

Inner Smile

Art process journal notes

Thursday 22 August 2019

Medium

Chalk pastel on paper

My process

1. Intention: I didn't have an intention for today. I just wanted to see what came up for me while holding the space of being ready.
2. I did a guided meditation on connecting to source energy.
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 walked around the art and looked at what I had drawn from each different angle. I could see a face smiling back at me.
5. I did some journal writing to reflect on the art and did some spontaneous writing on what some of the major colours had to tell me as I didn't have much to say about the art initially.
6. I then did some left hand, right hand writing to speak with soul again.

Initial thoughts

I have left the background white and have not filled in the entire page, which is very uncharacteristic of me. I usually don't like white space but leaving it in this piece, I noticed that it makes the colours stand out more.

The spiral eye is very prominent and is the first thing that my eye is drawn to. The art feels like a technicolour being is looking back at me with a smile.

It also feels like the green is a serpent/snake. There is also the black at the meeting point of all of the colours, which I am not sure what that represents.

Spontaneous writing to understand more about the art

I feel like the snake has something to say so I did some spontaneous writing starting with the phrase: I am <insert colour> and I have come to tell you...

I AM GREEN AND I HAVE COME TO TELL YOU that the healing journey home has begun.

Rest your focus on me and relax your mind and body. I see you. I like what I see. Allow me to work with your mind and third eye. Where ever there is doubt or tension, invite me to put you at ease.

I AM GOLD AND I HAVE COME TO TELL YOU that I am the sparkling dust of your very own shooting star.

I am here to illuminate the darkness and to awaken the creative well within you that has lain dormant. What you seek, you shall find within you, deep, deep, deep inside.

Let the light of the stars guide you home and shine brightly so that you may see with clarity.

I am the light at the end of the tunnel. I am the yellow brick road. Follow me home.

I AM BLACK AND I HAVE COME TO TELL YOU that there is beauty in the darkness and that which you cannot see.

You cannot have light without the absence of light. I am the thoughts that are yet to be thought. I am the night before the dawn. I am potential yet to take form.

Do not fear me. Come closer and feel what it is like to hear my silence and to see nothing. If you listen closely you will find the inspiration you are looking for. Look at me and see nothing slowly expanding into eternity.

Let go and let flow deeply with me. I am your home.

Note: I didn't expect black to have so much to say for so little on the page!

I AM YOUR INNER SMILE AND I HAVE COME TO TELL YOU welcome!

It's lovely to see you and connect again. I am more alive through your inner awareness than you realise. Step back and let go of all expectations. Simply meet me.

A smile will always put you at ease. Allow your mind to smile more often. It is too rigid and locked. It focuses too intently on one thing at the expense of nothing, the all that is. Move your focus more to the white space and breathe. This is where your energy needs to be to connect more fully with me.

Nothing is what it seems. Always look upon me with a measure of detachment, and keep practicing on stepping back further. You are holding on too tight and it is distorting your vision.

All energy is in a grand cosmic dance. Are you moving freely or are you stuck on one thing, clinging onto something that does not serve you?

Smile and the whole cosmos smiles with you. Cultivate your inner smile to allow the light to shine through and illuminate that which is ready for you to let go of as you make your way home.

Conversation with Soul following on from the art

Soul, what process do I need to do to start writing your story?

Hello dear one. Are you not already writing? You have set expectations for what writing my story means. This doesn't serve you.

We are working together and talking now. The current path is to build a relationship to strengthen our connection.

Who knows, the story might be happening now. You might be part of the story. We are one after all! When you see yourself more clearly you will no longer ask about what to do to create; you will simply create.

So we just keep doing what we are doing now?

Yes. What is a story without some sort of creative tension? You would do well to stop thinking about writing my story and to allow yourself to become the story. You are creating yourself. This is your journey home.

I am the story? So I am writing about myself and my process? I am already doing that though. I don't see how that is going to translate into anything that I can do something with to turn into a career.

No. You don't see. And you won't see for some time yet. These expectations do you no good. They cause you pain and unease, which is anathema to the goal you are striving for. You doubt yourself and this process. You fear failing. It's time to cultivate silence and to leave your small thoughts on how this should be behind. It's time to expand and unwind. Trust is key.

Ok. I feel a sense of disappointment that I am not going to start channelling a story and a sense of loss that my idea of being a writer is not going to happen. I do enjoy our time together though so I will keep connecting in and see where this takes me, even if it is just for me.

And all of the world will see. Trust me on this. For now, let go of the tight hold you have on what your destiny should be and just be...with me.

I love you always. Smile now! 😊

LOL ok wise one. I'll smile now! Thank you. I appreciate you taking the time to be with me.

The pleasure is all mine. I come alive when you consciously connect with me and I'm always here with you and for you. We are united as one.

Final thoughts

The main themes that have come out of today's process for me are:

1. Let go of the idea of what being a writer is and what the outputs of this process will be
2. Focus more time on quietening the mind through meditation. Practice holding the silence for longer and notice what thoughts come up that keep distracting me so I can detach from them.
3. When I feel tense, become aware of this and allow myself to smile to relax. The sensation of smiling causes me to detach from whatever is causing the tension. Perhaps then I will be able to see it more clearly to let go of it.
4. If this process and journey home is about creating myself, do I need to work out who I want to be or is this already encoded within me and I simply need to become aware of it? I don't know the answer to this and it brings up a lot of questions that are hooked back into wanting to control the outcome to be a writer.