

10 Days Celebrating the Sacred Self 2026

Energy Tool Kit

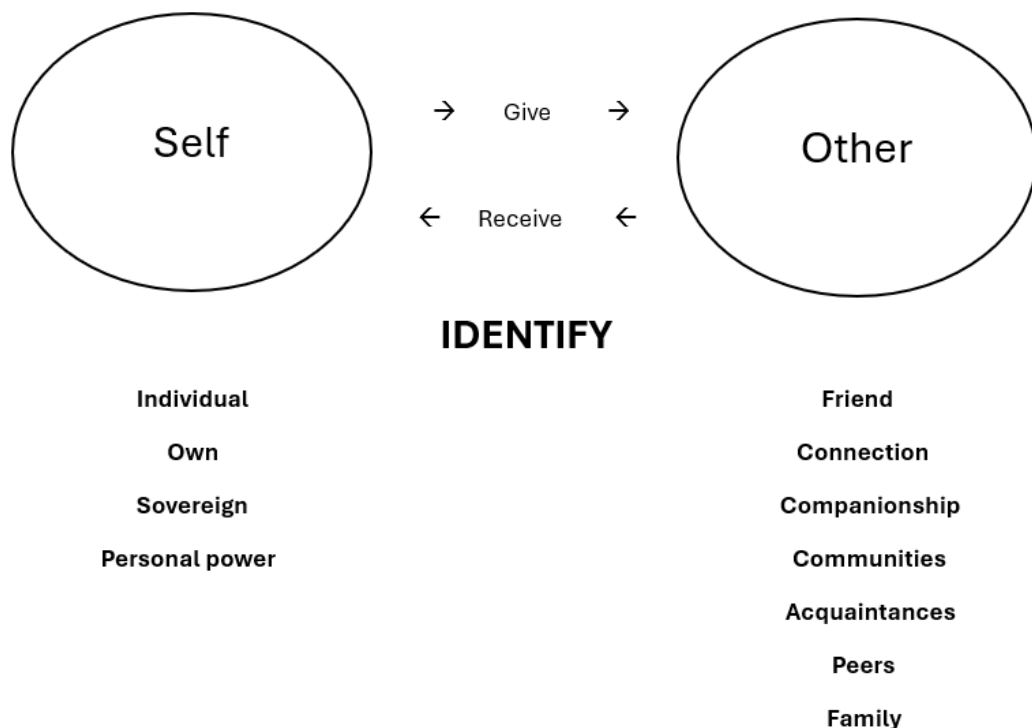
The theme for this year is *Friendship*.

On Sunday March 15th, 2026, there will be held a 'Conversations of the Heart' Friendship Walk , allowing conscious people to connect as a walk and small picnic. RSVP to join.

Day 1: [Reflect/Do] Wednesday 11th March

Reflection – Write down 5 'fine qualities' about yourself.

Then 5 'fine qualities' you bring to friendship.



Consider this: Tick a box

- ☐ How often do you smile at or greet other strangers / or people in passing?
- ☐ How often do you say G'day, Hello, How are you?
- ☐ How often do you participate in general conversation with others?

[at work, at home, at places of interest, hobbies and on errands].

Those are starting points to review and connect more – by consciously deciding I will do more today for each 3.

Increase the friendship in your life.

Day 2: [Reflect/Write] Thursday 12th March

For this Reflection activity you will be asked to consider the sacred features of your inner self that are your truth and then how you project, reveal / or show these to people.

Read the following “Personal message to self”

I am a sacred soul.

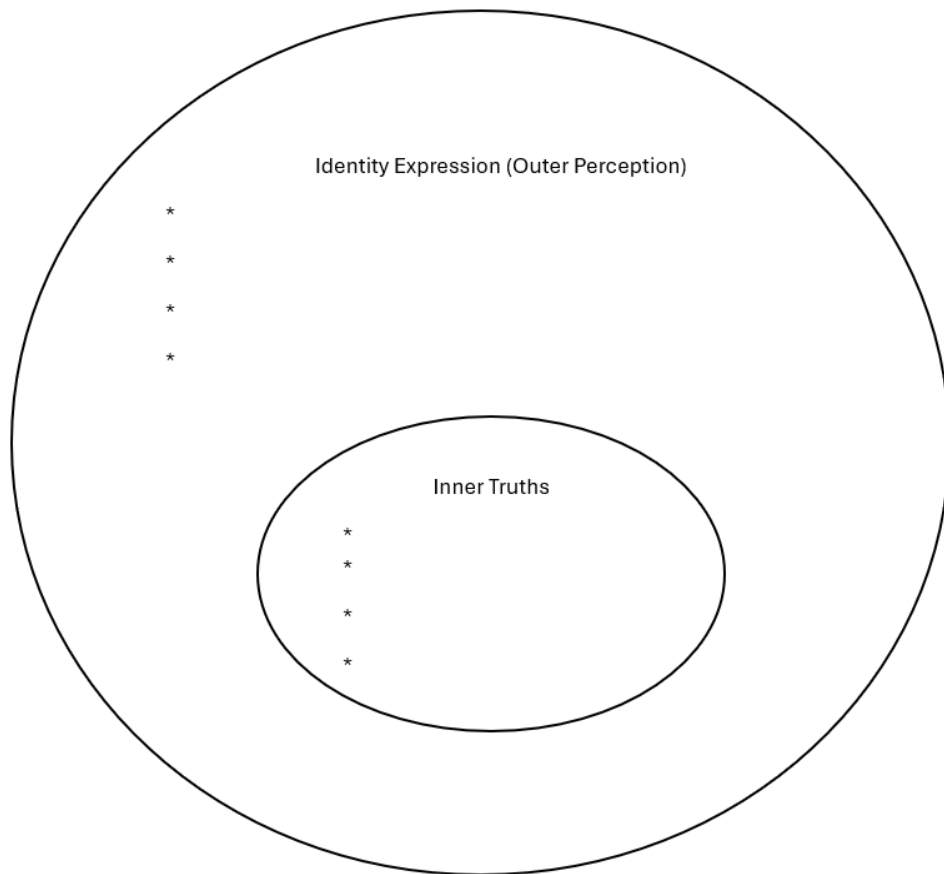
I have a lot to give.

I honour my deepest secrets, my truths and my expression opportunity.

I am a sacred soul.

I deserve and can receive friendship.

I am developing trust, ownership and growth.



Consider this:

1. What are your inner truths?
E.G. I identify as being...
I am a person who...
2. What do you express to others (greater public)
E.g. To family?
To closest of confidants?
To colleagues?
To network?
To public?

Consider your answers to the outer circle and how it made you feel.

Did you feel?

☐ Positive ☐ Negative ☐ Bit of both

Did you feel?

- ☐ Your inner truths matched your identity expression to others.
- ☐ The two areas mismatched
- ☐ Yes and No, matching and also mismatched.

Ask yourself - What do you feel you recognise at a result of doing this reflection?

Did you experience any of the following when expressing either personally kept Inner Truths outer Identity Expression?

- ☐ Fear ☐ Embarrassed
- ☐ Criticism of self ☐ Pride
- ☐ Self-assurance ☐ Projected criticism from others or reminders of criticism.
- ☐ Sadness ☐ Gladness.

Do you identify with

- ☐ Professionalism being a barrier to your social life. Identify expressive choices?
- ☐ Isolation and lack of expression.
- ☐ A want to make more expression a space in your social relationships?
- ☐ [Other] something else?

Do you feel comfortable or empowered when you express your identity to others:

- ☐ Family
- ☐ Closest of friends
- ☐ Strangers
- ☐ Colleagues
- ☐ Greater network.

If you feel you did need to talk to someone such as a Counsellor, reach out beautiful human.

Hotlines:

Lifeline (13 11 14)

Beyond Blue (1300 22 4636)

Kids Helpline (5–25s) 1800 551 800

MensLine (1300 789 978)

13YARN for Aboriginal and Torres Strait Islander peoples (13 92 76)

Day 3 [Meditation/ Locate] Friday 14th March

Write all your identifying inner truths as a list.

Then, place them into 3 categories.

a. What I want to say
b. What I prefer and am satisfied with keeping quiet
c. What I prefer to only personally acknowledge

Next step, Find a confidante or a Hub , if needed.

Most people are happy with the potential of ‘extending’ the network of friends and finding like-minded people, identity-affirming hubs or people who find something in common.

Whether you are conscious or not, you are welcome to join us for our Friendship Walk on Sunday. There we hope to connect you to other people who share the outlook of cultivating positive attitudes to friendship.

RSVP BY Monday 9th march, 2026. Must be 18+ or come with an Adults.

Meditation: ‘Meet your confidante’.

A confidante is someone who gives you comfort and shows empathic listening.

Sit in a comfortable chair and relaxed manner to do this activity.

Place the hands in *Dhyan Mudra (Seal of Meditation)*, if you desire. This mudra serves to enhance meditation, focus and inner peace. To perform Dyan mudra, place the back of hands on top of one another and palms facing upwards.

See yourself at the start of a pointed arrow – visualise the arrow on the floor projecting towards a person in front of you. The person should be a trusting person that accepts you. Imagine you have the opportunity to say your inner truth.

- a. Give yourself 5 minutes with this person and say to them how you feel about any of the above.
- b. Journal (for as long as you need) to write down what occurred in your meditation as an encounter.

Release by stomping on the ground about 10 times and breathing in new energy to exhale any initial negatively – charged feelings.

Ask yourself :

- ☐ Do I need to connect to an identity-affirming hub or community?
- ☐ Do I seek an individual on a friendly level to share a story or connect like-interests / features in common?
- ☐ Do I need to speak to a Counsellor?
- ☐ Do I need to reconnect with a friend/ an old friend?

Based on your self-reflection, make a next step to *correspond, connect of reconcile* your current situation.

Day 4 [Research] Saturday 14th March, 2026

- Adopt a new approach to friendship in your life, where you ‘Befriend’ more people in a hub.
Invite the outlook of looking at current hubs in which you belong to make more connections and deeper conversations.
- Join a new circle at Sienna Art Space where you can correspond and connect for leisure, make-and-take, food and conversation.

- Join a network to explore a hobby that is social, such as group dancing, circle drumming, art or weaving.

Day 5 [Connect] Sunday 15th March, 2026

Attend the Friendship Walk. JOIN the Online Facebook event through the Sienna Art Space Page.

Visit:



www.facebook.com/siennaartspace2023

Bring a small plate of food to share.

Day 6 [Visit] Monday 16th March, 2026

Visit a place of rapport (x2)

Day 7: [Contact] Tuesday 17th March, 2026

Phone an old friend or someone you haven't spoken to or seen in a while (including family, colleagues, acquaintances).

Day 8: [Hug] Wednesday 18th March, 2026

Hug at least 2 people.

Day 9: [Share] Thursday 19th March, 2026

Share a D and M (Deep and Meaningful) at a depth that is comfortable with someone in your life that you trust. Or seek a Counsellor to confide your feelings and story.

Day 10: [Commend] Friday 20th March, 2026

Read your Day 1 response of 5 + 5 qualities.

Add 2 more new qualities to each list.

Community Connections are a part naturally of our Studio and other initiatives. Be sure to Like the Facebook Page and also Visit the Website for more information in ways to connect to groups.

www.siennaartspace.com

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