

Book 10

consider the lilies

Creative reflections & painting exercises.

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“A lily or a rose never pretends, and its beauty is that it is what it is.”

Jiddu Krishnamurti

“I have desired to go Where springs not fail, To fields where flies no sharp and sided hail And a few lilies blow And I have asked to be Where no storms come, Where the green swell is in the havens dumb, And out of the swing of the sea.”

Gerard Manley Hopkins

Welcome to this series of encouraging eBooks based on my visual journey through tough moments in time. A project that needed isolation and some reflective time to kick start it to birth!

Come with me to gather our thoughts and express them creatively each week as an offering, releasing them to a safe place for your hopeful soul, and a record of this moment in time.

Each week you will be encouraged to paint, draw, collage, mold, sculpt etc. something in response to this water-drop in the size of 12x12cm square. You might like to find a blank journal to collate them into as you go, and watch the outcomes emerge to each week. Feel free to just take 5 mins or 2 hours or more hours, whatever time you have to give.

If you are not in the head space to create or even write at this time, (which many are at this time during the writing of this book Covid - 19)) come and enjoy the read and take in the visuals and let that be all you need at this time.

PS: I will refer to my spiritual journey which includes the words 'Creator' or 'God'. Just as Julia Cameron mentions in her book "The Artists Way" "You can of course replace God with a word that resonates with you, Universe, Source, Higher power, Spirit Above etc.



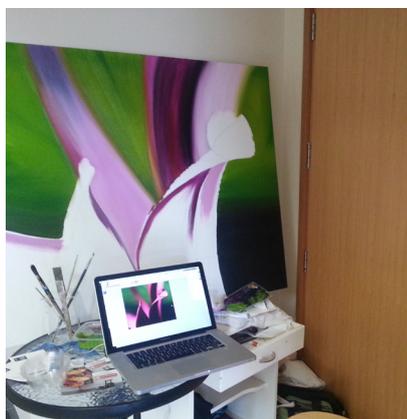
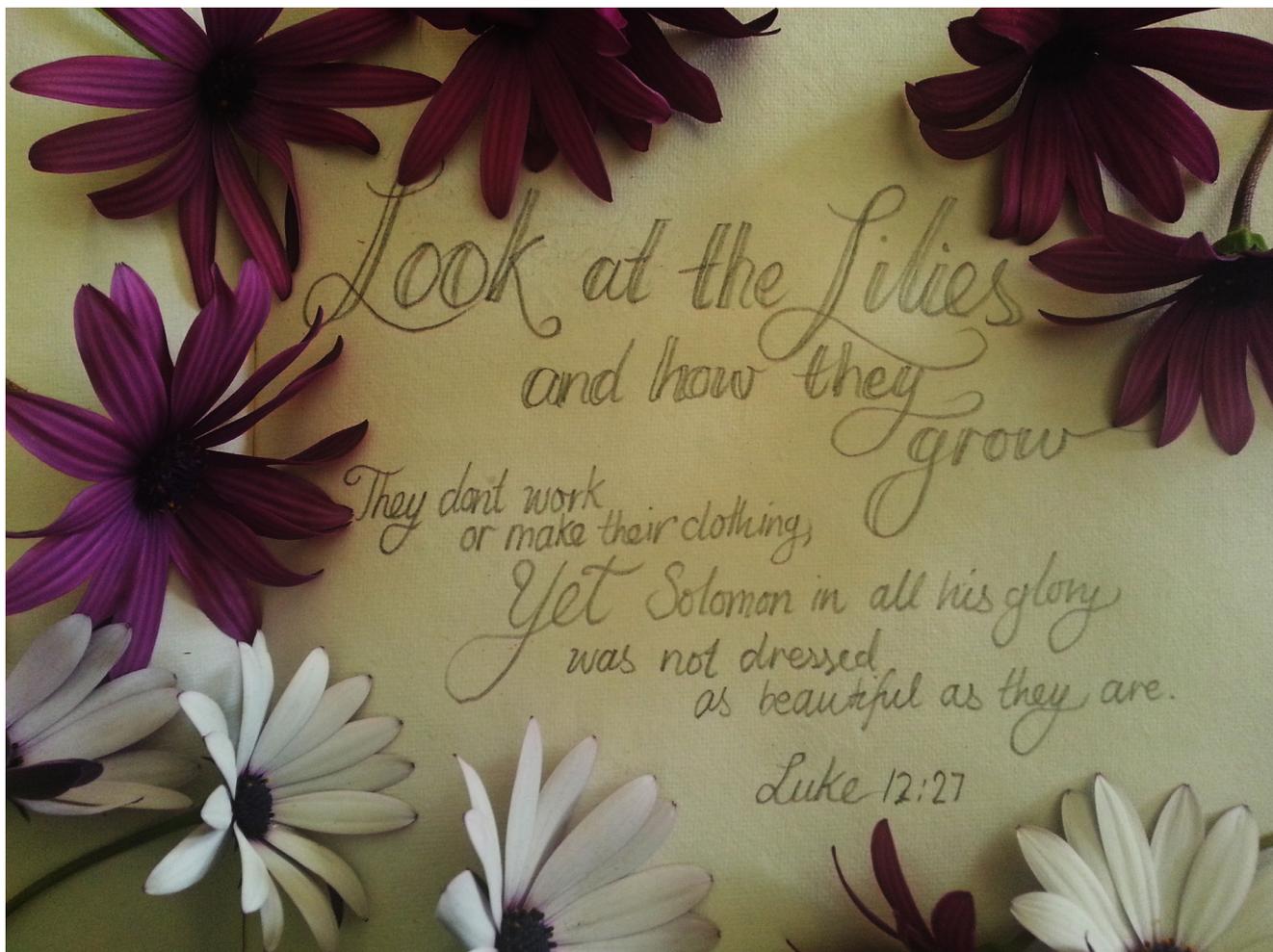
Contents

Follow your heart:

REFLECT

CREATE

FLOURISH



Consider the lilies

Sometimes I have an image in my mind and try to re-enact it the best I can. This was one of those attempts. I wanted a close up of a water-drop on a pink flower. I took a day or so to photograph some different flowers with a wonderful close up lens on my camera. I managed to capture this just as I had imagined!

On occasions also I get invited to paint at events. I was asked in this case to be part of a creative celebration event called "Sounds of the Nations" I settled into the foyer for the weekend with my paints and really enjoyed painting and chatting to people about what I was doing.

This image says many things. The bright colours remind me of life, fun and spontaneity. On a deeper level the image as a whole was to be a reminder to 'stop and look at the roses' so to speak!

'Consider the lilies' title is taken from an old book. "Look at the lilies and how they grow. They don't work or make their clothing, Yet Solomon in all his glory was not dressed as beautiful as they are."

Everything in this world has its place and its timing. When we stop and take time to consider the flowers, the birds, all of nature as a whole and how beautifully each part dances in harmony, it can change our perspective on our own lives.

This very thought helps me see there is a bigger picture, a God that is at work, beyond my own understanding. So for now I give thanks for each day, knowing that all is in perfect hands.





Reflect

This eBook was written during the 2020 Covid-19 epidemic. A time where many all over the world have had to slow down, stop and consider much! As you reflect on your life during this time/that time, what things do/did you notice you considered that you had not before? What things are you really grateful for that you may not have thought about before?

List four of your favorite flowers or plants. Take some time this week to look even more closely at their detail that you have before.

1. _____
2. _____
3. _____
4. _____

This exercise reminds us to take notice more of the beauty around us, in each other, in nature and in the things we take may take for granted in the simple things we have in our every day life.



Create 12x12

Depending on what you have at home, print out the previous page, (the Restoration image) **or the next page after this** and create your own version of it. (if you don't have a computer, you might like to try tracing it from the computer screen even (use it as a light box)!

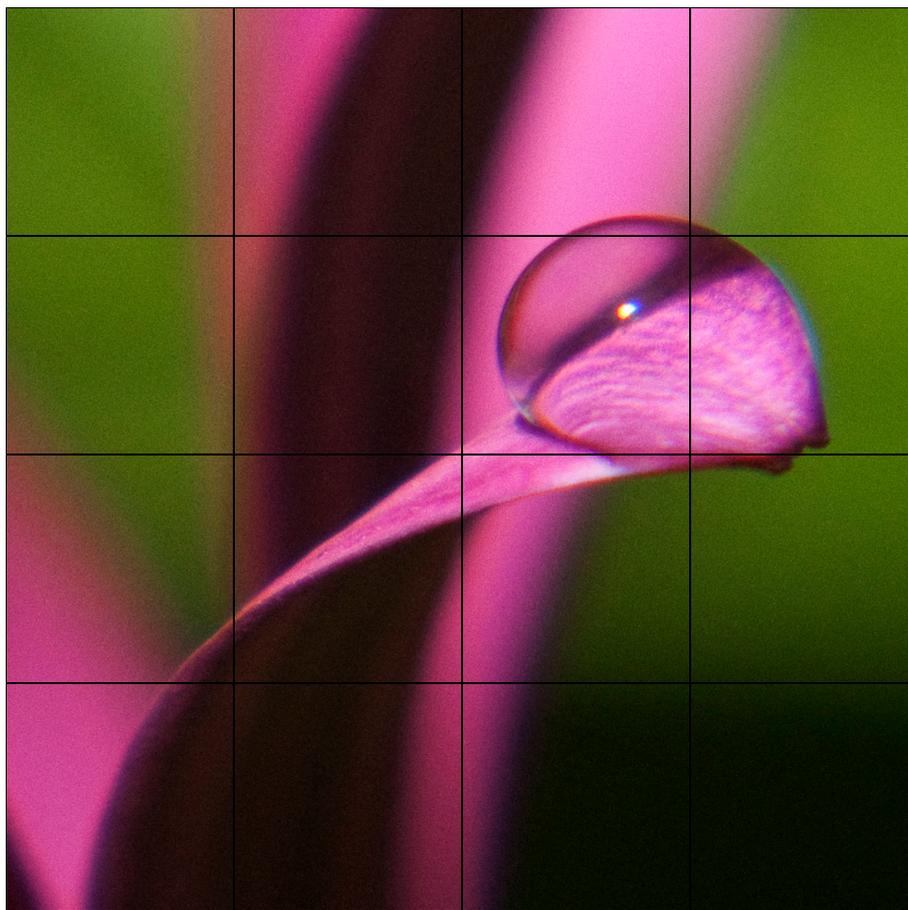
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

If you want to paint this image in oils and realistically you can go to the link provided in on-line course.

The most important thing is you listen to your heart and do what it says, even if it feels a bit silly or strange. Whatever you create will be absolutely perfect and right! Over the next few months we will be collecting all of our "Create 12x12s" into a visual journal. I encourage you to find a blank book and place your mini artworks in there and write a short reflection to go with it.

Many have found these small painting activities and exercises really helpful to document life as it is. It might be during a difficult time, or a special moment in life. Whatever it is, embrace it as yours, it does not need to be refined or perfect. Please the most important thing is to ENJOY!

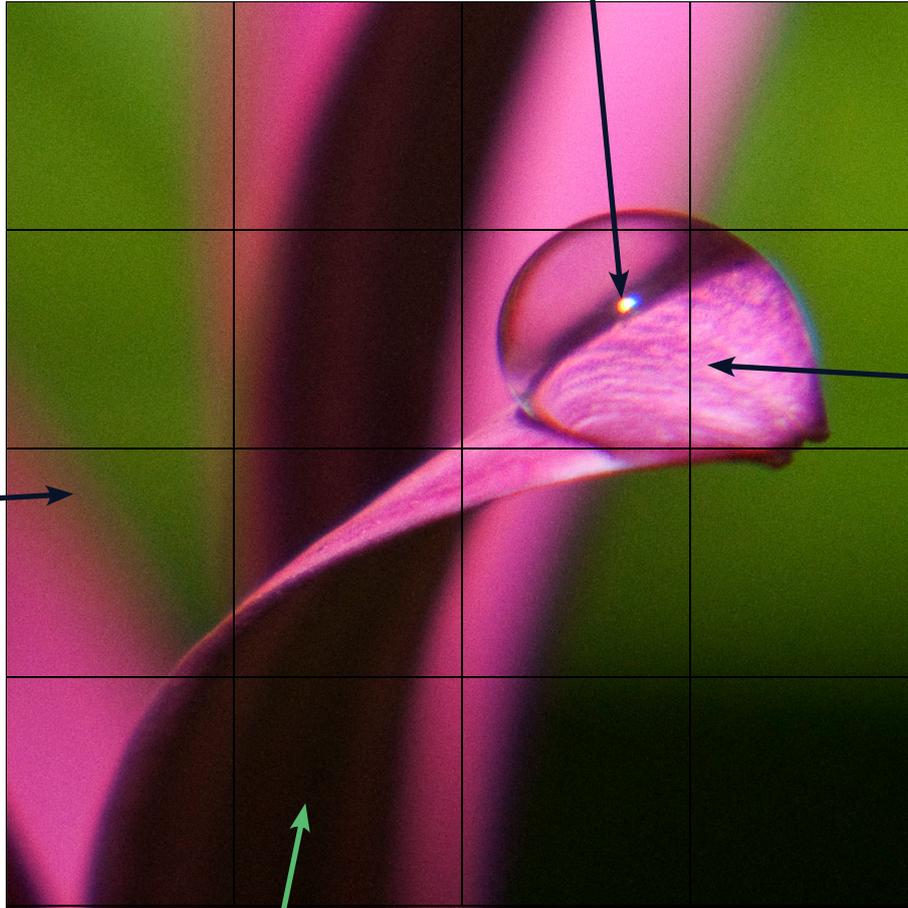
(C) Please note that this photo reference is for your use only. Paintings produced using this photo may not be exhibited in gallery exhibitions, but freely given as gifts among friends and family.



C R E A T E

Note the orange to the left and bright blue to the right of the white dot here!

Have fun blurring these edges. Golden yellow can add a beautiful way to transition one colour into the next



This part of the water-drop is one of the lighter areas of the painting. Its important to not get it too dark but also not too light also! The darks and lights are really important here

This area has some magenta or a bright red also.

Jewel Brushes

BRUSHES

This is a capture of all the brushes I use.
The larger brushes are used mostly for background work on large canvases.

Rigger

Flat

Large Filbert

Angle

Filbert

Round



Brush sizes are: 4, 6 & 8 filbert (with rounded edges)

Consider the lilies Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Cadmium Green (or just a bright green),
Australian Green Gold, Ultramarine Blue, Magenta, Spectrum Vermilion (bright red)
Bright pink (I use COBRA Permanent Red Violet light - Water soluble Oil Paint)



Florish

Just the colours alone in this piece
can bring you a smile!

*When you have finished painting
this beautiful flower and drop. Take
a close look at your own painting.*

*Write down the parts you enjoyed
the most.
What are your favorite bits?*

*If the painting could talk, what
would it be saying to you today?*



consider the lilies

These eBooks are dedicated especially to my women's painting group in Warburton.
These women openly share life, paintings and journeys. They remind me of what
community is about, and how important connection and creativity is to keep us sane
and open to what it can do to heal our
brokenness, in the ever changing world around us.

VIDEO tutorials/courses of this exercise can be accessed at:

www. **heather**bradbury.com