

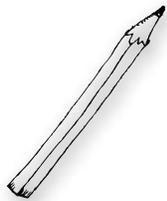
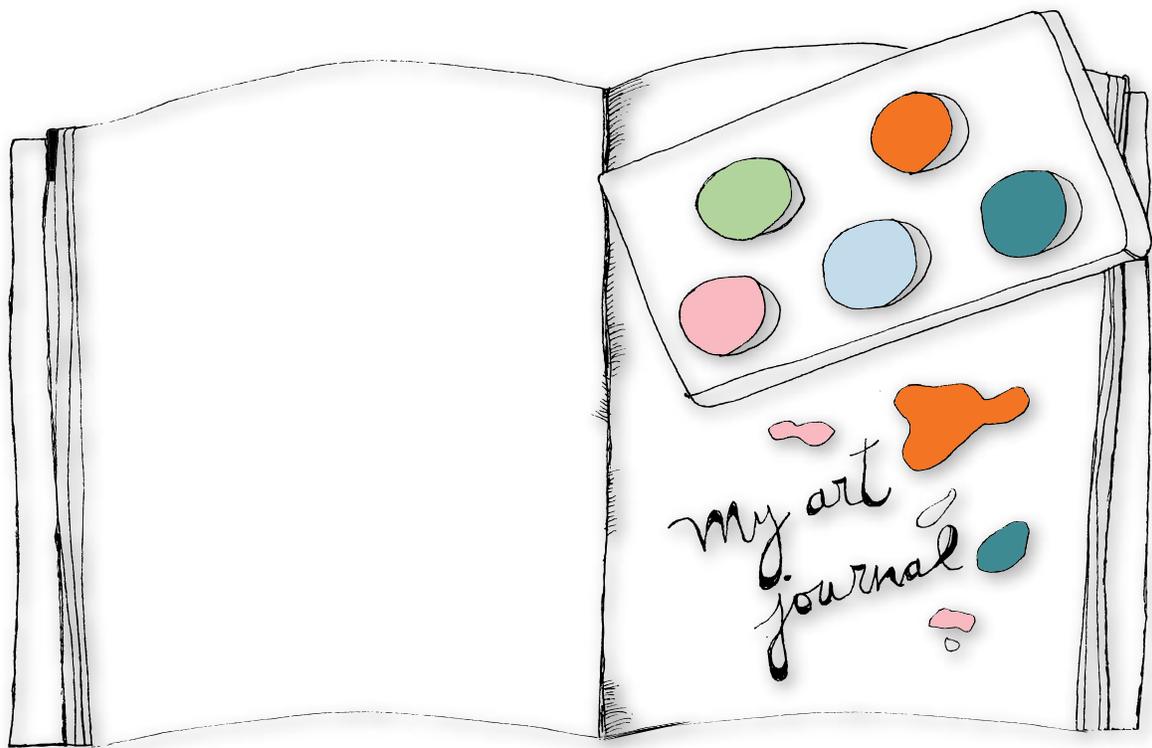


welcome

EXPLORING *the* JOURNAL

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EXPLORING *the* JOURNAL



Your PORTAL TO CREATIVE MAGIC



WELCOME

CONTENTS

Welcome letter

Three pages of course information & introduction of ideas

21 Self Care Planner & downloadable template

Materials Info Page

Three pages of Video details, links and content (15 videos)

Closing Video link to continue practice

Opening

TO CREATIVE M

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Dear Journal Explorer,

Welcome to Exploring the Journal! I am delighted you are taking this journey with me.

I know the journal is a place where you can explore, and create what your heart needs—and very often—it just wants some heart opening JOY!

I know my journal has been a portal to creative magic, and I trust yours will be your own portal to discover and deepen, what I call the Visual Language of Your Soul.

Your journal can be your very own Medicine or Shaman's Bag if you let it, because of course, YOU are your own medicine.

I invite you to call on the Dancer of Beginnings to enter this course with fresh eyes (all 3 of them). Open yourself to new ways of doing things. In a reading I received I was told my guides wanted me to share something—that something was—Art's true path of knowing the soul begins with the innocent child. Invite your innocent child to lead the way.

Make marks as raw or as refined as you like, knowing they are exactly what you need in the moment. Release all the voices in your head that say you cannot express unless you're producing something pretty or praise-worthy. Call to that beautiful voice that lives inside you—lives inside us all—who is here to create.

Make sacred your journal and your journaling space. Celebrate the marks you make and the wisdom you re-connect with there.

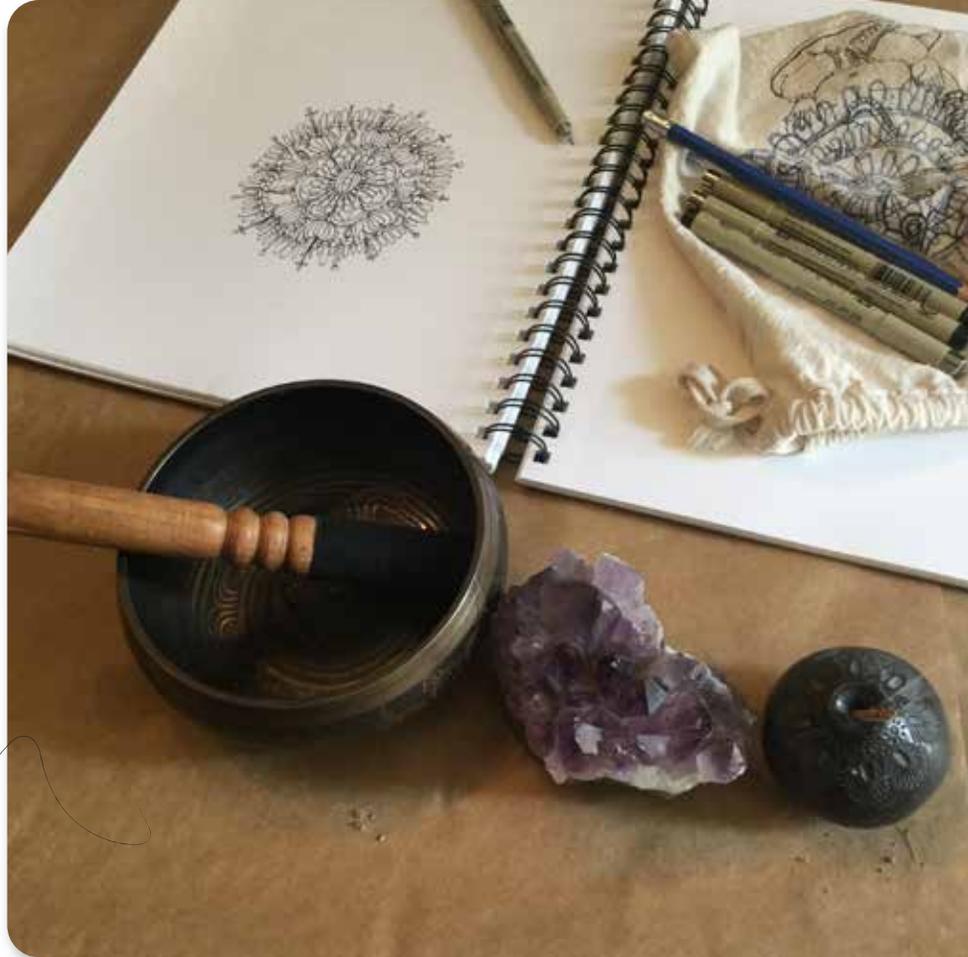
With respect and awe at your divine journey,

Christine Pensa
www.artthatmoves.ca





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Exploring the Journal is a fusion of the popular live journaling workshops I have taught, my online classes, and the self care learning I have done as the co-host of the Awakened Woman Self Care podcast.

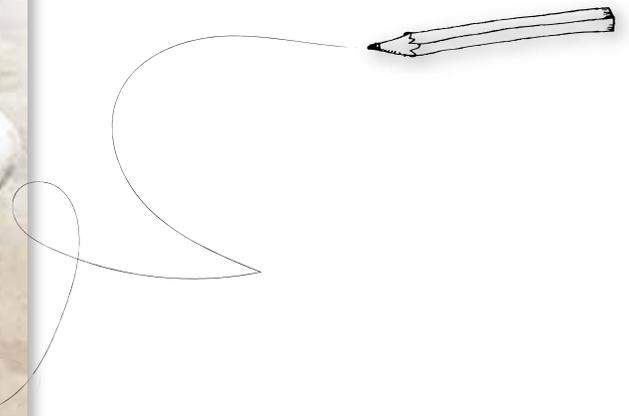
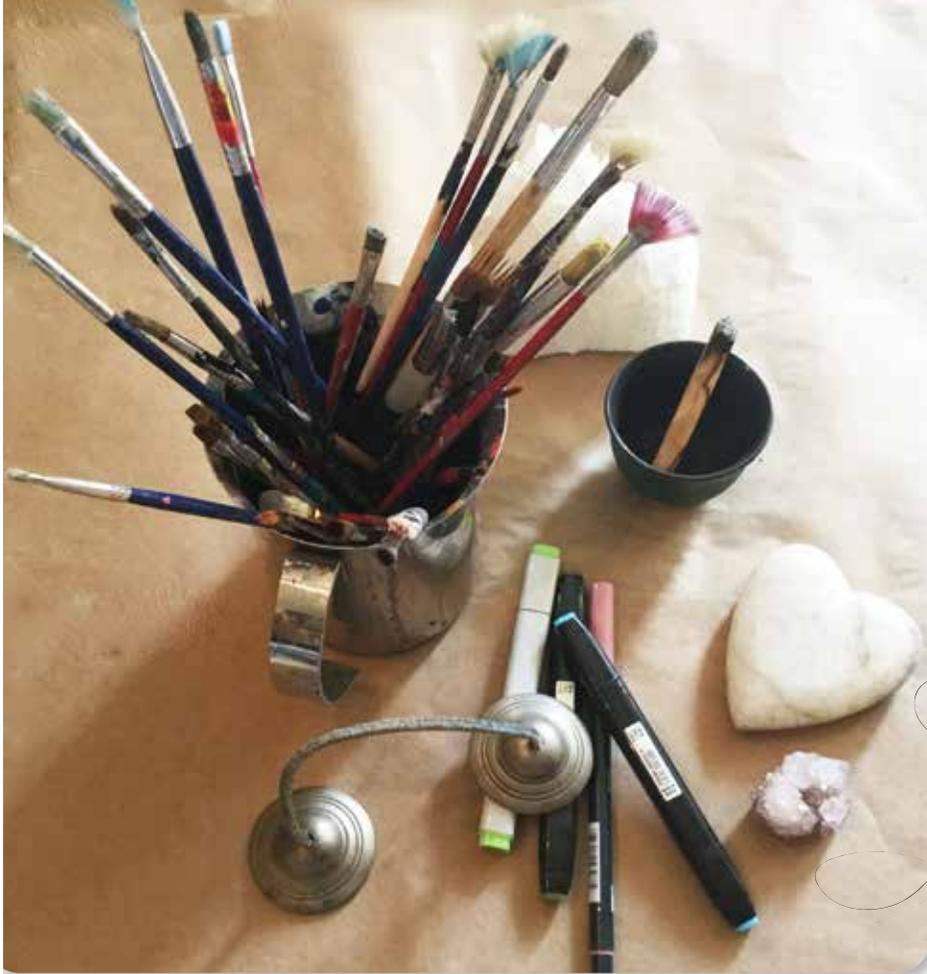
Portal...

What I am inviting you to open to, and explore in this course, is the idea of your journal as your very own medicine bag, or Shaman's bag. The knowing that you hold the key to the best spiritual medicine for yourself.* (*Of course you also seek advice from other healing authorities when you need to, whether that be traditional or non-traditional medicine.)

Your journal can act as a tool, a portal, to deepen your connection with your own wisdom, and, with the Visual Language of Your Soul.

When you go on a Shamanic Journey, you walk metaphorically through a portal or a threshold. You do not leave your body or where you are sitting or lying, but you shift your consciousness to include—well, more.

Portals or thresholds appear around us in nature—the place where the valley meets the mountain, or the ocean meets the shore. Your journal is the place where the physical act of you creating with your hands, meets the page and opens, allowing you to shift your consciousness to include your soul's knowing—PORTAL.



What do I mean by the Visual Language of Your Soul?

This language is where you allow your consciousness to shift and open to your own soul's knowing. This knowing speaks in images and metaphor, and sometimes even words.

Setting intentions and making sacred your space . . .

To open to hearing your voice, you need to set an intention to do so and make your journal a kind of sacred space.

This can be as simple or as complex as you like. This is where you begin allowing your creative nature to take the lead. You can begin by just taking a few intentional breaths, you can develop a ceremony or ritual specifically for your journaling time, or begin by connecting to nature.

This kind of journal is not something you post on Pinterest. This is a place where your authentic voice can sing.

It's your voice that lives on these pages. It's a place where you explore the light, the shadow, and all the places in between—holding them with exquisite Self Care, and self compassion. KNOWING you have both the questions and the answers inside you.



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SELF-paced, SELF-study . . .

This course is self-paced. I have provided 15 course videos. Videos links and descriptions are in the following pages. You go at YOUR own pace. Work through the step by step video instructions to gather your own wisdom in your own timing. There is no clock on this. Your self care journey is one that develops, deepens and changes with time.

You will have access to the videos indefinitely.

Suggestions for the videos . . .

I invite you to go through the videos in order. In the Welcome section, there is an introduction where you meet me and find out more about the course and why I created it. There is a creative guided visualization meditation and a short drumming journey. These are meant to help you set your intention and can be used over and over as you like.

In the 4 Part One videos, I provide step by step instructions for several methods and mediums you can use to create intentional journal covers. I would suggest you pick one or two styles to begin and try the other methods as you move forward.

In the 7 Part Two videos, I walk you through the beginning stages of seven different Self Care Exercises.

Each of them is meant to be built on the learning from the one before. I would suggest you go through them in order to begin. Then, moving forward, feel free to re-do over and over the ones that call to you.

A note about these videos . . . I purposely did not fine tune any of these exercises. Because, frankly, sometimes I don't. However, I wanted to let you know that often I am called to deepen my experience with one of the exercises. That could be simply adding more colour, or, it could mean creating a painting, or a more detailed sketch, or leaving it on my altar until such time as I know I have learned all I need to. I wanted this to be about your creative exploration and not my art.



As I mentioned, your self care is not a one and done thing. As we grow and deepen our knowing, we learn and create new openings for ourselves.

21 Day Self Care Plan

What I've learned about deep self care is that it is as much about letting go, as it is about bringing in.

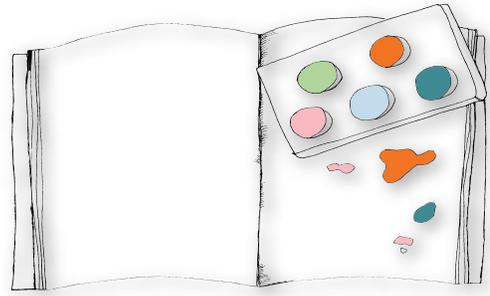
That's why I'm suggesting you Explore the Journal through a 21 day plan to help you truly open to the magic. Something that doesn't resonate on day three, might be just the tool you needed to have that great epiphany on day seventeen.

To make it simpler, I've included a 21 day outline template. Feel free to use it, better yet, create your own.

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my 21 Day Plan



Day 1

Read through course pdf. Gather supplies you already have and make a list of what you might like to buy.



Day 2

Prepare supplies, and potentially buy some additional supplies to support you on your Exploring the Journal course.



Day 3

Watch Welcome video, and one, or both of the meditation videos to prepare.



Day 4

Begin to watch Part One Videos.



Day 5

Finish watching Part One Videos



Day 6

Begin/finish creating your own intentional journal for the course.



Day 7

Finish creating your first journal.

Make a plan and set up a space where you will be able to journal every day for the next two weeks. You may need to release something to clear the space. If that scares you, begin by freeing up 5 minutes a day.



Day 8

In the space you've created, do the Scribbling Divination Exercise in Part Two, Video One. Follow along with the video.



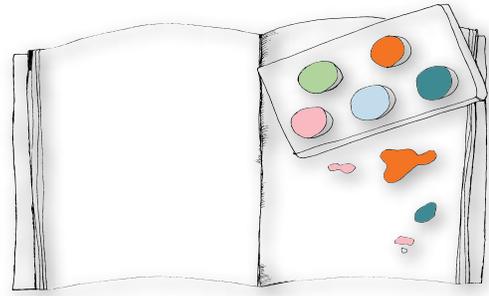
Day 9

Remembering to open with intention, even if it's just by taking 3 breaths, follow along and do the Self Care Scribbling Exercise in Part Two, Video Two.



Day 10

Create your sacred space. Today, you'll need your rock. Follow along and do the Rock Divination Exercise in Part Two, Video Three. If this is your first time trying divining, allow yourself to be unsuccessful. You'll try again soon.



my 21 Day Plan



Day 11

Grab your scissors, string and extra paper, then create your sacred space. Watch the Create a New Story Exercise, Part Two Video Four, and make your own mini-book.



Day 12

Opening your sacred space, do the Creating Boundaries for Self Care Exercise in Part Two Video Five.



Day 13

If you haven't already done so, perhaps re-watch one of the creative visualization videos before you begin today. Then do the Spiral Exercise to Un-Create what no longer serves your self care.



Day 14

Opening with intention, do the final exercise in the series, Gathering and Nourishing Your Roots exercise.



Day 15

The last exercise, Gathering and Nourishing Your Roots is a very powerful visual to post on your altar, or by your desk. Consider re-doing this, or adding more colour using different mediums. If you would like some ideas, you can watch the colouring video I made for the Soul Discovery Coloring Book: <https://www.youtube.com/watch?v=1d1EtHXRz5s>



Day 16

Begin at the beginning, if you haven't already, try Divination Scribbling again.



Day 17

By now you have cleared some daily time for your journal practice. Can you release anything else that isn't feeding your self care? If this suggestion triggers you or makes you angry, or if you can't think what to release, do the Self Care Scribbling Exercise and ponder.



Day 18

Open your space and repeat any of the seven exercises that calls to you today.



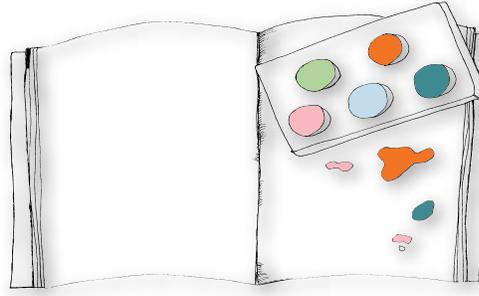
Day 19

Open your space and repeat any of the seven exercises that calls to you today.



Day 20

Open your space and repeat any of the seven exercises that calls to you today.



Day 21



Day 21

Celebrate!

If you were able to complete the process in 21 days, great, congratulate yourself!

Celebrate!

If you took much longer, again great, congratulate yourself!

And if you feel like it didn't work, but are willing to try again, great!

Celebrate yourself and where you are right now.

Self Care isn't a destination, it's a journey. Every step you take toward gifting yourself deeper self care is a win.

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*is getting to
know your voice*

my 21 Day tracker

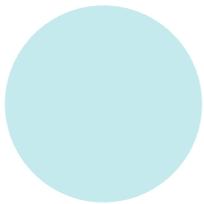


Keeping TRACK of your experiences on days you journaled and days you didn't can be very helpful. For women, it's also great to note where you are on your personal cycle, and how the Lunar cycle may be affecting you.

Day	Journal?	Mood before (one word)	Mood end of day (one word)
1	yes no	_____	_____
2	yes no	_____	_____
3	yes no	_____	_____
4	yes no	_____	_____
5	yes no	_____	_____
6	yes no	_____	_____
7	yes no	_____	_____
8	yes no	_____	_____
9	yes no	_____	_____
10	yes no	_____	_____
11	yes no	_____	_____
12	yes no	_____	_____
13	yes no	_____	_____
14	yes no	_____	_____
15	yes no	_____	_____
16	yes no	_____	_____
17	yes no	_____	_____

my 21 Day tracker

Day	Journal?	Mood before (one word)	Mood end of day (one word)
18	yes no	_____	_____
19	yes no	_____	_____
20	yes no	_____	_____
21	yes no	_____	_____

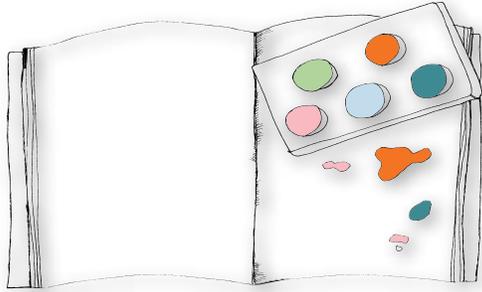


sync with lunar cycle

Optional:

You might want to consider starting your journal practice on the New Moon. The New Moon is a resonant time for planting seeds. Consider your on-going practice through the Moon cycle as bringing these seeds to fruition. I've added the extra days below if you want to keep track of the full 29 day cycle. You can look up the next date for the New Moon in your area online.

22	yes no	_____	_____
23	yes no	_____	_____
24	yes no	_____	_____
25	yes no	_____	_____
26	yes no	_____	_____
27	yes no	_____	_____
28	yes no	_____	_____
29	yes no	_____	_____



Materials

Welcome videos

No special supplies needed.

Part One Videos

I suggest buying a blank journal with blank pages. You can find hardcover or paper journals at art supply, craft or dollar stores. When you work with a blank cover, you open to creating your own sacred space by making your mark on the page. Watch the videos to decide how you want to proceed. If you don't already have paint and want to try the painted version, you can buy the primary colours, red, yellow and blue and make any other colour using those. I would also suggest buying a small tube of white and black, and two brushes.

Optional: I demonstrate using white gesso as a base coat for the journal. I also used acrylic paint markers, and a white gel pen. All can be found at your local art supply, or craft store.

Part Two Videos

A pack of crayons, a set of cheapo markers will and a pencil will do for both Videos One and Two.

In Video Three you will need to FIND A ROCK or STONE. It should be at least the size of a plum and no larger than a grapefruit. Watch the video to hear my suggestions on how you should source this rock or stone.

For Video Four, you can do the exercise right in your journal, or you can create a mini-book. For the mini-book you will need 2 or 3 sheets of white paper 8.5 x 11, a pair of scissors and a piece of string or ribbon @10 inches long and your markers, or pencils.

Optional: a piece of heavier paper, cardstock 8.5 x 11.

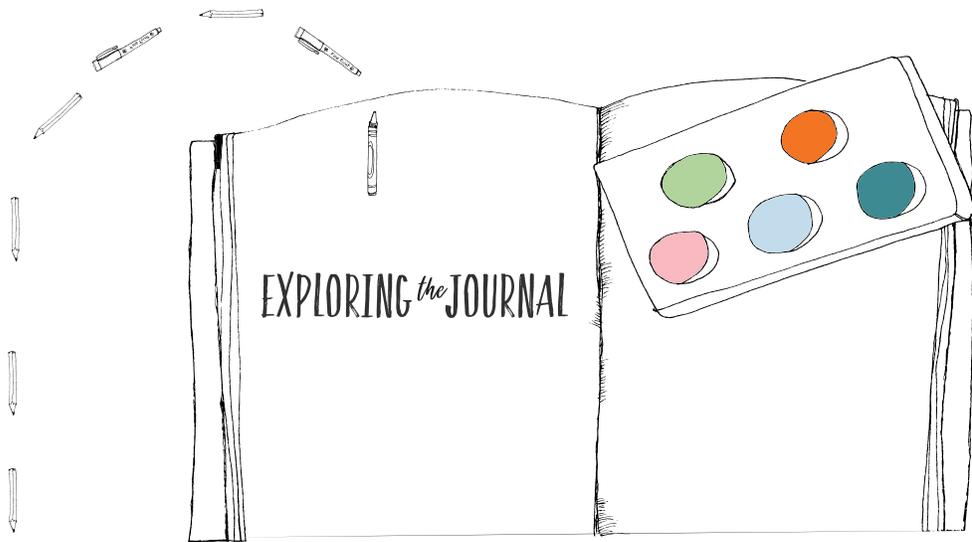
Videos Five, Six and Seven you can use your pencil, a pen, your markers, your crayons, or whatever else calls to you.



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PASSWORD FOR ALL

videos

yellow



INCLUDES 3 videos 

password for ALL videos is - yellow

Part One Video One

Welcome, Intro & Course Outline

<https://vimeo.com/255417886>

10 minutes

Exploring the Journal guided
meditation to prepare

<https://vimeo.com/254951961>

7 minutes

Simple Shamanic drumming
clearing & creating sacred
space

<https://vimeo.com/255413017>

5 minutes

INCLUDES 4 *videos*

password for ALL videos is - yellow

PART ONE Videos

Video Two a demo to paint
your own intentional hardcover
journal (first steps)

<https://vimeo.com/254041354>

16 minutes

Video Three detailed demo of
how to paint your journal using
3 different techniques

<https://vimeo.com/254051731>

27 minutes

Video Four demo to create
removable personal paper journal
wrap designs

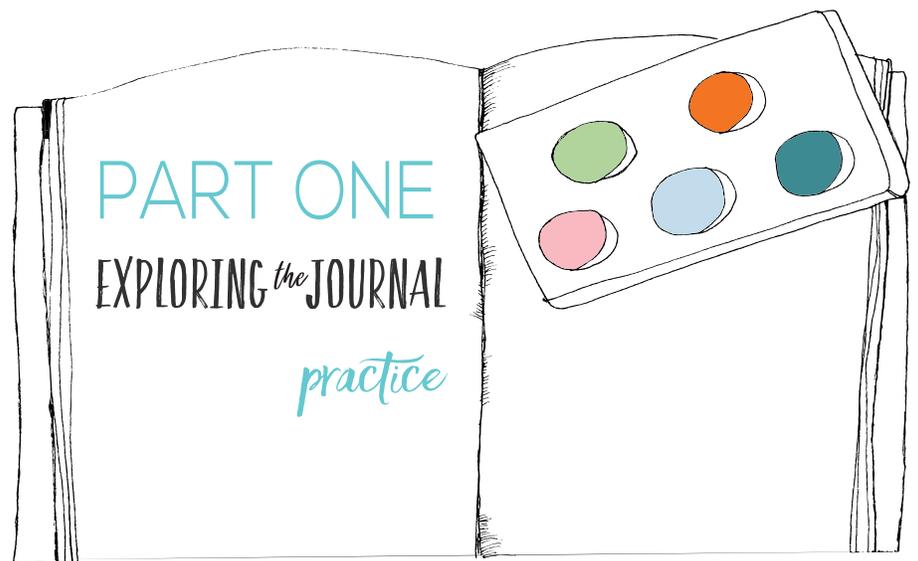
<https://vimeo.com/254053966>

10 minutes

Video Five using intention to
personalize your paper cover
journal with different mediums

<https://vimeo.com/254058303>

15 minutes



INCLUDES 7

videos

password for ALL videos is - yellow

PART TWO videos

Video One Scribbling Divination as a daily heart-opening self care practice

<https://vimeo.com/254058303>

10 minutes

Video Two demo of Self Care Scribbling to release the busy to become present

<https://vimeo.com/254061520>

6 minutes

Video Three Learning to use Rock Divination and doodling to amplify your self care and open to heart guidance

<https://vimeo.com/254063271>

10 minutes

Video Four Creating a New Story Exercise Changing your story to one where your self care needs are met

<https://vimeo.com/254932498>

8 minutes

Video Five Creating New Boundaries for Self Care Exercise

<https://vimeo.com/254937714>

12 minutes

Video Six Spiral Exercise to Un-create what no longer serves and Create new self care practices

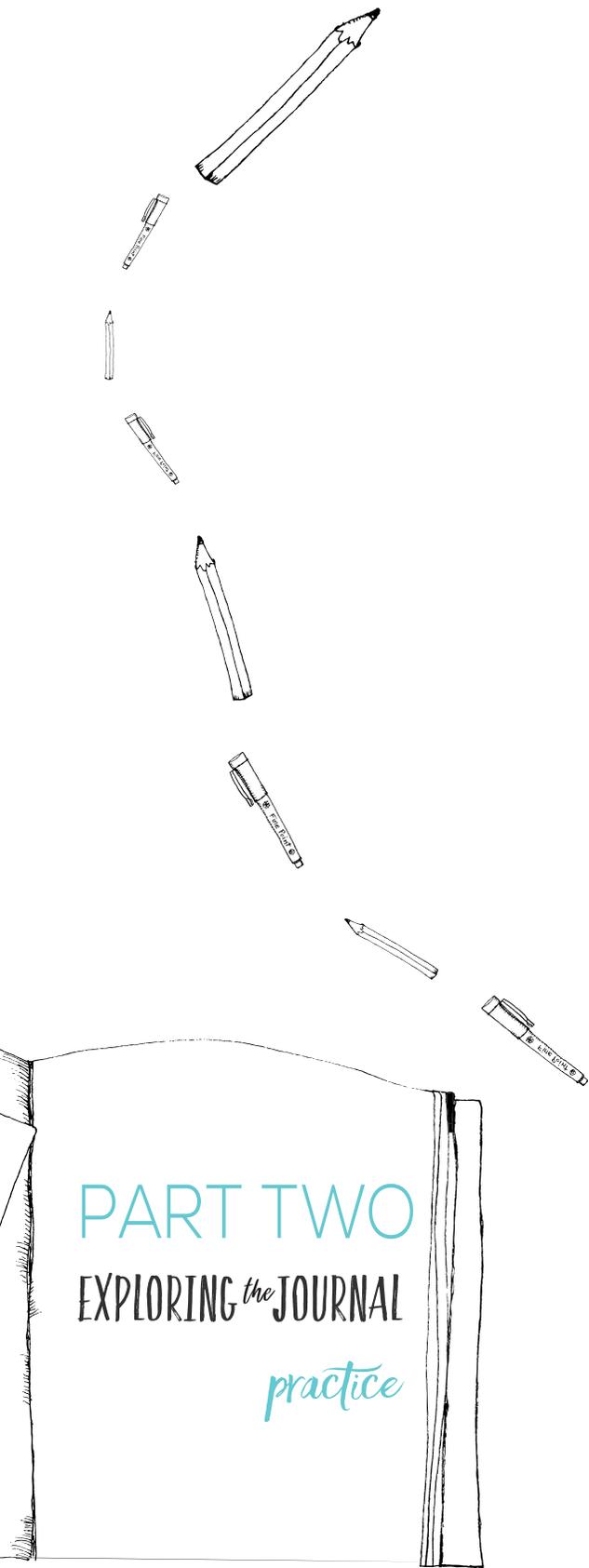
<https://vimeo.com/254942241>

9 minutes

Video Seven Gathering and Nourishing Your Roots Exercise

<https://vimeo.com/254944305>

9 minutes



CLOSING VIDEO

Cultivating your Exploring the Journal Practice

5 minutes

<https://vimeo.com/254951513>

Beloved explorer,

**WISHING YOU MUCH JOY
ON YOUR JOURNEY!**

Christine