed anger.
- Thin thighs indicate growing too fast , no support from the environment

### The Feet

- Right foot forward shows you are inclined to intellectualise about life
- Left foot forward shows creativity & less structure in life. Feel before thinking, a dreamer.
- Feet off the ground shows an idealism that cannot materialise. Up in the air, "I'm not clear about life"
- Feet parallel (on the ground) – meet life squarely
- Big feet show you are weighed down in life
- Small feet show you don't want life at all

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### 3. COLOUR LANGUAGE

For interpretation of your clown , here are a few examples of how you may apply this information to the coloured areas of your clown :

- Blue trousers would indicate somebody who has difficulty expressing themselves. Probably very verbose, but unable to get to the point ("Voice in their pants"). Also a physically inactive person. Probably also a deep thinker, a person who would think before acting. Somebody who is very aware of others needs & the underprivileged.
- Yellow hair could indicate somebody who has lots of ideas but lacks confidence. Fear of being wrong would cause the individual to think very carefully before saying or acting. Has a quick mind
- The shirt would represent the feelings in your heart. For example a blue shirt represents masculine energy & the need to understand issues between the person & male figures / relationships To be able to think about things. In the same vein, a yellow shirt would indicate extreme sensitivity to criticism & the way that we respond to others words and reactions. How we feel about our own worth, our sense of identity.

