



Over the 10 Day period the following daily activities can be explored.

Specifically, we look at the **'Sacred Self'** with an appreciation for divine awareness as it exists in others and places.

This is a repeated activity from 2020/21 made available to our Student Families during Covid-19 impact closures. It is an *understood* resource from the Sienna Art Space Newsletter.

For this Activity you will need:

- \* A4 paper \* A Pen \* 1 candle pillar or similar \* Lighter / matches
- \* Recycle card for bookmark / energy slide \* Paint / Pastels / Cartridge stock
- \* Resource library / internet \* Picture map / small globe \* Sparkler

Each day has a Key Word.

**You are a Sacred Soul.**

**Day 1: [ Sacred ] Light a sacred, quiet Candle.**

In sacred, quiet availability – light a candle. Sit with your thoughts and take note of 10 things you adore about your *sacred self* and *sacred life* as a spiritual person. If you lose count or add more, that's great – you don't need to write them down, however you may like to.

**Day 2: [ Connect ] Visit a location of rapport.**

Send thoughtful blessings ( not out loud ) into the space and the people who you share space with as a collective whole. If you want to say those thoughtful blessings out loud to them, that's great too.

**Day 3: [ Recognition ] Energy Slide.**

List all the *connections you are grateful* for in your life. Place the list as a long bookmark slide into your daily organiser or journal. You might find an image or two surfaces for that 'open up to daily energy reminders'.

**Day 4: [ Clarity ] Centering symbol.**

Meditate for 10 minutes. Draw a personal motif in your field as a projected symbol. It may be for strength, poise or centering. You might like to *reconvene in the energy* to appreciate the quiet, privacy of the centering symbol or however you perceive it in the energy.

**Day 5: [ Recognition ] Personal Awareness**

Write a *statement with private self-recognition*. Say it quietly to yourself, with appreciation for how you feel and understand.

For Example: ' I am proudly psychic', or 'I am proudly spiritual', or 'I am proud in divine connection'.

**Day 6: [ Cleanse ] Word Cleansing**

*Write the word energetically* or on a piece of paper – 'sacred'. Choose a method that is you favourite, or research one to 'cleanse the word written'. Reflect on your very

personal feelings in it, as well as Day 5's activity.

### **Day 7: [ Blessings ] Collective Soul Response Healing**

*Meditate on* an orange circle of about 12 cm. It may be in paint or another medium as in coloured pencil or orange pastel. Either using an eraser or 3-middle fingers dipped into white paint – Start from the Centre of the circle to clear or dissolve to white-cleanse.

The aim is to *cleanse 'shared commons'* that may be sacral-chakra debris, discords or frustrations in a social grouping situation. Remember this is a meditation only to support conscious connection to then *instating new 'action goals for true change and growth'*.

See the white as a quiet soul soft cleanse and sit in the energies of [ the cleansing quiet of Apricot ]. Send in well-wishes with white and visualising the apricot.

Research 1 *cultural blessing*, for E.G. a gaelic good luck prayer or a psalm.

Send the pink-infused blessing into a Globe or picture map.

### **Day 8: [ Cherish ] Energy Body Building Exercise**

Write down all the *positive blessings* you want to fill your body and into *your Field diagram*.

Write them to fill all of your space and physical self – 'I am balance. I am proud.'

### **Day 9: [ Reflection ] Soul Learning Pivots**

Sit in the privacy of the quiet candle.

Write a *private reflection* about your *most pivotal soul learnings* this past year – where you had triumphs, happy moments as a psychic and also the human-moments that have made you laugh.

### **Day 10: [ Sparkler ] Let it go**

Write down 1 *goal for supporting yourself* in your relationship with spirit, god or the divine.

Let this nominated goal be a focus over the next year. Then, write down 1 more goal in service that you can do simply, and quietly for someone else.

The sparkler is a 'cleansing tradition' here at Sienna Art Space – like your traditional herbal cleanse, we embrace the qualities of devotional – happy guarantee that the sparkler brings for spaces and hallmark events. You may light a sparkler for yourself today as the 10<sup>th</sup> day.

' I quietly celebrate myself as a sacred person'.

**Enjoy the 10 Days of Celebrating yourself, others and expressing that Gratitude.**

**You are a Sacred Soul.**

The very nature of this activity is about appreciating people and sacred energy.

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