



Book 2

tears of life

Creative reflections & painting exercises.

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“Tears come
from the heart
and not from
the brain.”

Leonardo da Vinci



Welcome to the second book in a 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 resonates with you, Universe, Source, Higher power, Spirit above etc.



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Follow your heart:

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Tears of life

This second book in the series brings us to a beautiful extension to last week's single water drop. Tears are such a powerful expression of emotion. We will explore more on what goodness can come from tears!

Each of these eBooks are heavily influenced by Julia Cameron's book "The Artist's Way". Having taught and followed the course a number of times I have seen the profound effect that writing, reflecting and creating has had on many including my own mental health.

These books and exercises are being written during the Covid - 19 outbreak and my attempt to bring together some ways to mark this moment in time in a positive way through painting and drawing and writing your reflections too.

I have had some say they want to follow this journey because they want to remember what it was really like at this time, and to have a visual record for her children and grandchildren to look back on! What a lovely idea!

I will be sharing a painting story each week, and also marrying that with how you can paint or create something similar from your own home. We will also be blending that into how the theme can be encouraging you to expand your own creative story at this time. No experience needed, any skill level welcome. This is not about the outcome but the process, and what the Creator has to reveal will be nothing short of goodness!



2012 | Acrylic on canvas | 161cm x 90cm

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

This week you can learn how to paint a number of waterdrops on leaves/grass.

The painting is called 'Tears of Life' It was the second painting (7 years ago) that I painted after a break of 25 years. It gave me hope that maybe something good might happen in my life.

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.

This activity is for those keen to do some photo realistic work, but please interpret the photo supplied in any way you want.

Abstract is welcome too!

This is just one example of how to respond.

R E F L E C T



Reflect

How many layers can you see in the photo above?

Our lives have so many different layers of relationships, events, emotions and more!

As you begin to turn and face this current moment in time, are there layers that are becoming less important and some that are coming closer and clearer?

Write down 6 things that are really clear to you at the moment

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

This photo has so many waterdrops! Almost too many to count. Notice every one is perfectly different. Remind yourself that you are as precious and beautiful as every one of these waterdrops. Each one is vital and a part of a very huge system of life giving water for our world.

When I was painting this image the drops represented tears of sadness, but also reminded me that every tear took me closer to healing. What do you think they might represent to you right now? Tears of sadness, comfort, joy, or something else?



Create 12x12

Depending on what you have at home, print out the previous page, (green waterdrops photo) 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)!

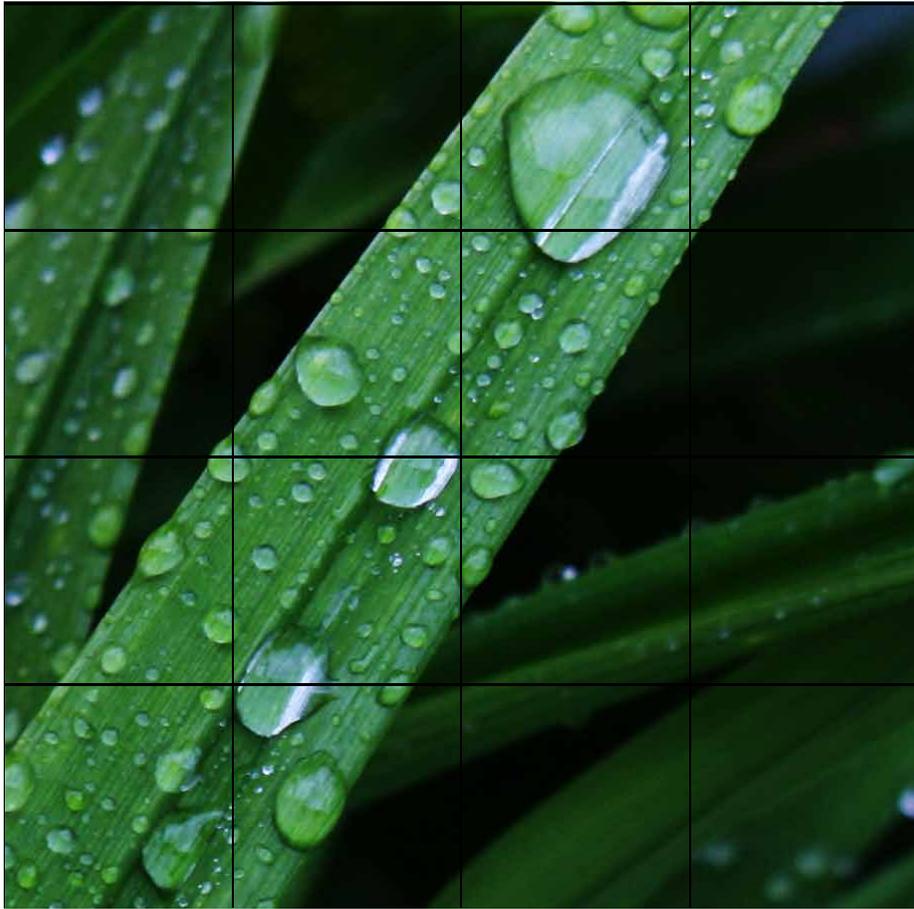
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

If you want to paint this image in oils and realistically you can go to the link below to sign up for your free tutorial!

***@ www.kapistudio.com
coupon: FREEHOPE***

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 time we are in may have brought up emotions and feelings from the past, or just feelings that have not been there before. Take note of them and just acknowledge them and be gentle on yourself. Its ok to go slow, to feel cloudy and unsettled, this too shall pass, tears or feelings need to be expressed, use this painting time to express how you feel right now.



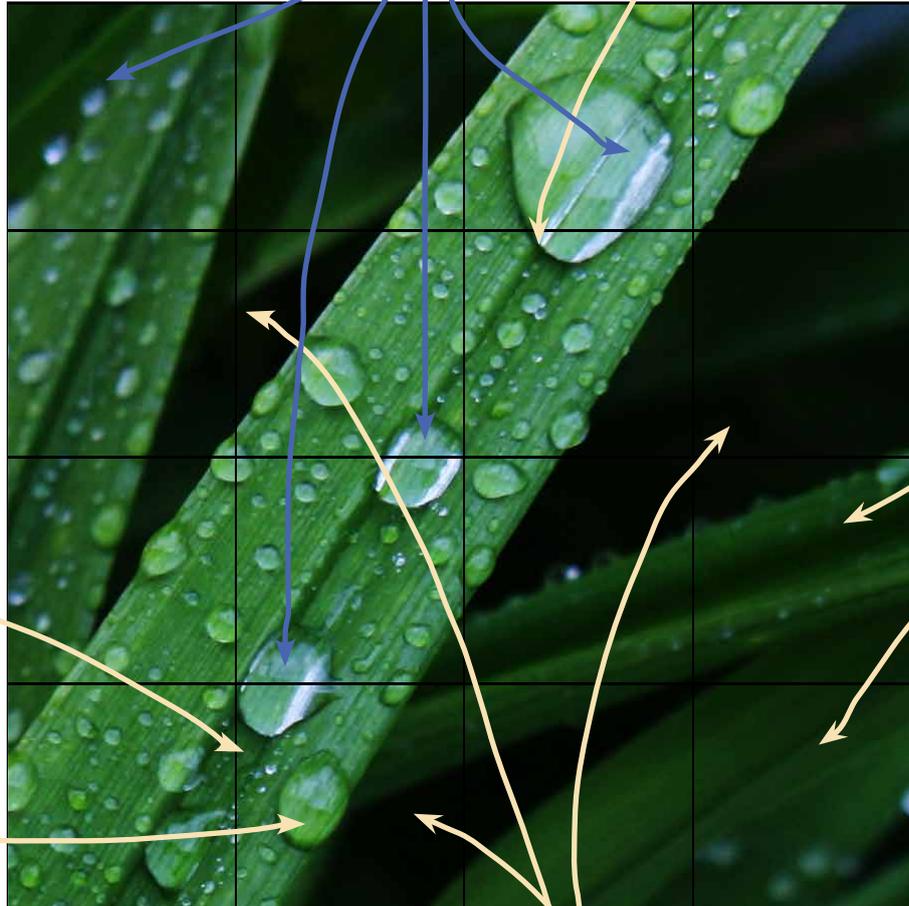
C R E A T E

Dont feel you need to do all the waterdrops, just do the ones that jump out to you!

The largest drop here has a lot of blue in it, but plenty of white too, be sure to also get the shadow very dark with your finest brush!

There is a shadow area around every waterdrop, REALLY important to get them in with your fine brush

Blue areas



Darker areas

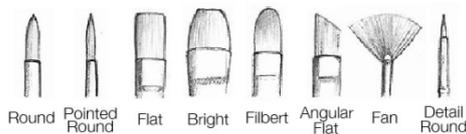
Build up the background by doing each layer from furthest away to closest, taking note of where the shadows are and blend them out being sure to make them very dark

Add Golden yellow

Begin with the background and do the dark areas first

The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Spectrum Yellow, Australian Green Gold, Sap Green, Cadmium Green Phthalo Green, Phthalo Blue, Tourquoise! **Brush sizes are:** 6 & 4 flat with rounded edges (Filbert), small pointed round no1
Very thin long pointed round brush





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!

Florish

The image reference here had a huge impact on me at the time of painting. It helped me so much to get my emotions out of my head.

Getting the junk out of our heads and down somehow, even if its just writing, or moulding something out of clay can make a huge difference to a day. It does not matter what way you do it, and how neat or polished it is, its the process that is important.

Now is the time to do it! Enjoy it!

I can guarantee the outcome will only be possitive, and an empowering and strengthening time will come as you tap into that strength that is around you that knows you better than you, and what you need to create right now just for you.

If you are writing down reflections at this time. Take note of the light areas, the areas that make you smile. How do they make you feel? What is your favorite part of you painting/creation?

“To shine your brightest light is to be who you truly are.” Roy T. Bennett



tears of life

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 of this exercise can be found at: www.kapistudio.comcom

[www. heatherbradbury.com](http://www.heatherbradbury.com)