

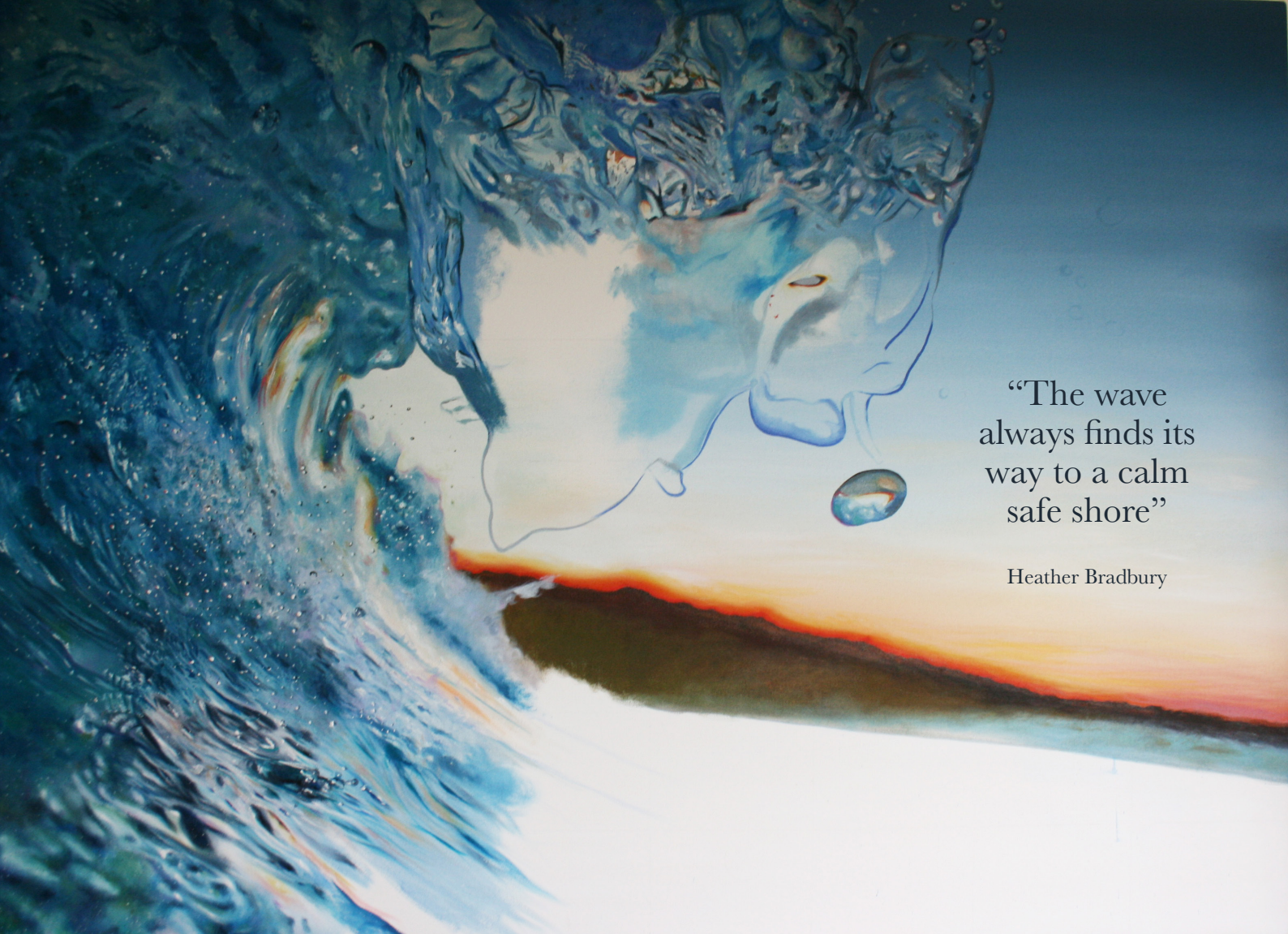
An abstract painting featuring a face-like form composed of swirling blue and white textures. The face is positioned in the upper half of the frame, with a rainbow-colored horizon line below it. The background is a mix of blue, white, and black, with a dark, starry area at the bottom. The overall style is expressive and textured.

BOOK 5

trust me

Creative reflections & painting exercises.

WWW.HEATHERBRADBURY.COM



“The wave
always finds its
way to a calm
safe shore”

Heather Bradbury

Sometimes in the waves of change
we find our true direction

Unknown

Welcome to this new 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, mould, sculpt etc. something in response to this waterdrop 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, which is totally fine) 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 resignates with you, Universe, Source, Higher power, Spirit above etc.



Contents

Follow your heart:

REFLECT

CREATE

FLORISH



Trust me

It might seem strange to name a painting "Trust me"! But the concept for me was very strong at the time.

This painting was painted in 2013 a year when I left a very special little town that my children grew up in, and our family grew to love the beautiful surroundings and the people near by.

As life does, things changed, friends grew apart and some of our children started to leave home and we needed to move closer to better education and support for our family to move into the next stage of life.

Leaving the small village we lived in for 17 years was difficult. Packing up, moving all the familiar, and so many beautiful programs and events that I had been a part of I had to let go of. We were literally starting over

and I had to find new ways of living around people I didn't know.

This painting emerged after we had settled into a beautiful rental home overlooking the mountains, with a little studio and I was so happy to know my children could easily access all the interests they needed easily.

'Trust me' was the name that came as I painted this image in my new home. It was the FIRST painting I did in oils! AND OH how delightful it was.

I knew I needed to TRUST the Creator, who had made sure we had a beautiful home, a safe space and a new beginning, even though I missed the old. I was beginning to hear a voice that was reminding me to Trust that everything will settle, and be OK.



*Painting is so much more
than a brush on a canvas,
its a soul journey,*

This week you can learn how to paint
this beautiful sunset wave!

“Sometimes it can feel like life is
crashing in all around us, hard to see
the way to the shore, and drowning in
the discomfort of the daily unresolved.

The words ‘Trust me’ remind us of the
Creator who intricately moves each of
earth’s natural events to run smoothly
and in perfect harmony.

To trust the Creators timing - It is
helpful to know, that the difficult times
will settle, and we can find a calm quiet
place to rest.”

As this book was written during
Covid-19 in 2020, many are feeling the
wave of uncertainty, of sadness, of being
unsettled, and I could believe like a
crashing wave not sure when we will
come up to breath. But as we know, this
time will pass and we WILL find a calm
familiar beach like place to call home
again.

R E F L E C T



Reflect

Take a close look at the wave. Either the painted one or the photograph. Where do you see yourself in the painting? Are you in the wave? Are you on the hillside. Are you flying high in a waterdrop, or somewhere else? Don't think long on it, where is the first place you were drawn to and why do you think?

What are some good memories you have that remind you that there is a Creator bigger than you watching out for you?

Write down 4 of your favorite places you have been to, places that made you feel peace and calm...

- 1.
- 2.
- 3.
- 4.



Thanks to Tim Shaw from NSW who gifted this photo for the use-of painting it in 2013! His photography is amazing check him out here: <https://www.shawphotography.com.au/>

Create 12x12

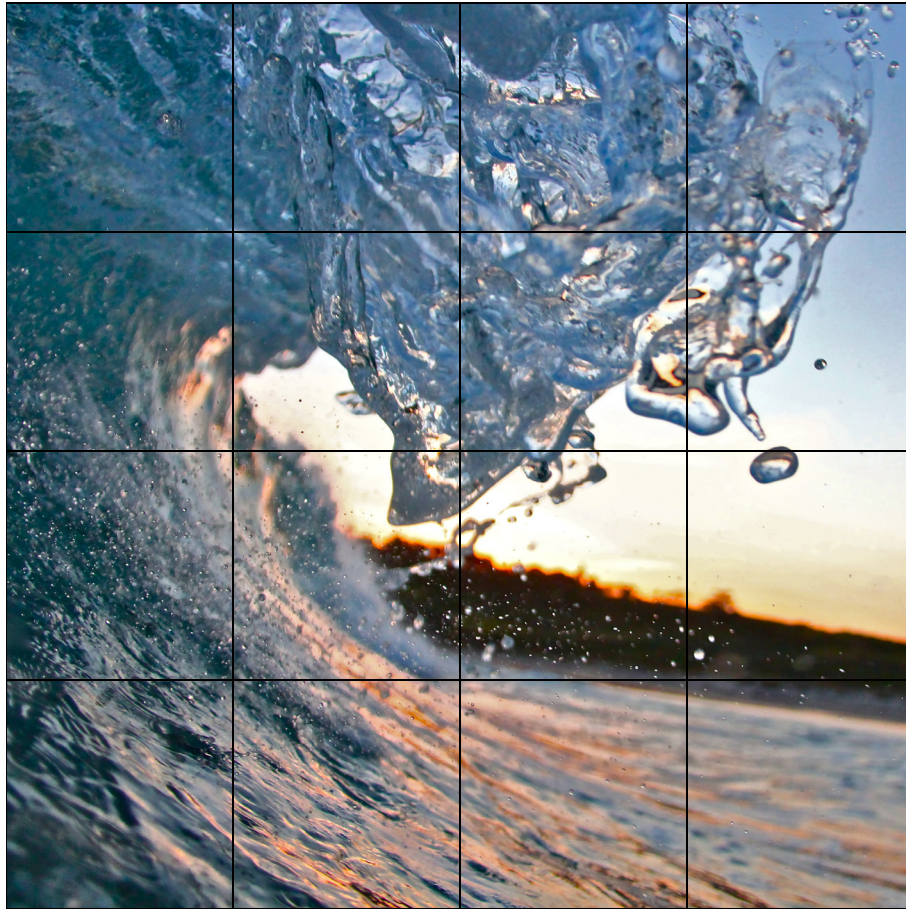
Depending on what you have at home, print out the previous page, (The crashing wave) or the next page after this and create your own version of it. (if you don't have a computer, you might like to try tracing it from the computer screen even (use it as a light box)!

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.

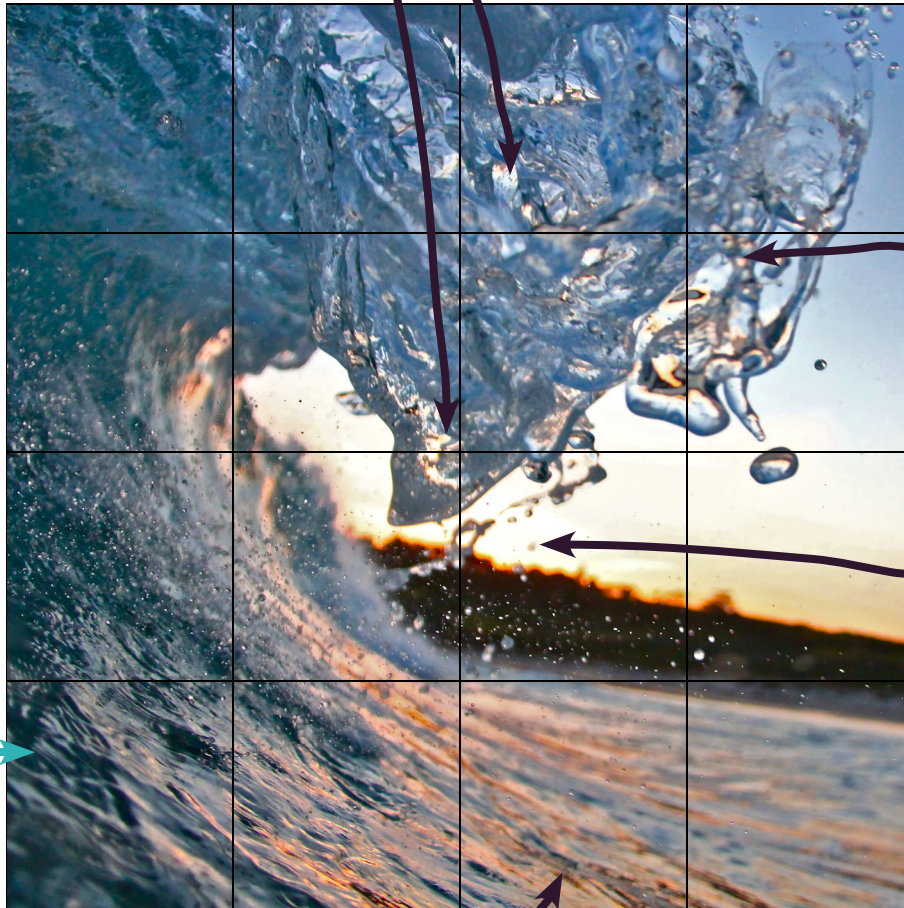
The most important thing is you listen to your heart and do what it says, even if it feels a bit silly or strange. Whatever you create will be absolutely perfect and right! Over the next few months we will be collecting all of our "Create 12x12s" into a visual journal. I encourage you to find a blank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

This is a significantly challenging time in our lives as we manage isolation and changes in our lives, especially not being able to see people close that we love so dearly. It is really important in these times to express what is inside and let it fly, let it free, so you can then tap into the creative flow that always brings healing and hope.



C R E A T E

Add white highlights at the end



These corners have beautiful dark sections made up of Paynes Grey, Torquoise & Sapphire

Hints of peachy colour throughout the whole piece

VERY white at this point where the sun is setting

Dont be afraid to make the sunset a bit brighter than on the video.. the colours on a print out are not as vibrant as it is when you view it on a device.

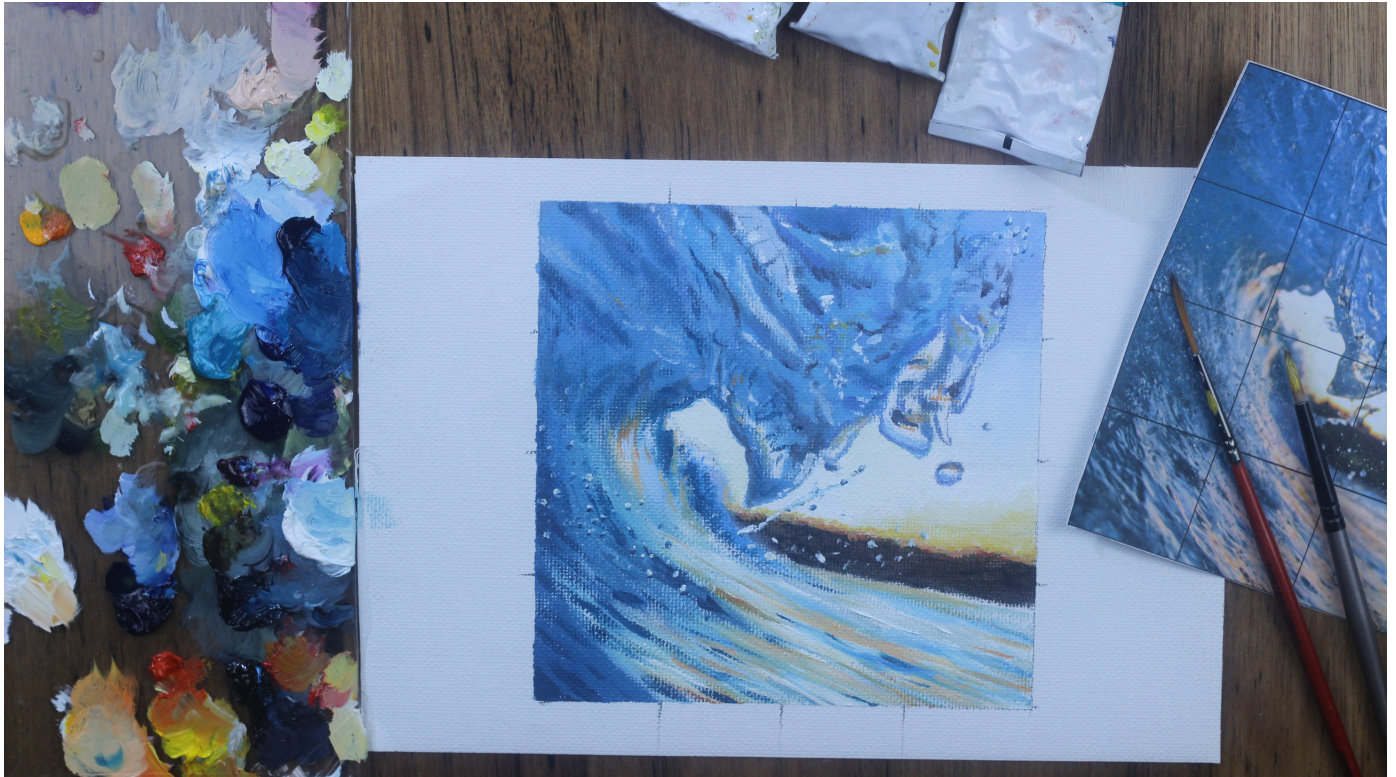
Be careful to have two brushes one with blue and one with the peachy colour rather than using one brush, as your colours here will turn green!

The colours to use for this oil painting are:

Titanium White, Paynes Grey, Spectrum Yellow, Magenta, Spectrum Vermilion (Bright Red) , Phthalo Blue, Ultramarine Blue, Sapphire, Torquoise

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

1 long round. It will help to have two size 6 filberts if you have them so that your blues dont turn green when mixing the sunset colours.



The examples here are for your reference. Please change colours, styles and explore wide what you can do with this image as a reference! The main thing is you follow your heart to create something you enjoy! Please post your work up on our facebook page!

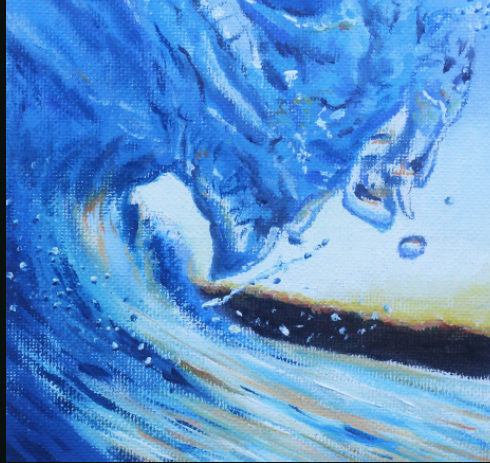
Florish

No matter what your life journey has been there will have been moments of waves that bring you high and flying, or sometimes tumbled and down, but as we look back we have always come through.

As you paint this image, remind yourself of the ways you have been looked after, by friends, by a partner maybe, or a parent, a sibling, a mentor. Even if they may not be here anymore, be reminded of the good moments, the ways they encouraged you or reminded you of who you are.

Sometimes those memories may be hard to find, but as Julia Cameron says: ***“Remember the great Creator loves creativity.”*** and that you are a beautiful creation!

“As we open our creative channel to the Creator, many gentle but powerful changes are to be expected.”



trust me

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