

I am ready!

Art process journal notes

Tuesday 20 August 2019

Medium

Chalk pastel on paper

My process

1. Intention: The focus of today was to feel being ready
2. I did a guided meditation on connecting with the cosmic cord of energy to expand my energy field (not sure why I chose this one, it may have been due to time restrictions and this meditation was only 10 minutes!)
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, I sat and looked at what I had drawn. I noted that I didn't have much to say about the piece – it wasn't speaking to me.
5. I did some journal writing to reflect on the art and in the process I asked soul what the message was for me. I then did some left hand, right hand writing to represent the conversation between myself and soul.

Initial thoughts

I didn't spend that long on drawing this piece but it was a pleasant experience. I didn't have a lot of thoughts as I drew and I chose not to be too concerned about going over the colours to put down multiple layers as I usually do. This piece was done in two layers – the images and then I went around the images with either white or black to create borders around them.

I immediately saw that the image of the bird was back, and I had wondered if a bird was going to show up prior to doing the art, so I'm not sure if that was created by my mind. This bird has some new growth in the form of leaves as wings.

The bird almost forms a question mark as if it is the question – the question for what? Am I seeking validation that I am indeed ready, which suggests that I am still not sure.

I'm not sure what the blue and red blobs are – different types of energy perhaps. They could represent water and fire or thoughts and emotions?

Everything is contained and not touching in the piece. There is a red squiggle near the bird's beak, which makes an interesting shape in contrast to the beak. The beak remains closed though.

I like the colour of the background – it is very easy on the eye and has a feeling of softness.

I don't have anything else to say about this drawing. What am I supposed to do with this piece? What is it showing me?

Additional thoughts – a second image

After sitting with the piece and starting to write, I can now see another face in the art that looks a bit like a duck – it has the bird's wings as its mouth and the eye is looking back up towards the top right of the page. The duck's mouth is open and appears quite animated.

The position of this face is the flip of the blackbird art I drew that had a bird and a face image in it. In that piece, the bird was looking up towards the top right of the page and the face was looking in the opposite direction. I wonder what that means? What is the significance of the top right of the page and what does it represent?

Soul, is there a message for me?

<this is where I proceeded to do some left hand, right hand drawing – with my non dominant hand representing the voice of soul (in italics here)>

Hello. I am here. Do you see me?

I'm not sure. Where are you on the page?

I am the page. I am the colours. I am form and I am the space without form. I am you looking at me. Do you see me now?

I don't 'see you' per se and I don't see me either. I just have a pleasant feeling when I look at this image. I find it kind of relaxing.

You perceive me then. I am here with you, helping you to clear a path of clarity so we can communicate more freely. You still have some clutter getting in the way of our connection.

How do I clear the clutter so we have the space to start writing?

Focus. Patience. An unwavering belief in yourself and this process. Where there can be no doubt, you will see me clearly. Where there is peace, you will feel me. Where there is silence, you will hear me.

Keep going please. You will get to where you are heading.

Ok. Ok I will keep going.

Wonderful! You are learning! I LOVE YOU ALWAYS ☺

Further reflection

After typing up this conversation between myself and soul, as well as about the two images/faces I keep seeing in my art, I suddenly wonder if these are me and soul? We are two sides of the same coin. That means we are one and the same. I feel resonance and a bit of excitement in my body at this idea!

I also wonder still what is up in the top right of the page that is still out of view? Could it be the shooting star that I always used to draw to represent something special?