

The healing waterfall

Art process journal notes

Thursday 1 August 2019

I've been feeling under the weather with a cold today and my energy is low. I didn't feel up to connecting with soul again to find out more about this story, so I simply asked for some healing energy to come to me.

Medium

Chalk pastel on paper

My process

1. I put on some 'healing meditation music' and set up my art space.
2. I closed my eyes and simply asked for some healing energy to come through.
3. I then started to draw.
4. After I finished the drawing I sat down and did some journal writing reflecting on the art piece.
5. The story of the bird and water was written as a summary of my insights into the art.

What came up for me during the process

My mind was initially still involved in this drawing and set an image of me as a bird to take the centre of the page.

The colour choices are interesting to me – I initially felt that they should be reversed i.e. the bird to be in the darker blues and greens and healing energy to be the gold.

The bird doesn't have wings and its tail reminds me of a fish and it seems as if the bird is suspended in water. The bird appears quite motionless as the water moves around it.

From a chakra perspective, the water colours represent all of the higher chakras i.e. the crown, third eye, throat and heart. There is a little bit of yellow in there that could represent the solar plexus. The bird is coloured with the lower chakras of the root and sacral.

I assumed because my body was unwell that I would have received energy that represented more of the physical. I guess I do have a head cold though so maybe it is concentrating on my upper body?

The bird looks a little stiff, like it needs to relax into the water more and allow it to do what it needs to. The water is also moving from the top to the bottom of the page, which is kind of like being in a shower rather than a river or sea – a waterfall perhaps?

It feels like the energy I am receiving is more spiritual than physical, which is interesting. Is my energy low in that realm, which is causing a physical ailment? I wonder what that's about?

The bird holds the creative energy within and it is quite contained. The spiritual energy moves freely around the bird, however the two are yet to meet or touch one another.

The message: let go and allow the energy in so that the transformation can begin. It's an alchemical process, and my mind is the one holding me back.