



This 10 day period is approached with the intention of 'celebrating the self'.

Specifically, we look at our 'sacred being' for **Personal Pride & Confidence**.

For this Activity you will need:

* A scrap piece of paper * A Pen * Additional: white sage

Step 1: The Meeting Point - Write the word.

On your scrap piece of paper choose a word that relates to your identity. A part of this sacred self exercise in "cleansing" the word vibration is to 'process' and thus allowing oneself to 'open a door'.

E.g. psychic, your age, etcetera.

The world may be a part of your current identity that does not feel 100% liked, accepted by larger groups or may not feel great energetically because you feel projected at.

Step 2: Close your eyes with the written word on paper in your hands. You can visualise the word in your head as another option. Meditate on how the word vibrates.

Step 3: Cleanse the actual paper afterwards with white sage or use another "rinsing" strategy in it's absence.

Examples of Psychic Rinsing:

- * Sweeping with hands (intentional movement)
- * Take a soft hair brush to glide over page (using a tool)
- * Visualise water rinsing the word. (visualisation)
- * Prayer directed into the text on the page. (spoken word or thought projection)
- * Replacement thoughts directed into the paper.
- * Cleansing spar or herbs. (using a earth substance)
- * Film the page with visualised colour rinsing. (colour vibration thought projection)

These processes may be used as one way to reinforce energy re-programming (new strength-based ideas).

If using white sage to 'energetically rinse'. The smudging process involves: lighting the end of the white sage smudge stick, holding it at a distance and allowing a small amount of smoke to come in contact with the paper. Place into a smudge-bowl when done.

Step 4: After releasing all negative associations of power that you can, do this 'strengthening exercise' :

Write down all positive words you can about that "identifier" & read them or say them out loud quietly in your own privacy. Do this every day for the 10 day period.

For the Full 10 Days of activities see **Naturally Exuberant Magazine Issue 1: 'Beluga Blessings in the Sky', Appreciations - Holistic Creative Living**. Across all 10 days you can reconnect to different dailies such as "**Soul Learning Pivots**" and our "**Collective Soul Response Healing**" using apricot pastel.

Please be aware all of these exercises are Sienna Art Space strategies and may not be used by any other services.

Art School & Holistic Arts

Professional Art Studio & Art Experiences

www.siennaartspace.com