The Inner Canvas

A Guided Creative Awakening for Women in Midlife and Beyond



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Phase 2: Letting Go and Moving Forward

Week 5: Exploring Emotions through Color

THEME: Honoring the Emotional Landscape + Releasing Through Creative Expression

[Grounding Practice]

- Sit in silence and bring awareness to your breath.
- Place your hands on your chest or belly.
- Ask: "What emotion is most present in me today?"
- Locate it in your body and give it gentle permission to exist.

[Journaling Prompts]

- What emotions have I been avoiding or suppressing?
- When I feel _____, I usually _____.
- Which emotions do I allow, and which do I try to hide?
- What color or texture do my emotions feel like right now?

[Art Directive - Abstract Emotional Painting]

MATERIALS: Acrylics, watercolor, tempera; brushes, sponges, fingers; canvas or large paper.

- Choose 1-3 current emotions and assign colors to each.
- Paint intuitively, letting movement match inner sensation.
- Let go of control-create from emotion, not the mind.
- Optional: Mark where emotions live in the body.

[Reflection Prompts]

- What surprised me while painting?

- Did anything shift, deepen, or soften?

- What part of me did I allow to be seen?

[Closing Ritual]

- Light a candle or place hands over your heart.

- Whisper: "I am allowed to feel. My emotions are valid. I am whole."

- Take a deep breath and seal the moment with gratitude.

[Optional Enhancements]

- Music: Instrumental or emotional soundscapes

- Crystals: Carnelian or labradorite

- Aromatherapy: Citrus for uplift, sage for clearing

- Bonus: Write words directly on your painting to express what was released