

What does being 'Ready' look like?

Art process journal notes

Wednesday 14 August 2019

Medium

Chalk pastel on paper

My process

1. Intention: Show me what being "ready to receive" looks like
2. I did a guided meditation on feeling your soul.
3. I put on some music and then started to draw my non-dominant hand to get me out of my head.
4. After I finished the drawing, my initial impression was that I didn't know what I had drawn and that my artwork was starting to go all weird. I turned the page around 90 degrees at a time to see if there was anything that jumped out at me. When I turned the page on its side I could see what appeared to be an image of a face.
5. I then sat down and did some journal writing about my process and to try and understand what I had drawn in relation to my intention.

Initial impressions

I didn't know what I had drawn and had decided that I preferred my art with the bird images to this one.

When I turned the art on its side, what I saw was a face/head with hair. It actually looks like me in terms of the hairstyle and I seem to be looking back at myself, only instead of having the typical features of a face such as eyes and a nose, there is a red and black almond in the centre. The face even appears to be leaning towards me as I leaned towards the page to draw it.

Is this my reflection? It is definitely a face of some sort and now that I have seen it, that is all that I can see.

My thoughts on understanding the message in the artwork

So what does image mean? What is it trying to tell me? That I will be ready when I can see myself more clearly?

I wonder if the red and black almonds represent some alchemical process? I'll have to look that up.

I seem to have even less to say about this image than my previous ones. I find it slightly unnerving and not what I expected to find as a response to my question of "what does being ready look like".

There is almost another person again within the face (only it is upside down) but it isn't very symmetrical, which bothers me.

I wonder what the red/brown background is about? It is almost cave-like in terms of having an earthy feel to it.

The blue/greens in the art remind me of water and I did see an image of the ocean during the meditation. The colours could also represent healing and communication/expression.

The black hole could be an open mouth but I don't think it is talking. It is just forming an 'oh' shape. I thought that shape could also be the third eye but it is in the wrong position, if this image is an actual face.

The gold energy is there again and it appears to be forming a bubble encasing the other almond shapes. It is contained and not running free across the page in this piece.

Everything in the image feels contained, which is strange. I would have expected being ready to mean feeling free and have let go of everything, making a flowing image of some sort.

There is a sense of the face being poised for something. I wonder what? To be noticed or to notice something itself?

Being poised for something – I guess that is a pretty accurate way of describing being ready! LOL soul! Are you taking the piss with such a literal interpretation? Sometimes though, the most obvious response is the correct one.

So what does it mean to be poised then?

You are in position. You are holding that position. You are waiting expectantly for something to happen.

I guess then you know also that something will present itself? You have to be ready for that why? Will you miss it or not be able to respond appropriately if you aren't poised?

Additional notes from google to understand the notion of being poised:

Dictionary meanings

POISED (adj)

Having a composed and self-assured manner

Having a graceful and elegant bearing

POISE (v)

Be or cause to be balanced and suspended

(of a person or organisation) be ready to do something

The word comes from the early senses of 'weight' and 'measure of weight', which arose the notion of 'equal weight, balance' leading to the extended senses of 'composure' and 'elegant bearing'.

Not moving, but ready to move: ready or prepared for something. In a state, place, or situation that is between two different or opposite things.

If an object or part of your body is poised, it is completely still but ready to move at any moment.

Metaphysical meaning

A state of balance of all man's faculties and the forces of his being. It is attained through recognition of God as supreme, all powerful good and of man's true relation to him. The result of poise is the perfect expression of all the faculties and powers.

Loss of poise is caused by lack of confidence in the all-sustaining power of Divine Mind. This lack of confidence disturbs poise because personality strives to build upon its own insufficiency and the result is failure and weakness. This affects the whole system, and every faculty is involved.

The relation of poise to mastery and dominion is this: the consciousness of dominion through divine principle gives a state of poise, and a poised state of mind adds to the realisation of dominion and mastery. The realisation of mastery is attained by unifying the consciousness with Divine Mind as its one source, by prayer and meditation, thus attaining Christ consciousness.

Final thoughts:

It was interesting reading all of the google definitions about poise. It is definitely the word that speaks through this image to me.

I particularly noted that the lack of poise metaphysically is related to a lack of confidence. I definitely have a theme of lacking confidence – I assumed it was just of myself but perhaps it is also in the guidance and wisdom that I am seeking. I am not sure what it is and whether I can rely on it. I lack trust and faith in it.

I find it interesting that the responses I am getting through my art at the moment are quite literal and once I become aware of this, it seems such an obvious answer that I almost feel silly for asking. However, at the time, all that was running in my head was “I don’t know the answer, someone tell me!”. This speaks to the lack of confidence and it appears that the current art process work is working with me to reflect back to me that I do indeed have the answers and know. It is helping to build my confidence.

The path forward then is one of learning to still my mind and all of these “fear” roadblocks that keep coming up. When I really examine the fear it is clear to me that I don’t actually feel fear, it is just a mental construct that is running interference. This has to be based upon an image of myself that needs to change. And to change it, I need to be able to see through the thoughts; I need to be poised for seeing what is on the other side once everything becomes completely still. Then I will be ready for the next stage.