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 7: Navigating Transitions

THEME: Honoring Change + Reframing the Journey

[Grounding Practice]

- Sit quietly with hands over your heart.

- Repeat: "I am allowed to grow. I am safe in transition."

- Visualize a doorway between two rooms. Breathe into this space.

[Journaling Prompts]

- What major transitions have I experienced in my life?

- How have I typically navigated change?

- What is changing or needs to change right now?

- What am I grieving? What am I ready to welcome?

Optional: Write a letter from your past self to your present, and one from your future self to your now self.

[Art Directive - Story Scroll of Transformation]

MATERIALS: Long paper, tape, markers, collage items, string (optional)

INSTRUCTIONS:

1. Divide into three parts: past, present (transition), future.

2. Illustrate symbols, words, and emotions that represent each.

3. Write affirmations, quotes, or life events into the scroll.

4. Roll and tie it as a sacred record of your transformation.

[Reflection Prompts]

- What stood out as I created this scroll?

- Where am I still holding the past?

- What new identity is beginning to emerge?

[Closing Ritual]

- Light a candle. Place the scroll nearby.

- Whisper: "I honor the space between who I was and who I am becoming."

- One hand on heart, one on belly. Breathe and feel.

[Optional Enhancements]

- Music: Piano or ambient emotional textures

- Crystals: Labradorite or chrysoprase

- Scents: Neroli, frankincense, or cedar

- Bonus: Record a voice memo to your future self or create a transition altar