

# SoulAssist Studios Presents

## *Spring Ritual: Portal to Your Powers*

**Intentional Creativity Daylong Painting Journey for Women**  
***with Certified Color of Woman® Teacher and Creative Mentor, Amber Samaya***



*Spiral Portal - acrylic on 24 x 36 canvas - amber samaya*

[Skip ahead to registration form](#)

## The Invitation

As spring settles in with its gentle reminders of the tenacity of life, at a time where the light and darkness are in balance, you are warmly invited to step across a sacred threshold to gather with women in creative circle, honouring the cycle of dormancy to renewal, connecting with your sources of power, and awakening creative life force! In the incredible and bewildering times in which we live, understanding our powers and how to access, use, and channel them is a crucial gift to ourselves and our world.

This day-long immersive experience will take place in an outdoor sacred creative space near the ocean, held within a beautiful bell tent called 'The Selkie Temple'. This is a space dedicated to community gathering and healing. Together, we will enter a process designed to support you in accessing, activating, and embodying your powers - coming into relationship with power as a dynamic matrix, a weave of many threads, rather than a singular, static, individualistic force.



*The Selkie Temple*

# A Map of the Creative Journey

Through a guided, step-by-step Intentional Creativity process, you will:

- Connect in Red Thread Circle to set intentions, get to know those who have gathered, and learn about Intentional Creativity practice
- Create meaningful painted layers with symbolic connections (the underpainting)
- Receive coaching and practices such as journal inquiry, somatic gestures, and playful exercises to touch in with your inner guidance system
- Explore a new definition of **Power** as a dynamic matrix and recognize where power sources may be hidden, diminished, isolated (not situated in an ecology), and constrained
- Meet the voices of the *critic* and the *muse* and learn how we unconsciously shut down or enliven creative and intuitive access
- Experience creative flow state that supports nervous system regulation, heart attunement and 'feelin good!
- Engage active imagination as a doorway to the superconscious
- Tune into breath as a portal to presence and coherency (the baseline for accessing power and good decision making)
- Rest in supported group stillness accompanied by music



All of this will culminate in the creation of your own painted **Portal** which will serve as a visual and symbolic reminder of the access point to your power matrix, and how to position yourself, through breath, heart attunement, receptivity, and listening to step through!

**There is no one-size-fits-all outcome.** No painting experience is necessary. Intentional Creativity methodology is not about technique, but about the transformational power of creativity when it is consciously directed, embodied, and experienced in community.

So this, I believe, is the central question upon which all creative living hinges: Do you have the courage to bring forth the treasures that are hidden within you? - Elizabeth Gilbert



*Circling up at The Art of Restorying Yourself workshop in Squamish, 2018*

## Location and What to Bring

We will gather in an outdoor sacred space close to Donkersley Beach, south of town, inside a bell tent designed for creativity, healing, and connection. Expect beauty, warmth, and intentional space-holding.

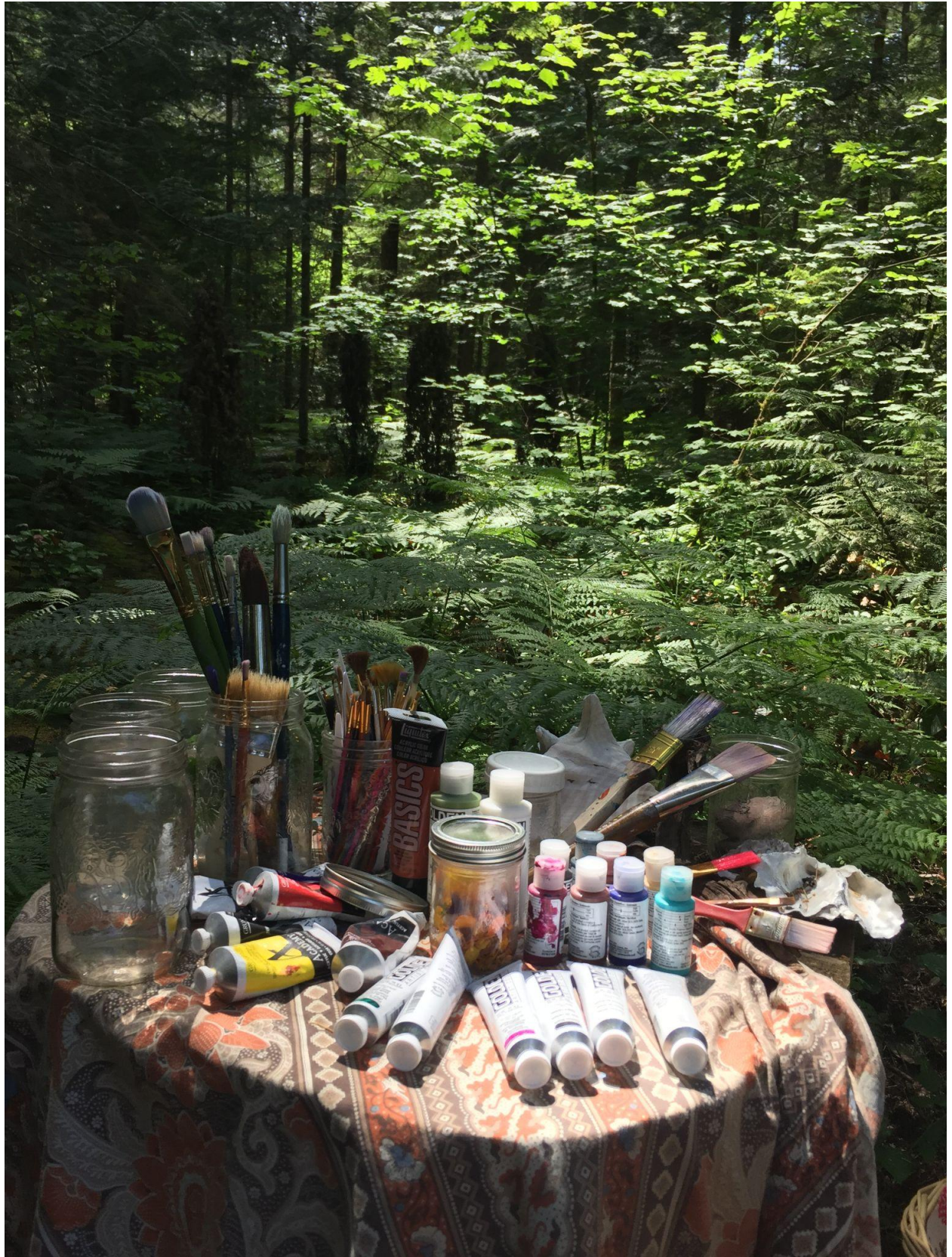
All materials are provided:

- Canvas
- Paint
- Easels
- Brushes

Snacks, tea, coffee, and beverages will be available throughout the day.

**\*\*Please bring a bagged lunch in case snacks are not enough to fill you up or you have special dietary requirements\*\***





## Event Details

**Date:** Saturday, April 18

**Time:** 10:00 AM – 4:30 PM

(Includes a 1-hour lunch break)

**Investment:** \$145 per person

Sliding scale and payment over months available to support unbarriered communing and creating!

**Space is limited to 7 women** to catalyze intimacy, depth, and ease.



## Is This For You?

I don't feel it is useful to provide a measuring stick, listable, or pain point overview to help someone determine whether my offerings are 'for' or 'not for' them. At the heart of my dedicated work with women is my trust in your ability to access your inner guidance system and feel into your yeses, your nos, your maybes... and your curiosity.

If this invitation fills you with a yes or some curiosity, I simply encourage you to follow that thread. 💕

## To Register

To reserve your space in the workshop please fill out the Registration Form below:

[CLICK HERE TO REGISTER](#)

**If you have any troubles with the form, you can email [ambersamaya@gmail.com](mailto:ambersamaya@gmail.com) or text 778-970-1264 for support with registration.**

Early registration is encouraged as spaces are intentionally limited. Registration will close Thursday, April 16.

**\*\*If finances are limited but you would like to attend, please feel free to reach out for sliding scale or payment over a few months [ambersamaya@gmail.com](mailto:ambersamaya@gmail.com)\*\***

## About Amber



I am a dynamic creative and self proclaimed 'Metamodern Mystic' who offers my living expression of creative lifeforce and soulful wisdom with the hope to inspire and encourage others. I embody the energies of artist, musician, poet, and 'soul doula' dedicated to coming alongside others to support deeper connection to their soul's truth and Earthly life path.

In these modern times, many speak of feeling disconnected, isolated and fragmented, making agency, community, and life path determination a challenge. Without the container of 'the village' to hold and support us, we often do not have a clear sense of how to make contributions to the world and carve out our identities. With deep integration and integrity, I model ways of simple and intentional living that lead to contentment, self awareness, coherency, interconnection, and the cultivation of personal and communal medicine. Such medicine grounds and supports us as we make the complex journey toward interbeing and self actualization in a hyper individualized cultural framework.

I have intricately curated my music, creative workshops, and coaching experiences to be high-frequency mediums in which soul-sourced insights and renewed self-friendship can gently arise. From this tender and open place, we can harness creative lifeforce energy to support us in finding our feet as we integrate new ideas, insights, and patterns of being in more consciously-directed ways.

It is my belief that personal healing and transformation comes through the open space of surrender, the fortification of divine wisdom, and the structuring frequencies of Love and Grace. We will constantly be in cycles of death-life-death and therefore healing will be an iterative

process as long as we are embodied. Seeking out ceremonial, creative, and curated ritual space for meeting the energies of change and transformation in our lives is paramount.

I offer a variety of soulful experiences including Soul-Assist Creative Workshops (daylong and 3-day immersive), Soul-Assist 1:1 Mentorship Journey (8 months), Write/Rite to Heal Workshops, Meeting the Voice Workshops, Social Media and Me Workshops, women's Red Thread Circles, and individual Red Thread Insight Sessions. Each workshop is designed to create a nurturing space where participants can explore their creativity, express themselves in full, and create new patterning.