

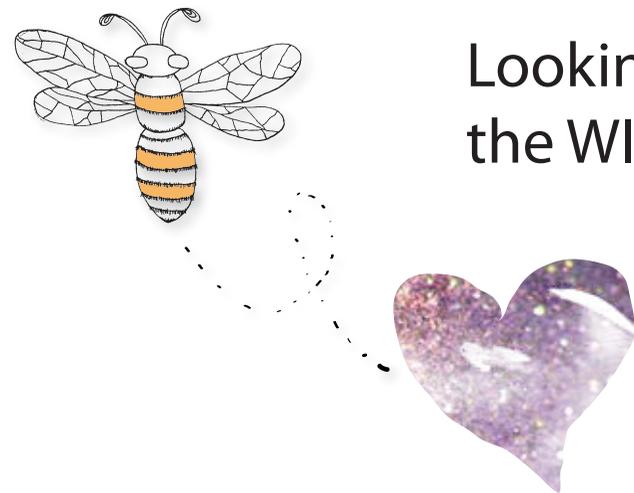


WEEK TWO

EXPLORING CREATIVITY
AS A SOUL PRACTICE

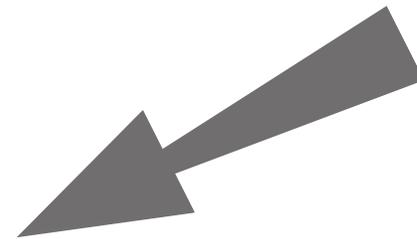
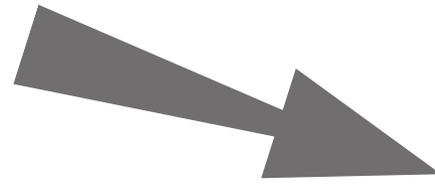
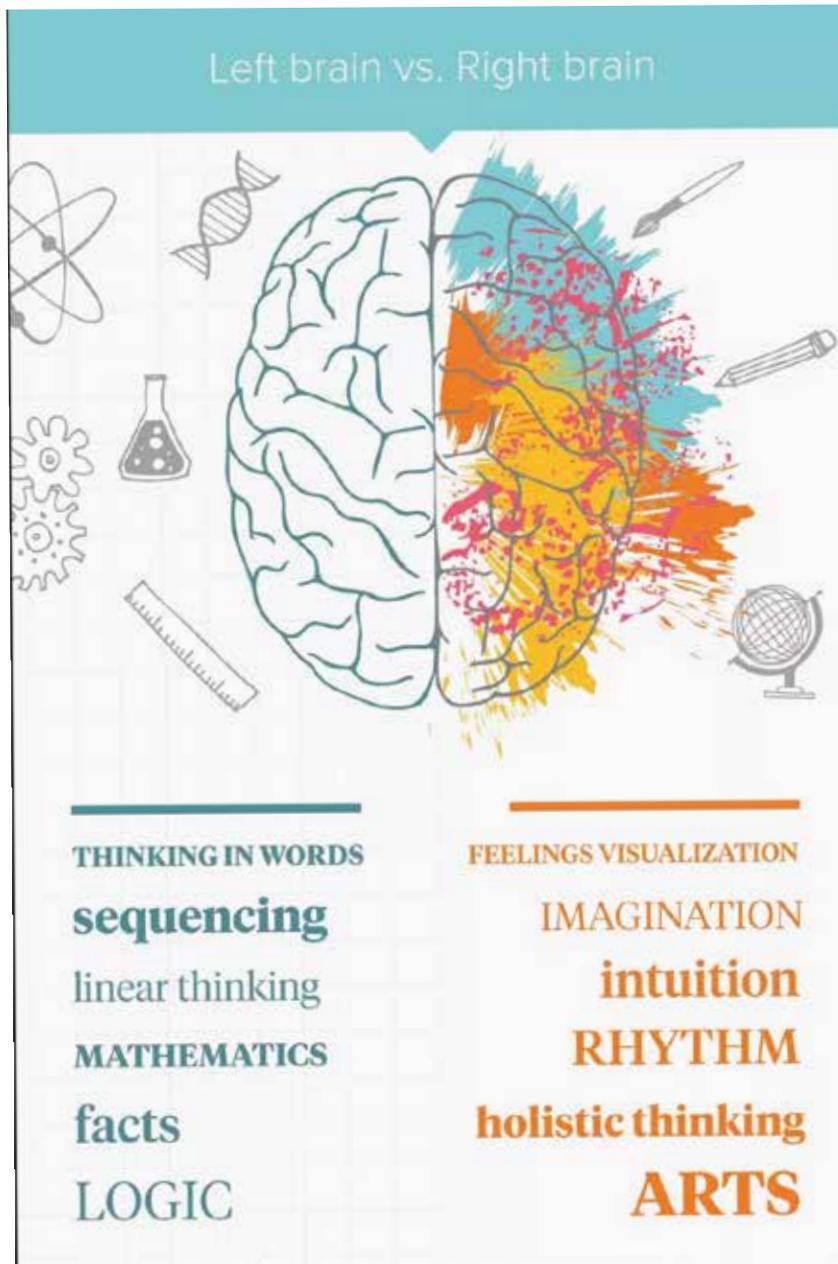
THE SECOND OF THE FOUR SHAMANIC QUESTIONS

WHEN DID YOU STOP
DANCING?



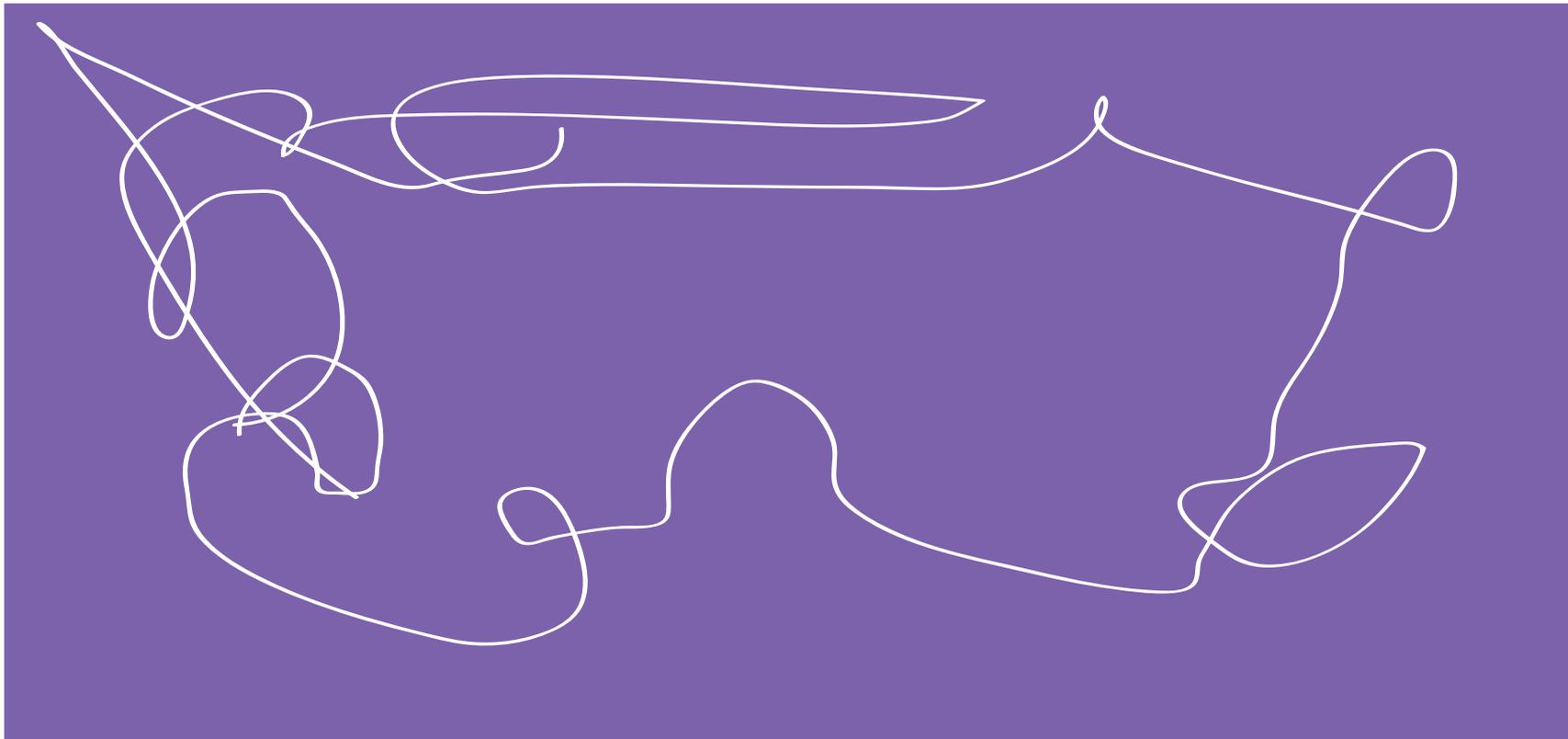
Looking at when you lost connection to
the WISDOM of your own body

WARM UPS

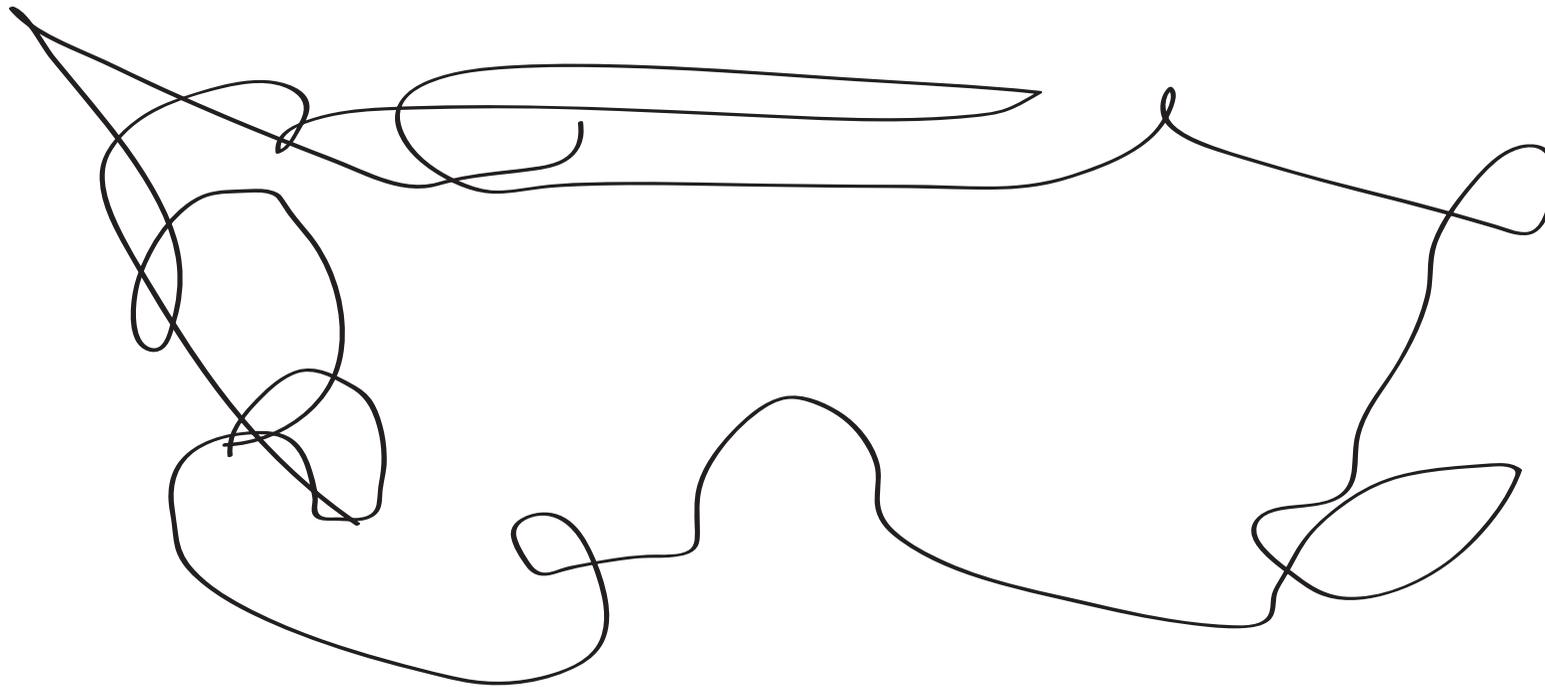


A DIFFERENT KIND
OF SCRIBBLING

SOUL SCRIBBLING



CLOSE YOUR EYES AND
DRAW A LOOSE IRREGULAR
SHAPE AS IF YOUR PAPER IS
A DANCE FLOOR AND YOUR
PEN IS DANCING AROUND
THE WHOLE SPACE



IMAGINE THIS IS A CLOUD MESSAGE - YOU ARE LYING ON YOUR BACK IN THE COOL GRASS - WHAT DO YOU SEE THERE? INVITE YOUR INNOCENT CHILD TO ANSWER - TAKE A FEW MINUTES TO DOODLE IT IN

CREATOR JOY

EXERCISE ONE
STEP BY STEP
ICONIC GODDESS
EMBODIMENT

Step by step instructions in a
separate 8 page PDF.

CREATOR JOY

EXERCISE TWO SACRED PAPER DOLL BODY MAPPING



You have received the Sacred Paper Doll Template and instructions in a separate PDF file. Once everyone has cut out their template, we'll tune in together to begin the exercise.



TRADITIONALLY BODY MAPPING ART IS A FULL DAY WORKSHOP. I HAVE TURNED IT INTO A SHORTER, BUT FRANKLY STILL REVELATORY ART TECHNIQUE USING THE SACRED PAPER DOLL BODY TEMPLATE.

THIS WEEK WE WILL USE THIS TECHNIQUE TO TUNE INTO OUR BODY AND ASK WHAT WANTS TO DANCE THROUGH US.

THIS IS A WAY OF LISTENING AND COMMUNICATING WITH YOUR PHYSICAL BODY THROUGH THE VISUAL LANGUAGE OF YOUR SOUL.



“EVERY CHILD HAS KNOWN GOD, NOT THE
GOD OF NAMES, NOT THE GOD OF DON'TS,
NOT THE GOD WHO NEVER DOES ANYTHING
WEIRD, BUT THE GOD WHO KNOWS ONLY
FOUR WORDS AND KEEPS REPEATING THEM,
SAYING~~COME DANCE WITH ME”
~HAFIZ~

DANCE LIKE NO ONE IS WATCHING

EMOTIONS ARE A SOURCE OF GODDESS WISDOM.
BY GIVING CREDENCE TO YOUR EMOTIONS, AND
HONOURING THEM IN YOURSELF AND
OTHERS, YOU ARE TAPPING INTO A TREASURE CHEST
OF LONG-SUPPRESSED SPIRITUAL FEMININE ENERGY.

THE PHYSICAL BODY IS SACRED

CREATING IS SACRED AS I OPEN TO BE
CO-CREATOR WITH THE DIVINE FEMININE

SUGGESTIONS FOR THE WEEK AHEAD

CONTINUE TO EXPLORE THE SECOND SHAMANIC QUESTION -- WHEN DID YOU STOP DANCING?

DAILY

ASK YOUR VASTER SELF EACH MORNING, AN OPENING QUESTION SUCH AS;
SHOW ME MORE OF WHAT WANTS TO DANCE THROUGH ME TODAY...

WEEKLY

STAND ON THE EARTH WHEREVER AND WHENEVER YOU CAN
TRUST YOUR OWN VOICE MORE DEEPLY
DANCE AND LISTEN TO THE MUSIC THAT YOU LOVE TO MOVE TO
CHOOSE A PERSONAL ANTHEM FOR THE WEEK
REVISIT THE SACRED PAPER DOLL EXERCISE
ADD COLOUR OR RE-DO THE DOLL



INSPIRATION: VISIT [HTTPS://YOUTU.BE/OH0AWUATR_0](https://youtu.be/OH0AWUATR_0)
ZOLA DUBNIKOVA THE RETURN TO THE INNER TEMPLE

MY EMAIL FOR QUESTIONS: CHRISTINE@ARTTHATMOVES.CA

WISHING YOU A BEAUTIFUL
WEEK EMBODIED
GODDESSES AS YOU
DANCE UPON THE EARTH!

