

◆ SOCIAL MEDIA GRAPHICS TEMPLATE ◆

Title: Create On-Brand Spiritual Content for Instagram, TikTok & More

From Riz & Oriah Mirza – The Ascension Codes

PURPOSE:

This template will help you create clear, professional-looking posts that reflect your spiritual work—without needing to be a graphic designer. Whether you're posting a quote, promoting a session, or offering a teaching, consistency and energy matter.

HOW TO START:

1. Go to www.canva.com
 2. Create a free account if you don't already have one.
 3. In the search bar, type **"Instagram Post," "Quote Post,"** or **"Minimal Coaching Template."**
 4. Choose a clean layout that speaks to your energy.
 5. Customize it using your name, font, color palette, and photo (if desired).
-

WHAT TO INCLUDE IN YOUR GRAPHICS:

1. Spiritual Quotes or Teachings

Example:

"You are not behind—you're right on divine time."

Add your name or handle at the bottom.

2. Session Promotions

Example:

Now Booking: Soul Reading Sessions

[Insert your link or website]

3. Client Testimonials

Create a branded template where you can plug in feedback from clients.

4. Educational Posts

Example:

3 Signs You're Ignoring Your Intuition
Then break it down into short, clear points.

5. Offerings Carousel

Create a multi-slide post listing your services or a single offering in detail.

SUGGESTED DESIGN ELEMENTS:

Fonts:

- Heading: Playfair Display, Cormorant, or Cinzel
- Body: Lato, Montserrat, Open Sans

Color Palettes:

- Deep indigo, gold, cream
- Soft rose, clay, moonlight grey
- Sage, copper, pearl white

Image Style:

- Clean, open background
- Natural lighting
- Altar, crystals, candles, elements of your work

REMINDERS FROM RIZ & ORIAH:

- Energy first, aesthetics second. Let your presence guide the visuals.
- Stay consistent, not perfect. One powerful post is better than ten unfinished ideas.
- Speak from your voice—your audience feels authenticity more than polish.