

■ Reconnecting to Your Inner Self:

3 Healing Prompts for Women Through Art, Word, and Soul Expression

by Blair Ricker | www.blairricker.ca

■ Introduction: A Note from Blair

Welcome, love.

My name is **Blair Ricker**, and I am an **Art Healing Practitioner, Artist, and Poet**. Through my work, I guide women back to themselves — to the quiet spaces beneath the noise, where truth, beauty, and healing live. My sessions weave **somatic art healing, poetry, and intuitive word therapy** to help you release emotional blocks, awaken your creative voice, and rediscover your sense of worth and wholeness.

I believe that art is a sacred language of the soul — and when we create from the heart, we begin to remember who we are.

My book, *Love Always, A Broken Heart*, was born from this belief. Each poem is a fragment of healing — a gentle reminder that even in our brokenness, there is beauty, and even in grief, there is grace.

This gift is for you — three healing prompts to begin your journey inward. Each one combines art, words, and emotional release to help you reconnect with yourself in a deeply personal and meaningful way.

■ Healing Prompt 1: “The Art of Remembering Her”

Intention: To reconnect with the parts of you that have been silenced or forgotten.

Mediums: Acrylic paint, collage, or mixed media + journaling.

Prompt:

Paint or collage an abstract portrait of “her” — the version of you that existed before the world told you who to be. Don’t focus on realism. Focus on *feeling* — color, shape, texture. Let your intuition choose what emerges.

Then, write a short free-verse poem beginning with:

“She once was...”

Allow the words to flow freely. Don't edit. Let your heart lead the pen.

When finished, hold your hand over your heart and whisper:

“I remember you.”

Healing Reflection:

This practice reawakens self-trust and compassion. It reminds you that you are not lost — only waiting to be found again.

■ Healing Prompt 2: “Letters from the Heart”

Intention: To transform emotional pain into creative power.

Mediums: Pen, paper, watercolor or ink wash.

Prompt:

Write a letter to your heart — as if it were a friend. Ask it what it needs. What has it been carrying? What has it been trying to say?

When you finish, create a simple watercolor wash over your words — blues for sadness, reds for passion, golds for healing — allowing the ink to bleed and merge. Watch the words soften and blend, symbolizing the release of old stories.

Then write:

“Love always,

A broken heart — healing.”

Healing Reflection:

Inspired by Blair’s book *Love Always, A Broken Heart*, this exercise transforms heartbreak into self-compassion, helping you see pain as a passage — not a prison.

■ Healing Prompt 3: “She Heals Within”

Intention: To anchor your healing in the body and the present moment.

Mediums: Charcoal, pastel, or finger paints + spoken word.

Prompt:

On a blank page, trace the outline of your body — hands, heart, or silhouette. Within this shape, draw or color what healing feels like. It might be light, warmth, movement, or color.

Then, stand before your creation and speak aloud:

“She heals within.”

“She is becoming.”

“She is me.”

Healing Reflection:

This prompt grounds healing in the physical form, connecting your emotions with your body’s wisdom.

If you feel moved by this practice, consider joining **She Heals Within**, my 14-day immersive art and healing journey designed to awaken your inner artist, nurture your emotional landscape, and guide you back to your intuitive self.

■ Continue Your Healing Journey

You've taken the first steps toward remembering your wholeness.
Now, let's deepen that journey — together.

■ **Book a private Art Healing Session** with me to explore your emotions, creativity, and spiritual growth through guided somatic art healing and poetic self-expression.
Visit www.blairricker.ca to schedule your session.

Or, if you're ready for a powerful community experience, join **She Heals Within**, my 14-day healing circle for women — a transformative blend of art, writing, and embodiment practices that will help you reconnect with your inner truth.

Because healing isn't about becoming someone new — it's about coming home to who you already are.

■ About Blair Ricker

Blair Ricker is an **Art Healing Practitioner, Abstract Artist, and Poet** dedicated to helping women reconnect with their emotional and creative selves through art, word, and soul work. Her intuitive sessions and programs merge **somatic art healing, poetic reflection, and energy awareness**, creating sacred spaces for transformation, release, and renewal.

Her debut poetry book, *Love Always, A Broken Heart*, explores love, loss, and the sacred act of self-return. Through her one-on-one sessions and group journeys, Blair invites you to find beauty in the broken, peace in the pause, and healing within your own hands.

Discover more at www.blairricker.ca and on Instagram [@blair.ricker](https://www.instagram.com/blair.ricker).