

Book 9

jewel

Creative reflections & painting exercises.

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“Precious jewel, you glow, you shine, reflecting all the good things in the world. Just look at yourself”

Maya Angelou.

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



Jewel

This painting image came from a friend's daughter who took the photo in Yosemite in the US. Thanks to Siena Kaylock for the inspiration for this painting.

I made a lot of changes to the image, particularly making the background blurred and different so that the leaves stood out more.

The image was another in a line of reflections about those who are near and dear to me. This image stood out to me because I felt it needed to be shared with a close family member, who I wanted to encourage.

"You are a jewel! you are precious, there is no one like you, you are unique and just as it says in an ancient wise book. "You are more precious than diamonds".

Those times when others have reminded me that I am unique and

valued stand out in my mind, and I appreciate the time others have taken to remind me. I can't help but think right now though of the many who have not been treated as precious or valued for who they are whether it was skin colour, age, abilities, for choices they have made etc. I think also of those unfairly represented and misunderstood, for those that have no voice and have lived with very difficult life circumstances beyond their control.

Many have pushed through and found hope, but many in this world need those around them to help give them strength to push through.

So as you move through this painting, I want to remind you that you are a jewel, but also at the same time to be thinking about those around you who may not have ever been told that they are, and paint this for them.





Reflect

It's not so easy to focus on our own lives and remind ourselves of the good things about ourselves. But I want you now to write down 4 qualities that you know are beautiful or precious. Everyone has them! You are a Jewel!

Now write down 4 people that you think right now might not have had many people tell them they are precious, they are valued and seen.

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

Pick at least one person from your list above and connect with them in some way this week. Maybe you want to send them an anonymous gift of flowers or card, because they don't need to know it's you, but if you think they would benefit from knowing it is you, do sign your name!



I wanted to use this photo reference for this exercises because it was from my Mums favorite rose bush in her garden taken a few days after her funeral.

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)!

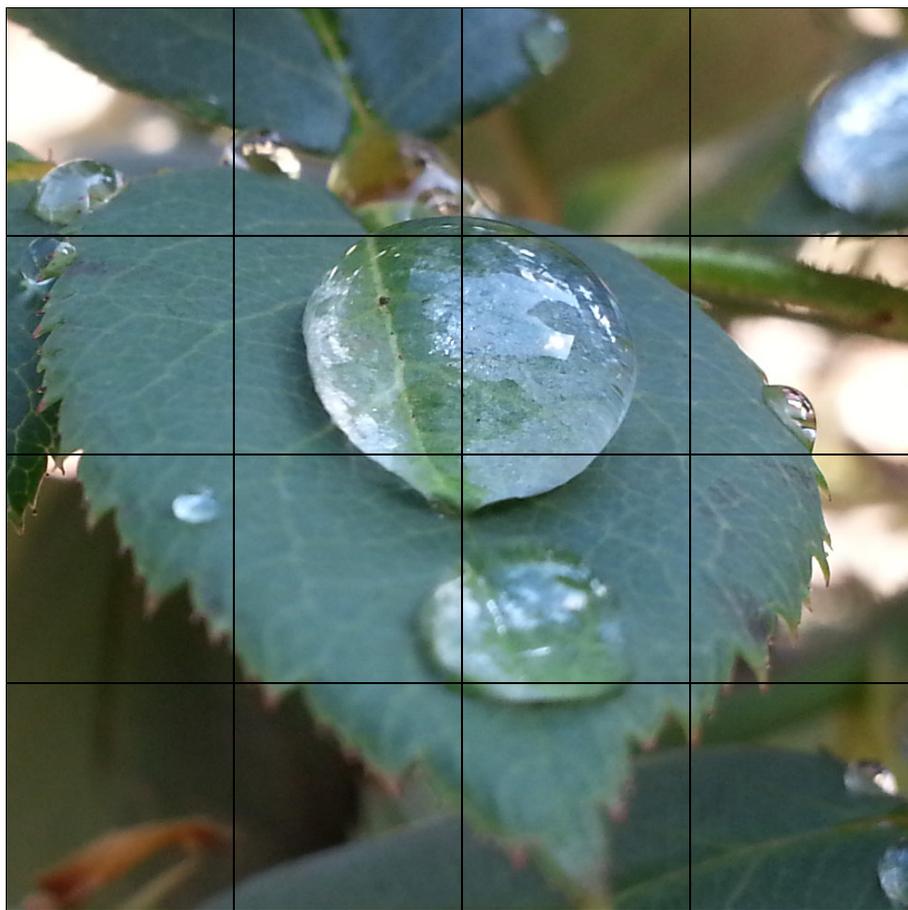
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

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!

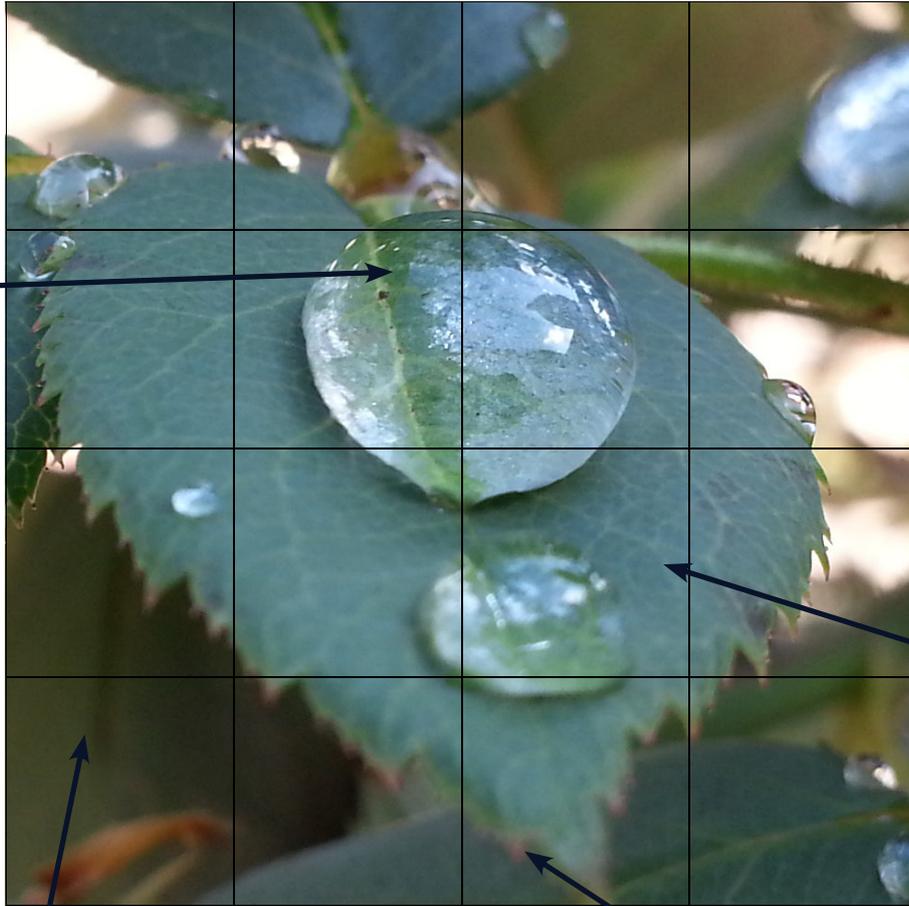
(C) Please note that this photo reference is for your use only. Paintings produced using this photo may not be exhibited in gallery exhibitions, but freely given as gifts among friends and family.



C R E A T E

The is a lot more detail in this that what I have painted. Especially the veins in the leaf. Do feel free to take longer and really examine the image on your ipad or computer to see more detail.

Be sure to make the water drop have some brighter green colours inside of it. The water enhances colour, so it looks more real if you do that!



In the video tutorial I have just made the background very plain, you can do the detail if you like, i just wanted to show you an easy way to get it done quickly.

Dont forget these lovely magenta type tips on the leaves they look great!

Sometimes this prints out very blue, so be sure to add some natural greens to bring back the natural colours

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) And a size 0 round.

Jewel Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Burnt Umber, Golden Yellow, Cadmium Green (or just a bright green), Australian Green Gold, Phthalo Blue, Sapphire, Turquoise, Magenta



Florish

What does the word 'Jewel' bring to mind for you? Maybe it draws you to different imagery, if it does write down your thoughts here...

This week is also about finding time to do something for yourself. Here are some examples.

Or write yours below!

- 1. Have a long bath*
 - 2. Go have a massage*
 - 3. Sit and read a book*
 - 4. Sleep in longer than you usually do*
 - 5. Draw, Paint or doodle for as long as you like.*
 - 6. A quiet night by candle light*
 - 7. Go have a cuppa with a friend*
 - 8. Buy a treat just for yourself*
 - 9. Do a creative project that makes you really happy.*
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jewel

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