

## The blackbird

Art process journal notes

Tuesday 6 August 2019

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Since creating this art I have had a lot of resistance come up for moving forward and publishing something on my blog. I feel that perhaps this piece is one that is still in process and more is yet to reveal itself.

### Medium

Chalk pastel on paper

### My process

1. Intention: understand more about the fear of the unknown
2. I closed my eyes and thought about the word fear.
3. I then started to draw.
4. After I finished the drawing I had to walk away and leave it for awhile. An hour later I sat down and did some journal writing reflecting on the art piece.
5. It has taken another day to come back to the art to type up these notes and publish on the blog.

### What came up for me during the process

With this art, I sat down and thought about fear, and what that might mean in the context of 'fear of the unknown'.

I see two images within the art:

1. **A bird** that appears a bit startled or has pulled up suddenly as it notices the golden threads streaming down around it.
2. **A face** with mouth wide open looking in the opposite direction to the bird, with its back to the golden threads. It is looking straight ahead, and seems to be talking/eating in an all-consuming manner.

When I look at the bird I am surprised and relieved to see that there isn't anything in this bird or its surroundings to fear. It has merely been taken by surprise with the awareness of the golden threads in its environment. Perhaps the bird does not know what to make of the threads, but they don't feel like anything to fear. If anything, they look like a gift or invitation of some sort to follow them and see there they lead/are coming from.

When I see the face, it reminds me of the fear speaking within – its voice is reprimanding and stern warning me of the dangers all around. Yet it is not seeing what the bird sees as it seems pretty consumed with its own thoughts. The face also looks insatiable in the sense that it will keep talking and eating non-stop, consuming all within its path. It is not working in harmony with the bird and in this image appears to me to be misinformed, as it cannot see the full picture.

The bird's eye is a spiral. The purple could represent the spiritual third eye or inner sight. There is also a yellow in the spiral which echoes the gold of the threads streaming around.

I expected that the bird was going to be something dark and ugly or something that I would want to reject; I didn't expect it to be something I would like or feel drawn to in any way, and yet I find myself liking the bird in this piece.

To me, the bird still seems to be the one in control, directing the outcome rather than the face of fear. This is reassuring. However, the more I look at the art and recall it in my mind, the more the face of fear seems to take over the piece!

I guess this represents the 'walking with fear' analogy. The fear will always be with me running its non-stop monologue. In that sense, there is nothing to currently worry about. Even the fear is eating what looks to me like the leaves off an olive branch, rather than causing any real destruction. It is occupied or rather productively distracted!

The bird simply needs to recover from the surprise of seeing something new and reorient itself to integrate what it has discovered. Just because it is unknown, doesn't mean it has to be bad or feared. The face of fear really also doesn't appear that concerned, it is just mindlessly consuming what is currently in its path.

### **Is there a message here?**

*All things new that come into your awareness may take a bit of time to adjust to. The change in awareness is what is making you a bit unsteady and uncomfortable right now. Don't jump to conclusions or start to listen to the fear monologue.*

*Take a moment to process what is happening around you.*

*If it still feels ok and looks ok, it is. Trust it.*

### **Is there a story about the bird?**

I don't think the bird is ready to speak just yet. Let's give her some time to digest the situation.