



Celebrating the Sacred Self takes place on 11th – 20th March, 2024.

Over the 10 Day period the following daily activities can be explored. You may be familiar already with an earlier 2020 resource 'Celebrating the sacred self'. This new guide focuses on Release and Confirmations to recognise Healing as dialogue for personal development.

For this Activity you will need:

- 7 x A4 papers * pencil/ pen * coloured pencils

Each day has a key word or 'word-lifeforce' that you can connect to for the day's activity and mind-centred focus. The resources required have been streamlined so you can do the activities virtually anywhere.

You are a sacred soul on a journey.

Day 1 : [Centre] Visualising space.

This activity involves accessing the 'present moment'. On a piece of paper draw a circle with a dot in the centre. This represents you in time. Then draw a larger framework of a square box around you as if it was the boundaries to the room, immediate.

See yourself as a discrete energy with boundaries.

Leave the paper in front of you and see yourself as being represented by the one framework of circle. Focus your breathing for 15 minutes and reflect that representation with the colour of Lilac.

You are sitting in a lilac response in current time.

Day 2 : [Affirm] Assert boundaries.

Repeat the second part of Day 1's activity for the full 15 minutes.
Before you begin, call in your Guardians.

Guardians are 'perceived energies and / or belief consciousnesses' that intertwine with your soul journey and hold the purpose of supporting protection & guidance.

Some people refer to Angelical energies, soul guardians, protective guardians or imbued spirit belonging to protective space as all forms of Guardianship. Both religion and spiritual connections refer to some *form* in Spirit.

Day 3 : [Confirm] Express and Confirm your energy.

A personal space holds personal power. It is also a space of sacred knowing and faith that can only be dictated by transactions of confirmation and commitment. All dedications within a space or with a person's energy hold power. They exist to communicate and affirm the soul.

Repeat Day 2's meditation and confirm your current sacred beliefs. Individuals are very diverse in nature and clear confirmation is just an open 'aware' statement in current time. While there may be nothing to clarify, confirmation is an important relationship in understanding where you are in current appreciation and belief set.

You may like to write down 1 – 4 statements on a piece of paper at first to formulate the words and then acknowledge it in meditation.

Day 4 : [Strengthen] Compose a strengthening grid.

On an A4 piece of paper, draw a cube and draw a dot inside that represents you.

Place the spatial diagram of forms in front of you.
Meditate for 15 minutes focusing on breathing.
Meditate with a focus on breathing only.

Day 5 : [Release] Create release statements.

For this activity you will need to choose a moment in the morning to meditate for 4 minutes by sitting on a couch or away from distractions.

Word lifeforce plays a role in communication through it's action.

Said in ones mind, the word is released.

Said whispered, the word is released.

Said aloud, the word is released.

Said with intention and directed lines through the body, the words are released.

State with simplicity "I release".

Meditate for at least 4 minutes and repeat the statement 4 times throughout, leaving space to focus on breathing and centering. It is important to focus on the present moment. Repeat this activity at the end of the day.

Day 6 : [Purge] Visualise disconnections.

Draw a circle with a small dot inside to represent yourself. Repeat the drawing of a cube around the circle as if the cube reflects a room.
Place the paper in front of you.

Meditate for 15 minutes. "I see release of all connections that are negative".

Day 7 : [Colour] Use colour therapy.

Draw the shape of a circle and a dot formation in the centre. Using one colour of choice fill the circle.

Meditate on the colour for 5 minutes by looking at your paper.
Visualise another colour surrounding your circle.

Place the paper in front of you.

Meditate for a further 10 minutes, focusing on your breathing.

Day 8 : [Restore] Drawing lines.

Take an A4 piece of paper and draw a horizontal line. Focus on being in the present moment and the centre of the line.

Journal for a maximum of 5 minutes any surfacing ideas.

Complete with a 4 minute meditation focusing on your breathing and 4 "I release" statements.

Day 9 : [Transition] Draw an arrow.

Take an A4 piece of paper and draw a horizontal line. Draw an Arrow point at either end so you create a double pointed-arrow.

Focus on being in the present moment and centre of the line.

Journal for a maximum of 5 minutes any surfacing ideas.

Complete with a 4 minute meditation focusing on your breathing and 4 “I release” statements.

Day 10 : [Revitalise] Draw a circle.

Draw a circle on a piece of paper. Focus on the circle for 3 minutes and practicing your breathing.

Allow your attention to gravitate to wherever on the page. Access the present moment by allowing ideas to come and go.

Journal for a maximum of 5 minutes any surfacing ideas.

Complete with a 4 minute meditation focusing on your breathing and 4 “I release” statements.

Complete the activity by cutting out the circle with a pair of scissors. Feel the edges of the circle. Consider the scope of the circle, its presenting ideas and forwarding ideas.

Write the word “breathing” at the centre of the circle.

You may like to stick the circle on the fridge or at your desk (or another important place for a period of time to muse on your circle at the energy it yields.

Art School & Holistic Arts

Professional Art Studio & Art Experiences

www.siennaartspace.com