Finding Your Feminine Voice

Explore through intuitive painting what your authentic voice is. How often do you listen in to the messages Spirit is sharing with you? Does your voice come from a place of authenticity or does it come from how you have shifted and created a voice that is "acceptable" to others? Let's explore finding our true feminine voice to allow us to give voice to our most authentic selves.

Supplies:
I always recommend using what you have
For this expression, I suggest flowing paints like watercolor, fluid acrylics, or adding a lot of water to what you have.
I'm using a mixed media paper, but watercolor paper is a great choice.
I like water-soluble markers like Tombows, however, any water-soluble marker will work.

Free meditation and intuitive journaling exercise

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