

I don't know

Art process journal notes

Thursday 8 August 2019

I have felt stuck with a feeling of "I don't know" for a week now and the drawing of the Blackbird earlier this week only seemed to emphasise that for me. Today, I decided to ask for some HELP (and read that with a tone of desperation!) to provide me with some direction for moving forward.

I named this art: I don't know, because I just don't know!

In accepting that I don't know, I felt a huge relief wash over me and I realised that it was ok to not know (and perhaps far better than knowing).

Medium

Chalk pastel on paper

My process

1. Intention: Help me!
2. I did a guided meditation on meeting your spiritual guides.
3. I put on some music and then started to draw with my eyes closed using my non-dominant hand to get me out of my head.
4. After I finished the drawing I was surprised by what I had drawn as I couldn't make out what the image was, however I felt drawn to the energy of the image.
5. I then sat down and did some journal writing about my process and the art.

In the meditation I met with a being who looked like me. She was lovely and cupped my face in her hands and told me that all paths lead to one; it doesn't matter which one I take and to do the online course I was thinking about if that is what I wanted to do.

When I started drawing I used my right hand so that I couldn't really think about what I was trying to draw. I drew 3 red blobs in the centre of the page. After that I spent a lot of time drawing the waves of gold all around, which felt good. I then went back and worked on the blobs as I felt I needed to make each one more distinct from the others with different colours.

My thoughts on what came up for me during the process

I don't know what I have drawn here and yet I feel really drawn to the energy on the page. I feel like a weight has been lifted and that I am supported. The purple (representing heaven?) and brown (representing earth?) beings are supporting the one in the centre (me?) no matter which way I turn the page around to look at the image.

Message: I don't know and it's a huge relief to not know!

Perhaps then my fear is not of the unknown, but of not knowing which of the things I do know about that I don't want might happen, and my perceived inability to control those things.

There is freedom in not knowing. I can open up to the joy of just creating and feel curious at what comes up for me.

Knowing creates expectations and pressure to achieve those expectations I place upon myself, all the while worrying about not being in control of ensuring that I prevent all of the known things I don't want. This causes me to freeze and close up.

This image feels light and bright.

There is support. There is hope.

There is the gift of discovering the unknown by opening myself up to receiving something new.

The beings appear to be floating and even if they are falling, they are still supporting one another. They look kind and caring, and light hearted!

Maybe I am not meant to know how to write this story. Perhaps that is the whole point of focus for the next stage of the journey? Open yourself up to receive the new so that you can learn how.

There is support there for me. I am not alone and won't fall as I fear (or rather fail).

So much of what is coming up at the moment is about being scared because I don't know how, which makes me doubt if I can at all. I think soul is trying to show me a way forward – in as much as it is working to help me to let go and just allow the process to unfold. However, even as I type up these notes, I feel the resistance within me. I keep wanting to control it, but how can that be the true path because I don't know how! I cannot really control that which I know nothing of. All I am controlling then is my willingness to open up and allow myself to receive.

I have to open up more and let go to continue. How do I do this? Again, I don't know how!

Additional thoughts:

This doesn't really answer my query about whether I should do this course on Writing your Way Home. Not yet anyway – will the course help me to open up? I would have to be willing to go and do the course to find out. I need to open up my mind to the possibility that it could help me in some small way and to do that, I have to let go of the expectations I have of myself and of doing the course. I would have to just do it with an open and detached mind to see where it might lead me.

ALL PATHS LEAD TO THE ONE PATH. DO THE COURSE IF YOU WANT TO.

At worst, the course won't tell me anything I don't already know. At best I might have a breakthrough of some sort.

I want the course to miraculously open up the floodgates to start writing this story. I need to let go of that. If I can, then the course will be a good choice for me to help me focus. If I can't, then I suspect I will be left disappointed.

Lys, just know that you don't need to 'fix' anything and that nothing is wrong with you. You are exactly where you are meant to be. Perhaps what you really need is to start believing in yourself a bit more? Maybe that is what the course could offer you – some validation and confidence in your own voice and storytelling style?