



International  
**SOUL ART DAY**

**Guided Journey**  
with  
Laura Hollick

# Welcome to Soul Art Day!

You are here! This is your day to devote to your Inner Artist and discover the unique ways your soul wants to express through you.

Today is International Soul Art Day! Thousands of people gather online for this global art event to create art together for the day. As you're journeying through your Soul Art process, know that you are held in the collective energy of our Soul Art Community.

Tune in for a moment and feel the fertile potency of this day. Give yourself full permission to dive into your creative process and give it all you've got.

I'll guide you through each step so you have a clear, loving structure to hold you. Give yourself permission to trust yourself and your process.

Gather your favorite art supplies. You can work in any art medium you want. You'll need some space to create (the kitchen table will do). If you've got a designated studio space, that's great too!

You don't need any special skills to do Soul Art. All you need is the desire to connect with your Creative Spirit and the courage to express yourself.

Let's get started!

From my creative heart to yours,

A handwritten signature in black ink that reads "Laura". To the left of the first letter "L" is a small, hand-drawn red heart.

# Soul Art Day Itinerary

All times are in Eastern Daylight Time (check your [time zone](#) here)

Watch Livestream in Soul Art Community Facebook Group:

<https://www.facebook.com/groups/soulartday>

8am	Receive your Soul Art Day welcome email. Explore the Soul Art Day site, learn about the featured artists, and download your Soul Art Day journal.
10am – 11am	Guided Soul Art Journey with Laura Hollick on Livestream
11:30am – 1pm	Watch Featured Artists creating on Livestream:  Julie Amlin, Jennifer Blumenthal, Kiala Givehand, Laura Hollick, Lori Menna, Mellissae Lucia, Mary Price, Shelley Klammer
2pm – 3:30pm	Watch Featured Artists creating on Livestream:  Abiola Abrams, Alexis Cohen, Carrie Schmitt, Katherine Skaggs, Lainie Love Dalby, Laura Hollick, Leah Guzman, Whitney Freya.
4pm – 5pm	Insights from the day with Laura Hollick on Livestream

# *Guided Soul Art Journey*

**This guided Soul Art journey will  
take you through 5 steps:**

1. Intention
2. Bodymapping
3. Creative Expression
4. Insight
5. Spirit Action

# *Intention*

Your Intention is your North Star. It guides and directs your creative process. Follow the prompts and questions included below to help crystallize your Intention for this Soul Art journey.

Journal about your current life experience...

What do you love about your life?

What is currently challenging you in your life?

If you could magically transform or evolve 3 things in your life, what would they be?

1)

2)

3)

If you could sum up those 3 things, what is the transformation you truly desire?

Write your desire in an "*I desire*" statement.

Here are some examples:

- *I desire a clear purpose.*
- *I desire ease in my body.*
- *I desire a super sexy relationship.*
- *I desire money miracles.*
- *I desire healing in my family.*
- *I desire inspired change.*

Write your "*I desire*" statement...



If you wrote more than one "*I desire*" statement, pick the most alive one and write it here. If you are finding it hard to pick, look at all of them and ask yourself: What is the true essence of all my desires?

For example: *I desire inner peace.*

Now you are going to transform your "*I desire*" statement into your Intention. Once you have a clear understanding of your true desire, you know where to focus your energy.

**Your Intention is a statement or a question that sets the tone for your journey.**

Your Intention gives purpose and meaning to your journey. You don't need to know how your Intention is guiding you; the creative process will take care of that. All you need is the willingness to name what you truly desire and state it with intent.

Here are some examples of Intentions:

- I am healing at the deepest level.
- I am aligning myself with my super sexy relationship.
- How can I empower my finances now?
- Show me my path for vibrant health.
- Guide me to see my purpose with clarity.

**What is your Soul Art Intention?**

# *Your Intention*

Fill in the circle with your Intention. Then, place one hand on your heart and one hand on the circle and state your Intention to yourself and the Universe.



# *Bodymapping*

Bodymapping is the process of tracing your body to create a framework for your art.

What body part(s) or area do you want to trace for your Soul Art?

Once you've selected the body part(s), go ahead and trace them on your chosen art surface. You may need a friend to help you.

# *Creative Expression*

This is where things can get wild!

Expressing your creativity is the healing balm your soul has been waiting for.

There are many ways to enter the creative zone. I call these entry points Creativity Doors. Opening a Creativity Door can expand your consciousness and liberate you to see your life from a whole new perspective.

We're going to explore a few Creativity Doors so you can see which one unlocks the gates to your creative genius.

**We're going to explore 3 Creativity Doors during this guided Soul Art journey:**

1. Energy Sketching
2. Symbols & Words
3. Stream of Consciousness

# *Creativity Door: Energy Sketching*

Energy sketch your body

# *Creativity Door: Energy Sketching*

Energy sketch your life

# *Creativity Door: Energy Sketching*

Energy sketch your desires



# *Creativity Door: Symbols & Words*

List 3 topics you're interested in. They don't need to make sense to anyone (even you), they just need to be topics you're drawn to for whatever reason.

1.

2.

3.

1. Topic: \_\_\_\_\_

Create a symbol to represent this topic.



Write a word to express this topic: \_\_\_\_\_

2. Topic: \_\_\_\_\_

Fill in the circle with a symbol to express this topic.



Write a word to express this topic: \_\_\_\_\_

3. Topic: \_\_\_\_\_

Fill in the circle with a symbol to express this topic.



Write a word to express this topic: \_\_\_\_\_

Write your 3 Words here:

1.

2.

3.

# *Creativity Door: Stream of Consciousness*

Write stream of consciousness using your 3 words from the previous page.

Start with your #1 word and go from there....



Fascinating! It is so interesting to see what flows through when you let it. The stories that emerge through your stream of consciousness give surprising clues into something that wants to be expressed. Whatever story comes through gives you a starting point to enter your creative process.

The 3 Creativity Doors you've journeyed through offer clues for your art. Play around with the Energy Sketching on your bodymap, and see how some symbols can be included, and explore how your stream of consciousness story can be woven into your Soul Art piece.

This is your starting point. Trust yourself and let yourself get into your creative process!



# Dealing with blocks

If a block comes up during your creative process, it's nothing to worry about.

Blocks can come up from time to time during the creative process in the form of procrastination, fear, doubt, paralysis, boredom, confusion, distraction, frustration, and a bunch of other emotions that feel unsettling.

To loosen a block, simply listen to it to understand what it's really about. Sometimes it's fear, sometimes you simply need a break, sometimes you've touched an emotional wound and don't yet know how to process it.

Journal about the block. What are you experiencing?



Sometimes journaling does the trick and you're back in action. Sometimes you need a bit more support.

Here are some things you can do to face a block and keep the energy moving....

- Pull an Oracle Card for insight
- Journal about how you feel until you've fully expressed it
- Turn the music up and dance it out
- Take a deep breath
- Sketch out how you feel with stick figures
- Take a break
- Have some hydrating food

What can you do to keep your energy flowing and creative process in motion?

Keep your creative process in motion until you reach a place where you feel naturally complete.

Once you've completed your Creative Expression, you're ready for Step 4 in your Soul Art journey...

# *Insight*

Learn how to decode the messages in your Soul Art and receive insightful guidance for your life.

Allow these questions to open a dialogue with your Soul Art so you can uncover your insight.

How would you describe your Soul Art?

How do you feel about your Soul Art?

How would you describe your creative process?

*For example: Was it fun? Challenging? Did you get stuck? Did you flow?*

Ask your Soul Art piece: What do you want to tell me?

Journal what your Soul Art piece says...

Refresh your memory: What was your Intention for your Soul Art Journey?

Ask your Soul Art piece: What do you want to tell me about my Intention?



If you want more clarity, ask your Soul Art piece some questions. What do you want to know from your Soul Art piece?

What Insights are you receiving from your Soul Art Journey?

Fill in the circle with your most potent Insight.



# *Spirit Action*

Your Spirit Action is about putting your Insight into embodied action.

Let's recap your Soul Art journey:

What was your Intention for this journey?

What body part(s) did you trace for your Bodymapping?

What was your Soul Art about?

What Insight did you receive from your Soul Art?

Start to brainstorm some Spirit Actions. Spirit Actions are things you can do to make your Insights real and tangible so you can fully embody your Intention in your life.

For example: If your Intention was to fall in love with your body... through your Soul Art journey, you discovered you need to take exquisite care of yourself.

A Spirit Action could be:

*I am going to practice taking exquisite care of myself by going to bed early and drinking more water during the day.*

Now it's your turn to brainstorm:

**What are some possible Spirit Actions you could do to embody your Insight?**

Fill in the circle with ONE clear and simple Spirit Action. Include the date that this Spirit Action will be complete.



This Spirit Action will be complete by: \_\_\_\_\_



*You did it!*  
*You journeyed through a full*  
*Soul Art Journey!*

*Take your journey even further...*  
*Explore the Soul Art Certification!*