

KWEST4ART

MINDFULNESS SECRETS

7 DAYS TO A SACRED ART PRACTICE

KRISTENA WEST M.A.

ARTIST AUTHOR TEACHER SHAMAN DREAMER



STILLNESS BEGINS THE JOURNEY TO INTUITION

Center Your Soul and Call & in the Spirit



Yes! You can shift your art practice into a daily sacred journey...
Open Your Heart, Take a Deep Breath, Center and Begin

SACRED SECRETS & PRACTICE TIPS

DAY 1. CENTER - IN NATURE FIND THE BALANCE

DAY 2. CREATE SACRED SPACE -DESIGN PLAY-GROUND

DAY 3. FIND YOUR MEDICINE

DAY 4. LET GO OF OUTCOMES

DAY 5. FOCUS INTENTION

DAY 6. CONTEMPLATION YOUR KEY TO DISCOVERY

DAY 7. OPEN TO EXPERIENCE





FIND THE BALANCE

Day 1

SEEING NATURE

If we quiet ourselves and listen to Nature
She will speak to us in our hearts, this is
called the Shamans Eye



Day 2

CREATE SACRED SPACE

Design your art space, the table or easel as an "altar" to self-renewal, discovery and healing.

Mantra: I allow myself to be inspired

Your art-making space should reflect your intention, at first begin in a clean open space. Have all art supplies ready to hand, light some incense, a candle & music



As an artist, I too, you see, feel like I am carrying secret orders, it may not be in my hands but my heart or my eyes.

Lee Mullican Munich 1993 American Painter



FIND YOUR MEDICINE

Day 3

Dream Allies

What animals did you dream about when you were a child? What animals did you play "Let's Pretend Games with? What animals do you love? Create an altar with those toy animals. Invite them to Help you and gather creative power.

When they come into your dreams, or they arrive in your daily life as synchronicities...it's working. Give Thanks you are creating a sacred practice.



LETTING GO OF OUT COMES

Day 4

When we approach the painting, weaving, sculpture, or writing, we consciously enter Inner Silence and gathering our Medicine we actualize or potentize our interior. We can feel Peaceful, Enthusiastic, or filled with Awe and Power. See if you can stay in the present moment, and then when you are ready Start Your Work.

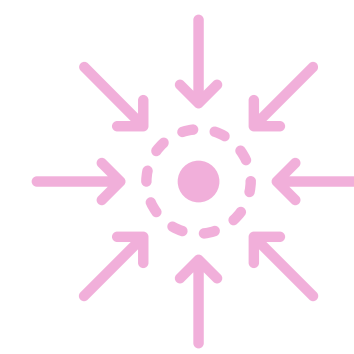
Many times, "we just know" what to do next...Follow that thread, and you will enter the Sacred Time of Creating.

Day 5

FOCUS INTENTION

How can I create from a Heart-space?
Can I drop all my constrictions around
art making, let go and dive into the
color, while creating from a place of
not-knowing?

Ask What Color? What Form? What
Energy? Will it bring Happiness? Does it
do Good in the World? You Get to
Choose.



1. What is the deeper feeling in your soul?
What kind of energy is it? hot, wild, cool, cold, fire, longing, hope, faith? Identify **what am I feeling?**
2. If the energy has a gesture what would it look like? If there are many gestures, which is the most powerful for you?
3. What Color is it? Is it strong, bold, humorous, light, whimsical, sad, compassionate?
4. Will it bring goodness to the world?

CONTEMPLATION

Day 6

Contemplation is the Key that Unlocks the Secrets of the Anima Mundi, the World Soul.

A Sacred practice is to Welcome Not Knowing. If we think "we know" we close the door to the World Soul, we have hammered it down, and stuck it in a box.

If we invite Beginners Mind, we Open the Door to the Sacred to Come into Our Hearts.





OPEN TO EXPERIENCE

NOW, OPEN THE DOOR AND FOLLOW
YOUR INSPIRED HEART, ALLOW AND
OPEN, LET GO AND OPEN.

OPEN YOUR SHAMANS EYE.

Day 7

I HOPE YOU HAVE ENJOYED
7 days to create a sacred art practice



[Join Our FREE](#)
[KWEST4ARTKWEST4ART](#)