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 6: Releasing What No Longer Serves

THEME: Surrendering Old Patterns + Symbolic Letting Go

[Grounding Practice]

- Sit in stillness. Hands on belly.

- Inhale: "I am safe to let go."

- Exhale: Imagine shedding layers-roles, stories, beliefs.

- Let the breath do the clearing.

[Journaling Prompts]

- What habits, patterns, or relationships no longer serve me?

- What fears or beliefs am I holding onto?

- What am I afraid will happen if I release them?

- What am I really making space for?

Optional: Create a "release list" of what you're ready to let go of.

[Art Directive - Symbolic Clay or Paper Release Ritual]

MATERIALS:

- Clay/playdough/salt dough OR paper, pen, scissors, fire-safe bowl

INSTRUCTIONS:

1. Shape a symbolic object representing what you're releasing (e.g., knot, cage).

2. Sit with it, feel it, then destroy it (crush, tear, burn, reshape).

3. Dispose with intention-bury, discard, or burn safely.

4. Say aloud: "This no longer belongs to me."

[Reflection Prompts]

- How did it feel to physically destroy something symbolic?

- Was there grief, resistance, or release?

- What emotional or energetic space have I reclaimed?

[Closing Ritual]

- Light a candle.

- Whisper: "I forgive. I release. I open."

- Place a hand on your heart and thank yourself.

[Optional Enhancements]

- Music: Drumming or ambient soundscapes

- Crystals: Obsidian or black tourmaline

- Scents: Palo santo, myrrh, clove

- Bonus: Create a new object to represent what you're inviting in