



This month we are celebrating through participation, focusing on the language of Words. Specifically, we look at the 'Light Vibration' of words for **Spiritual Confidence**.

For this Activity you will need:

\* A4 paper \* A Pen \* Additional: Thick cello or lamination pouch, ribbon 20 cm

### **What is Spiritual Confidence?**

Being in a place of spiritual confidence because you feel safe, protected and secure. You feel like you naturally belong as part of the landscape and a greater scheme of things.

Are you ready?

**Step 1:** Breath in for 5 counts and out for 5 counts. Repeat 2 times more.

Let go of all fears. Request your Guardians to assist you if needed.

**Step 2:** Write the word "esteem" in the middle of a blank piece of A4 paper.

Reflect on how you feel about yourself.

**Step 3:** At the end, practise breathing again.

Follow with a 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 your field. Place into a smudge-bowl when done.

**Step 4:** Turn the page over and write the word "rewards".

Look to your immediate space and what you see & experience.

List all the things this world gives you.

Take the time to practise breathing slowly again and reflect on what you receive as [incentives] - your 'left hand' column.

**Step 5:** Those who joined us for our 2020 Video "Pouring your own cup" ( '10 Days Celebrating the Sacred Self' ) will recall the significance of 'Building the inner energy landscape'.

List 20 positive words on a fresh piece of white paper that you will use for your Energy Scroll.

On one side write the 20 words of positive energy that you 'bring to your world or would like to" On the other side, write down a 'mantra of choice' or 'a known one that honours a deity' (108 times or another spiritual number that you value).

You may like to use multiple pages of built up energy vibration in words and phrases. These can be "curled together", as in the premise of a prayer wheel or a book.

**Step 6:** When done, you can use a lamination pocket on cello plastic sheet cut to size that to roll around the already "scrolled" writing. Place in the home in a space that is close to the door or where there is lots of activity to return to (E.g. living room). The scroll can be taped

simply or even further, adorned with a colour ribbon, colourants, images, etcetera.

This is just one simple strategy as a "*Divinational concierge*" to energy set your own personal space.

Here at Sienna Art Space, I like to engage in mantra daily through voice, writing & music as part of personal voyaging. Everyone has a different connection to "mantras" and it is important to be aware of firstly what we 'tell ourselves' and also 'what we receive vibrationally'. The latter being more subtle.

It is also important to recognise that long-term insight & learning is part of understanding that subtlety and also how we Process the above to empower our Spiritual Confidence.

You may like to read the beginning definition of Spiritual Confidence again and consider all the contributes to "Belonging and Acceptance" that coincide for you.

Enjoy making your Energy Scrolls and 'feeling at home'.

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