

SIENNA
Art Space
Art School & Holistic Care

Welcome to 2025 || Edition 2, 2025

A Return to the Self, reclaiming personal time with gratitude – I am worth it.

2026 brings a fresh start and bonus material & resources.

I look forward to sharing the journey with you.

Love Conscious Painting & Drawing

Splendour through acquired looking and experience resides with a love of energy for colour spectrum and nuance, as well as form.

It is a common remark of Artists – *‘they are romantic about their colours’*. Each artistic practitioner that enjoys and admires, gives out appreciation ‘waves’, subconsciously.

I love that. I love that too. I love that. I love that more, now. And I still love that. Again, I love that.

Such is love conscious painting and drawing.

At Art School, we tend to love things. We exist in a space of Love and it is not overrated. We exist in grounded mentality, with an appreciation for all the physical world, it’s matter and design intelligence.

Art teaches us about vibration. Whether we are naturally ‘invoking’ colour vibrations into our world, as imbued colour therapy or through establishing a wave, that recognizes what we are holding onto.



Conscious painting may be understood without even a focus on intuition, legitimatisation and schema. We drive to understand synergy and contrast as a conversation in our own process. This is a form of [not] therapy or therapeutic digest, release or soul process – it is more intellectual-emotional focus & an attainment in journey that allows us to appraise our energy at any given time.

I love that.

Each vibration waves for thinking-feeling landscapes.

I take out the most loved pokemon from a full toy box that was loved so much. Clairsentience is vibrational appreciation, that is inherent soul dialogue in many cultural works of a religious nature. The Spirituality of a child is understood through what it energetically expresses gratitude for. This is Love energy.

When making art, it is a **modality** to create positively, not just be creative.

I create positively. I am not just creative.

Speaking of “romance and colours”, why not check out the **Education Kit for Conscious Parents & Conscious Teens** on specifically **Colour**. It is available as a downloadable pdf on the Teacher Bio page.

In addition, the **Devotional Calendar**, contains a list of cultural and arts-based content in the form of digital resources, for you to connect to. The articles range from 2020-2025 on the website.

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