



EDUCATION KIT FOR
CONSCIOUS COMMUNITIES

SPIRITUAL SELF & SOUL SPACE
'IN RHYTHM' 2026

WWW.SPIRITUALSELFANDSOULSPACE.COM

Education Kit – Spiritual Self & Soul Space 2026

Introduction

The Education Kit is divided into 4 sections.

Insights into Modalities of Healing

Conscious Thought

What is an Oracle?

Global Enrichment Digest – Sound Healing

Content for this Education Kit recognises inclusivity for Conscious Communities comprised of: Conscious Families, Parents, Teens and Children, Partnerships, Group Hubs.

Conscious Communities are proactive seekers in widening their learning and awareness for current cultural situation, philosophies and ideas. Their lifestyle situates faith and personal growth at their centre naturally through their engagement of various practices, shared. All conscious people look different and have each an individualised character, contribution and dialogue and identity expression.

Values for encouraged dialogues around Cultural learning and Experiences come with ranging ideas and philosophies that may be explored through future visits to the return group show. Artist talks and gallery interactions in the Engagement Program are available as supports. This support is extended by the inclusion of wall information and opportunities to connect as visitors.

Artists breathe meaning in their work and exist with informed, personal purpose. To truly benefit and understand personal meanings and intentions, each Artist may be heard through booked talks and Opening presentations.

In Rhythm, 2026

www.spiritualselfandsoulpace.com

The 2026 Education Kit

For this Group exhibition, the Education Kit has been developed for *Conscious Communities*.

Our audience exists as an inclusive body of engaged participants with ranging faiths and beliefs. The exhibition offers opportunity for increased exposure, digestion and storytelling through faith ideas and practice.

This resource exists to expand conversation and raise visibility for spiritual connections through each healing area.

This resource will be available as a downloadable pdf format from www.spiritualselfandsoulspace.com

Engagement Program for 'In Rhythm' 2026

Our Engagement Program looks at timely, relevant small events and opportunities for engaging in activities around the group exhibition itself. Please see the arising overview with each show, for more information. Artist talks continue to be relevant to Openings as part of each Group Exhibition.

All are welcome to attend.

Artists may be formally booked to present on their work. Thus, allowing for increased information and sensitivity when discussing works.

Please see Enquiries, to get in contact about seminars, artist workshops and Courses as relevant to each Artist, in specialisation. Existing Artist-led initiatives are recognised at the end of this Education Kit.

PART A Insights into Modalities of Healing

1) The Chakras

The theme of Chakras surface in some of the artworks in the group exhibition. Both of the following resources connect to information about the Chakral System and are great stand-alone foundational resources:

Resources:

1. E-Kindle Audio Book – **The Chakras by Sue Bishop** .
Available for purchase and download at an affordable price.
E-Book available now, Audio E-Book available in May.
2. Podcast – **‘Insights for the Evolving Soul’ by Deb Moore**
(Episode 1: Energy Healing & Subtle Energies of the Body)
Accessible via Spotify.

To build on your Understanding of the Chakras, access each essential learning tool.

2) Modalities

A Modality is a method or response to propel healing situation for a person in need. Needs may be various and with an appreciation for degrees of challenge and also the individual’s preference for supportive care.

Vibrational Healing – Is a holistic, energy-based practice that aims to balance the body’s energy field and thus supports physical, emotional and mental wellness. The practitioner uses sound, source and frequency to engage the client in session.

Colour Resonance Healing © (a type of Colour Therapy) – Artists-as-Energy Clients use colour therapy, intuition and artmaking to generate “soul-based art outcomes”. The relationship and correspondence of colour is interpreted based on the energetic imprint of the client. This healing type is used in **Soul-based Art Therapy ©** (Erin Kathleen Muir)

Chakra Balancing – Is the holistic approach of balancing each of the energy centres for functioning and overall wellness and healing. The practitioner may use light, sound, crystals, tuning forks or pendulum to support the balancing of the chakras.

Evolving Soul Healing© - This dynamic system uses muscle testing techniques to identify long-standing limiting beliefs that may be embedded in the subconscious and hindering personal growth. Identifying the source of habits, emotional reactions and negative life patterns can create an opportunity for positive changes to be made. The combination of singing bowls, pyramid, tuning forks, ocean drum and chimes work in harmony to recalibrate the body's energy system and release lower vibrational energies. During each session, you can expect to experience profound shifts in your emotional and energetic states, paving the way for a more balanced and empowered state of being. (Deborah Moore)

Sound Healing – Uses the vibration of instruments such as singing bowls, gongs, tuning forks or chanting to successfully promote physical and emotional wellbeing. The client often experiences deep relaxation, reduced stress and balanced energy.

Forensic healing – Is a system that combines science and intuition to identify through an investigative approach the nature of physical, emotional and spiritual issues.

Reiki Healing – Is a Japanese holistic healing method developed by Mikao Usui in the early 20th Century. It is not considered a religion. The practitioner uses hands-on-healing to channel universal energy to balance the life force energy of the client, thus supporting physical, mental and emotional wellbeing.

Release Therapy - Involves the spirit release of any anomalies that could be impairing the soul of the Client on an emotional, mental, physical and spiritual level.

Activity: Questions

- 1.Can you identify artworks that connect to Chakra symbols or energy themes and ideas? Identify and discuss meanings as you interpret them.
- 2.What faith does the Hrit Padma belong to?
- 3.Beside the chakra symbols, what systems and codes from various sources do you identify?
- 4.The spiral is a universal symbol. Where the spiral is represented, for what meaning, location and context of ideas?

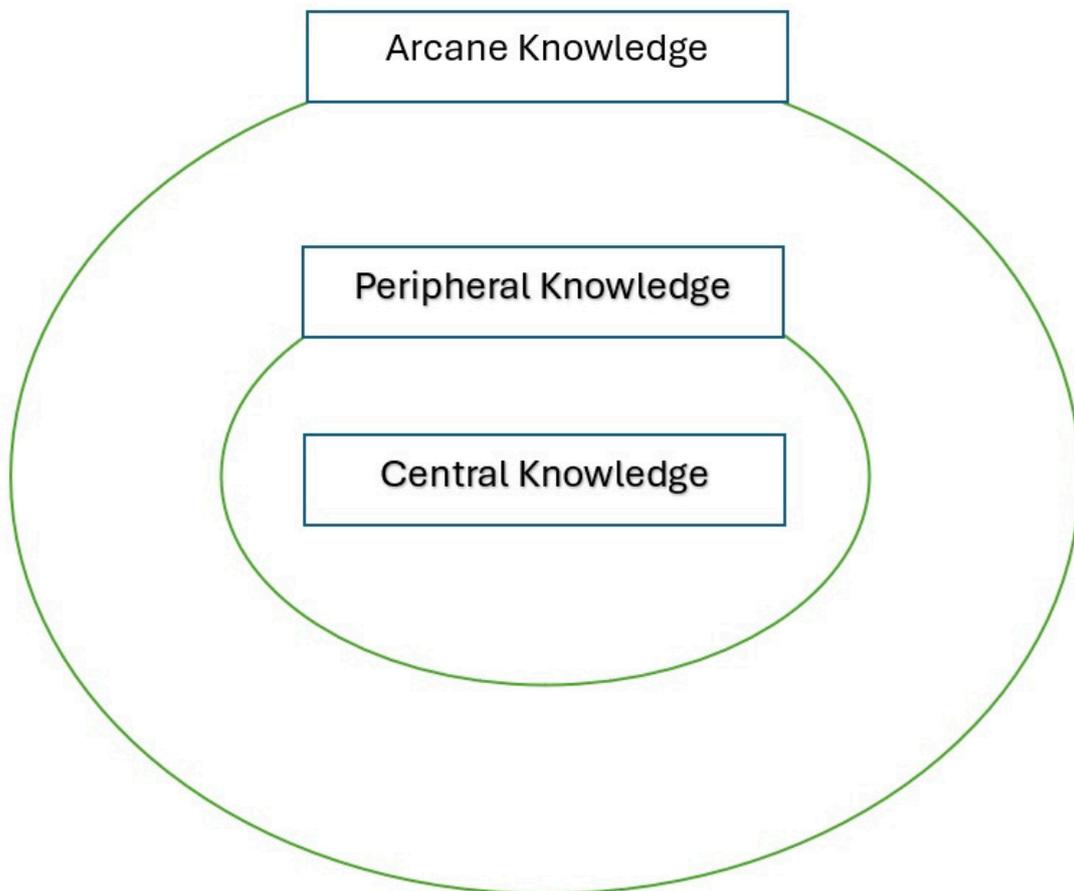
Reflection: Questions

- 1.Locate an artwork by Keith Chidzey depicting the Human Heart. Discuss with another person the visual and faith reference, as you interpret it.
- 2.What significant numbers are highlighted in this exhibition pertaining to Prayer-as-Healing? And can you identify other auspicious numbers and/or symbolic visual references to numbers?

Part B Conscious Thought

Questions:

1. Analyse the diagram that locates particular types of knowledge.



Consider your own Knowledge with reasonable criticism.

2. To what extent are you a Conscious person?

3. What are your strengths and what purpose do you bring to integrating new forms of knowledge?

4. Where do you locate Peripheral Knowledge?

PART C What is an Oracle?

Activity : Questions

In this exhibition, some selections from Deb Moore's revised 'Evolving Soul' Oracle deck are displayed.

- 1.What is an Archetype? What is a Symbol?
- 2.Identify Archetypes and their meanings across individual artworks.
- 3.Read through the Wall descriptions for Erin Kathleen Muir's selections from 'Bird Song'. Define a Bird, then define the song.
- 4.Locate the Tarot card depicted in Erin Kathleen Muir's work in this group show. Consider the cultural meanings of the work and discuss the interpretation with a visitor.

Then, Read Sue Bishop's E-kindle "The Tarot" and find the same tarot card as a contemporary interpretation. Read the description by the author.

- 5.What mediums have each artist in the exhibition used for their Oracle or Tarot cards?

Parent & Child Activity: Children aged 3 - 12yrs

Collect a **Kid's Art Map** and pencils at the front desk to then Find and Identify common symbols from our world with your child. Independence is encouraged and dialogues are valued. Prompts exist for finding birds, animals, suns, stars, moons, crescents, footsteps etcetera to discuss with your child or children. The Body Rainbows Colouring In activity comes with the Art Map to complete.

Every attempted Kid's Art Map receives a Rainbow Candle.

PART D Global Enrichment Digest – Sound Healing

Activity: Questions

Locate artworks in the exhibition that depict Instruments and ritual items used for sound healing and ceremony.

- 1.What national and cultural roots can you identify when viewing the instruments and sound healing objects?
- 2.What natural materials and forms are sourced for these instruments and where from?
- 3.Can you distinguish between traditional forms and contemporary adaptations?

Engagement Program:

The following Engagement Activities will be available to attend throughout the Exhibition's duration. Please see the Booking requirements, if they appeal to you/

Making in the Space

Date: Sunday 27th September All day

Erin Kathleen Muir will be creating art in the space throughout the day at her drawing easel.

Sessions by the Artists

Sue Bishop will also host a local metaphysical cafe talk throughout the exhibition's duration, along with Sound Healing session by Deborah Moore in the exhibition space.

For more information, please see the website for details as published.

Accessing Professional Development & Enquiries

Deborah Moore	<p>Contactable via website – http://thereadingroomwollongong.square.site Commissions – Visual Art & Illustration</p>
Erin Kathleen Muir	<p>Diploma Courses / Fine Art Studio Sienna Art Space – Art School & Holistic Care Contactable via website – www.siennaartspace.com Commissions - Visual Art & Illustration</p>
Sue Bishop	<p>Lifestyle Courses on Metaphysical Subjects Chiara College of Metaphysics Contactable via website - www.suebishoponline.com Commissions – Visual Art</p>
Keith Chidzey	<p>Contactable via website - www.chidzey.com Commissions – Public Art & Sculpture</p>

Credits:

This Education Kit has been produced for Spiritual Self & Soul Space 2026.

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Content for this Education Kit has been made available by the Exhibition Coordinator.

Written by Erin Kathleen Muir.