

# Painting

It's a soul journey



heatherbradbury





"Kapi" means "Water" in Pitjantjatjara language  
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Heather is a Photo Realistic Artist, Mentor and Teacher based in  
the Dandenong Ranges, Victoria, Australia.

In this book, she shares her creative journey. After burning out and not  
painting for 25 years, she found new hope and a refreshed skill  
that has now brought healing to her soul, and to others around her.



## **Welcome** to my soul journey!

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In 2013 I embarked on a new creative journey. After 25 years of work as a graphic designer, where I would often work all night, I had to find a new way forward. Through encouraging friends, my spiritual journey, and reading some very helpful books I found something delightful that took me on a whole new path.

I discovered painting, which had died in my soul 25 years earlier. I picked up a brush and wondered if there was still some physical skill left in me. It brought me life straight away and provided healing, deep down. Each painting from that point on tells my story, each piece is a journal entry. My paintings are large

and detailed, inspired by nature and water droplets, reminding me of a creator that has every atom in our universe so carefully in order.

My love of painting and creative passion has been a blessing during the challenges of life; as a mother, a wife, a daughter, sibling, and a friend. I have a profound desire for everyone to experience creativity in a way that brings them alive.

I am currently mentoring and teaching creative direction through painting and drawing and run various courses, classes and programs for people and groups who want to explore the heart rhythm of their creative journey.

***Everyone has the ability to be creative. If we embrace this gift, our soul can awaken and bring new hope and direction.***

I hope you enjoy reading about each piece and find a bit of your own story in its pages too.



## My history

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I was born in Rochester, Victoria, Australia in 1966 and currently live in Kalorama, Dandenong Ranges, Victoria. (I also lived in Tasmania for 18 years) I am a wife and mother of four boys and have worked in the media and graphic design industry for around twenty-six years, connecting with people from all over the world.

I was a finalist in the Tasmanian Glover Prize in 2013 & a finalist in the Fleurieu Art Prize Adelaide 2013.

I held various exhibitions in Tasmania and Melbourne between 2013 - 2017 and produced a book based on my works. I have also been highly commended in art shows around Melbourne.

I have been a coordinator and manager for many community programs in Australia with Indigenous families and overseas. This included running festivals, arts programs, and retreats where I used my creative skills to enhance the experience for those involved.

The last few years I have been teaching and mentoring creativity and art. I also have worked alongside good friend Mardee Kaylock in a partnership called 'The Water Carriers'.

***We love supporting women, helping them find their unique creative voice. We mentor and run courses that bring to light their unique value, and potential as part of a bigger picture within their work and community.***



## Where did it all begin?

### 1. Blessings

2012 | Acrylic on paper | 13cm x 13cm

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After 25 years of working as a graphic designer in addition to undertaking volunteer work in support of our indigenous neighbours and the needy in Greece and Albania, I suffered serious burnout, and needed time to recover.

It was during this time that I decided to begin painting again, something I had not done in 25 years.

A large part of my recovery was embracing the beauty of nature. I took leisurely walks in the forest and along the edge of creeks and rivers, finding a particular affinity with the water that I saw.

It was at that point I found some children's paints and a nice piece of paper to use. Soon after, using prints off the Internet as inspiration, I composed this leaf.

During the same week I felt compelled to draw the same leaf on a much bigger canvas. Surprised, my teenage son said, "Mum I didn't know you could paint!" I responded, "Neither did I".





This is a still from a video a friend happened to be filming as I began my first painting after a 25 years working on computers! The video is on my website

## 2. Blessings (large)

2012 | Acrylic on canvas | 100cm x 100cm | sold

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In order to recover from a meltdown due to being overworked, I needed to stop and be still. I had to give up the things I loved to do, such as my work as a Designer, Media Manager, Community Developer, Festival Director, Leader of Indigenous Connections, and Educator.

I felt that all joy had left my life. It was at this point that a friend said to me: "There are Blessings ahead, you can't see them yet, but hang on in there". The word "Blessings" felt like a promise over my life which gave me the strength I needed to carry on. I pushed away negative thoughts and told myself: "I am an Artist and I have a good future ahead of me".

The very friends who encouraged my positive affirmations bought my very first painting, which is now hanging in their home in Launceston, Tasmania.

I am very thankful to Lea & Spike Mason for their encouragement!



### 3. Tears of life

2012 | Acrylic on canvas | 161cm x 90cm

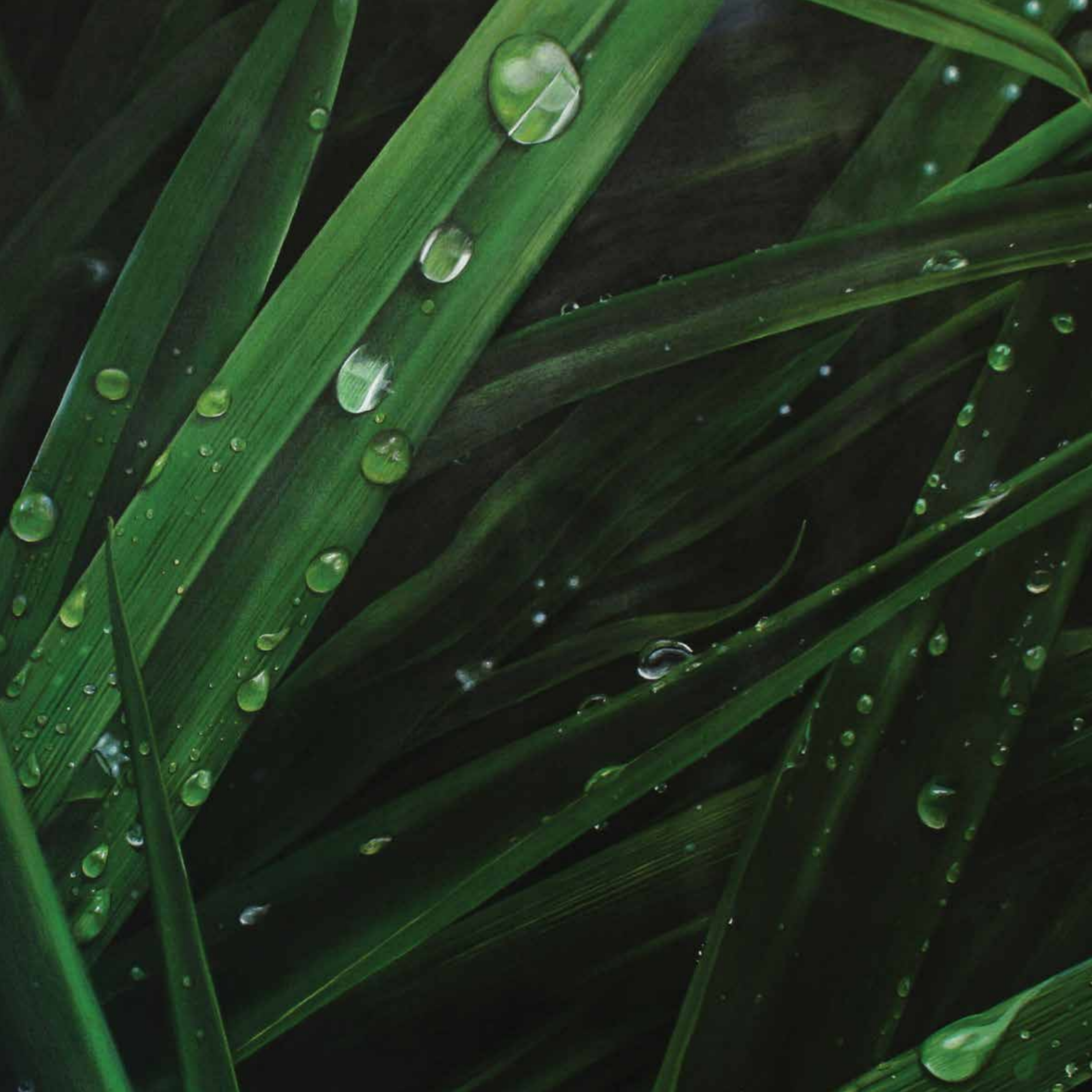
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Gaining in confidence, I wanted to express my inner feelings on a canvas using a photo I took of the leaves from an Orange Day Lilly that was growing in my garden.

The water droplets are symbols of the source of life and of tears; tears of sadness, but also tears of joy and life.

The many layers of leaves are symbolic of the complexity of life, and the varied emotions evoked by our experiences.

As I painted this piece, there was much turmoil going on around me and it helped pull me through. I was filled with hope and gratitude. Hope for the future and gratitude for all I had in that moment.



## 4. Family

2012 | Acrylic on canvas | 91cm x 91cm

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This piece with a simple offering of colour represents all my family. The five large water drops depict each member of my family and the life energy therein. It recognises that family is important, as is life, and that we will always value each other and appreciate one another for who we are no matter where we are or what we decide to do.

This painting came about from a change in our family life. Two of my sons had already left home, taking their journey alone on a ferry across the Bass Strait to Melbourne to begin a new life. They were discovering their own path separate from their parents.

It's hard to let go, knowing you may not have parented the best you could. Did they really know you loved them? Will they see home as a safe place to return?

It was time to trust them to the world, and know that I will always welcome them home.

