

PHASE 3

DISCOVER THE VOICE OF YOUR SOUL



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KYARON ART  
PHASE 3

## PROMPTS PHASE 3

This part of the course is recommended for supporting you in integrating the mental, emotional, and energetic shifts from the Layers. It is up to you to utilize it as much or as little as you need, before moving on to the next Layer. I do recommend reading the documents before and to do the prompts for a complete experience. Take time to sit in silence, not doing anything for at least 10 minutes a day. No need to "shut off" your mind or sit somehow specifically. Just be.

**Please take your time in between the Phases- don't rush the process.**

**In between my words in the silence - or behind my words - lies a deeper meaning and message for you. Listen to the more subtle communication that I am sending you - which is specifically for YOU.**

**I am sharing my view and my truth , that doesn't mean it yours. Please discern for yourself. Take what resonates and leave the rest! Everything I say is only an invitation for you to decide for yourself. Only you have the answers. Only you can decide.**

This is a beautiful part, where you can truly **connect with your inner artist and experience something new**. It's a short mini art medicine process where we are starting to materialize (bringing it into matter, into the body) our original self. Working with a bigger canvas or paper will help you expand even more and its also much more fun! Remember that it's about **HAVING FUN** - not making a perfect Masterpiece. Its about trying out, playing and the intention behind.

I do recommend investing in some basic watercolors or fluid acrylics (just the colors you feel called to) and a big watercolor sheet or paper. It doesn't cost a lot and ...who knows? Maybe it's a doorway to a part of you, you didn't even knew was there!

**Even if you have never painted before, don't worry about HOW it is done - just try it out! I started myself without knowing ANYTHING about painting and just went all in and crazy with it. Just put the brush in water and then in the paint and off we go!**

If you don't feel like investing just use some color pens or pencils that you have at home and a page in your journal and see what comes up with each layer! It doesn't have to look at all how I'm doing it. Trust your own guidance and remember there is no right or wrong way to this. Whatever you create is **PERFECT** for YOU!

As you see, my painting is also very basic and nothing like I usually do 😊 - but I love it because it's perfectly imperfect - just as me! We are **HUMANS** and here to experience it ALL. It holds the exact frequencies needed for me at this time and the energy is so amazing! Further down I show you my very first painting attempts 4 years ago - so you feel motivated!

### Reflection Questions & Journal Prompts:

- How did you feel while painting? Did you feel excited? Was it fun? Did some blockages or doubts come up? Good! That is what is **LEAVING**!
- Put your symbol somewhere where you can look at it during the rest of our journey. It is your guide and energetic help and it is infused with higher frequencies, your essence and codes. Be proud of whatever you have created! Like a parent to his child when they painted something and come running with glittering eyes to show their masterpiece!
- Make a list of everything that you think is hindering you to live the life of your dreams. Now, imagine that you don't have to take care of all this. Before going to bed take the list, read it out loud and finish up by saying: And now, I hand everything over to you, love. Tomorrow I am waking up in my highest timeline, knowing exactly what to do!
- Every time you step through a door internally say: I am stepping into my highest, most abundant timeline! And **FEEL** the excitement of it - that what you seek is seeking you!
- If you feel like it, send in your Symbol! I would love to see your creation! I will definitely respond back to you!
- Who in your life is your "Lavender"? The people that light you up, believe in you and support you? The ones that would speak up for you, even if you are not there? Even if its just one person! Those are your people. Cherish those connections and tell them you love them and how grateful you are for them being in your life.

## Declarations:

- Life - Show me what I can do, that I don't know is even possible yet!
- I decide that I no longer subscribe to overwhelm. I choose to live a life full of purpose and peace.
- I am a beautiful piece of art. There is no one like me in the whole universe! I am special and I know that by simply being me I am doing my job. I can relax.

Here are some of my never published VERY VERY first paintings, where I bought the cheapest colors and sheets/canvas from the Chinese shop. I didn't even know how to paint a flower and hold a brush! This was 2020. I couldn't stop and I didn't care how it looks, it was just SO MUCH FUN! I hope that this inspires you! It's about taking the first step!

