

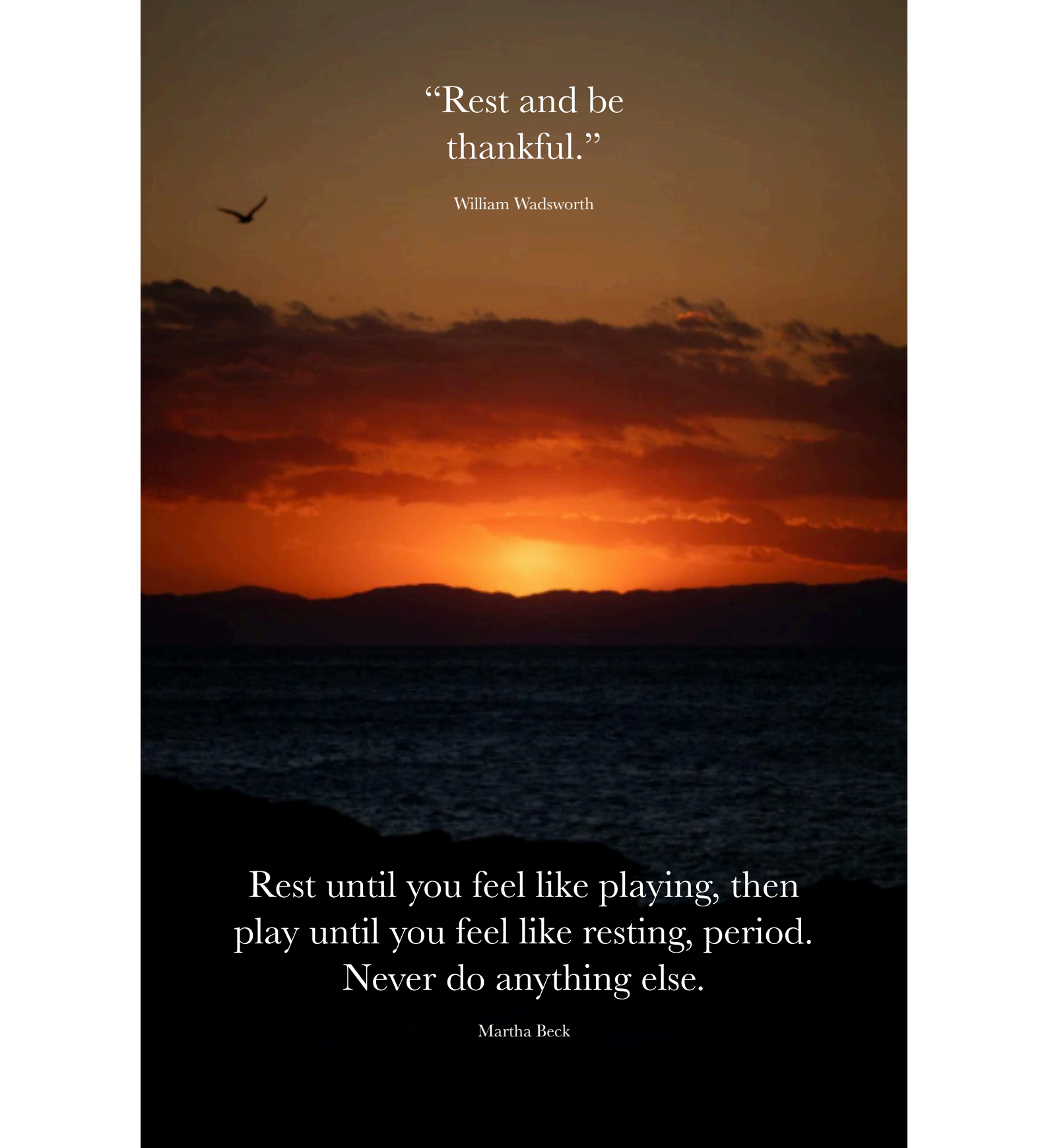


Book 4

rest

Creative reflections & painting exercises.

WWW.HEATHERBRADBURY.COM

A vertical photograph of a sunset over the ocean. The sun is a bright orange orb partially obscured by dark, silhouetted mountains on the horizon. The sky is filled with layers of clouds, some catching the low light of the sun. A single bird is seen in flight in the upper left portion of the sky. The foreground shows the dark, silhouetted edge of a rocky shore.

“Rest and be
thankful.”

William Wadsworth

Rest until you feel like playing, then
play until you feel like resting, period.
Never do anything else.

Martha Beck

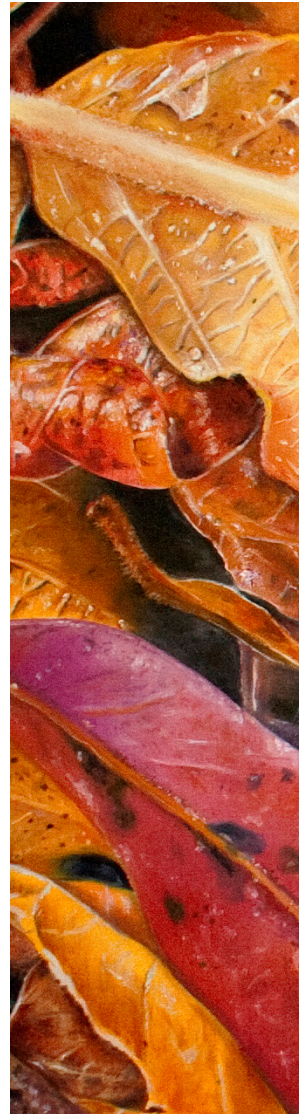
Welcome to this new series of encouraging eBooks based on my visual journey through tough moments in time. A project that needed isolation and some reflective time to kick start it to birth!

Come with me to gather our thoughts and express them creatively each week as an offering, releasing them to a safe place for your hopeful soul, and a record of this moment in time.

Each week you will be encouraged to paint, draw, collage, mould, sculpt etc. something in response to this waterdrop in the size of 12x12cm square. You might like to find a blank journal to collate them into as you go, and watch the outcomes emerge to each week. Feel free to just take 5 mins or 2 hours or more hours, whatever time you have to give.

If you are not in the head space to create or even write at this time, (which many are at this time, which is totally fine) come and enjoy the read and take in the visuals and let that be all you need at this time.

PS: I will refer to my spiritual journey which includes the words 'Creator' or 'God'. Just as Julia Cameron mentions in her book "The Artists Way" You can of course replace God with a word that resignates with you, Universe, Source, Higher power, Spirit above etc.



Contents

Follow your heart:

REFLECT

CREATE

FLORISH



Rest

In the previous eBooks I have mentioned that this year was to be my year of 'Rest' and the bazaar way that many of us are forced into a type of rest from our usual hustle and bustle of life.

I love the synchronicity of these moments! Check this out for something that is by no means a coincidence!...

This week I parcelled up this week's original painting (REST) to be sent to the new owners! They have been paying it off over the past year and it was time for them to finally put it on their wall! Just so happens to be the same week that I am writing up this eBook! What a beautiful reminder that everything happens in perfect timing.

The other amazing thing is that the leaves around us are all falling to the ground right now, and this image is so familiar to us at this time.

Rest is needed. Rest is essential. I have not always been great at it, but now after many years of not moving to the right voice, I deeply acknowledge it is a dance I need to take daily!

Let's enter another week and another journey to discover your own delights through creating more delights from your heart, using this image as a starting point!



*Painting is so much more
than a brush on a canvas,
its a soul journey,*

This week you can learn how to paint these beautiful autumn colours and waterdrops! So many shades!

Here is a bit of a reflection back when I painted this in 2013:

"The leaves will not last, but the water will regenerate and bring new life over time. There is hope, but healing will take time".

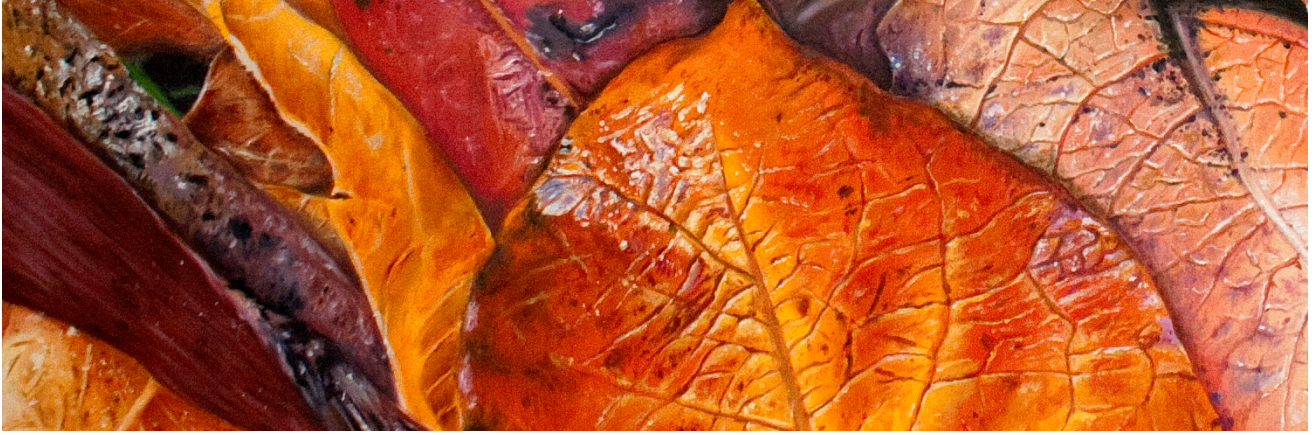
During a resting phase in my life and at a retreat with some friends, I saw these leaves on the ground near the Liffey River in Tasmania. It was early in the morning just after it had rained.

After working fast and hard for years, I had to learn to travel at a new speed. Slow and steady, taking time to listen to my body and what it needed.

This painting represents stillness, rest and patience.

Learning the art of resting has taken many years. And, for me, will probably take many more. It is a healthy healing journey to be on.

R E F L E C T



Reflect

Have you noticed many leaves lately? I encourage you to take half an hour this week to go outside and find as many different leaves as you can in that time! Take time to notice the sizes the shapes the colours the weights, the transparency, the detail.

REST: ***“to cease work or movement in order to relax, sleep, or recover strength.”***

One might imagine that the world is asking us to REST at this time during Covid-19!

What are some different ways you have rested, or relaxed during this time that you may not have done before isolation?

- 1.
- 2.
- 3.
- 4.
- 5.

What are some restful things you want to keep in daily or weekly rhythm that are important to you?

- 1.
- 2.
- 3.
- 4.
- 5.

If these leaves were to represent you, what might they be saying to you right now?



Create 12x12

Depending on what you have at home, print out the previous page, (Autumn leaf with waterdrops) or the next page after this and create your own version of it. (if you don't have a computer, you might like to try tracing it from the computer screen even (use it as a light box)!

Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

If you want to paint this image in oils and realistically you can go to the link provided.

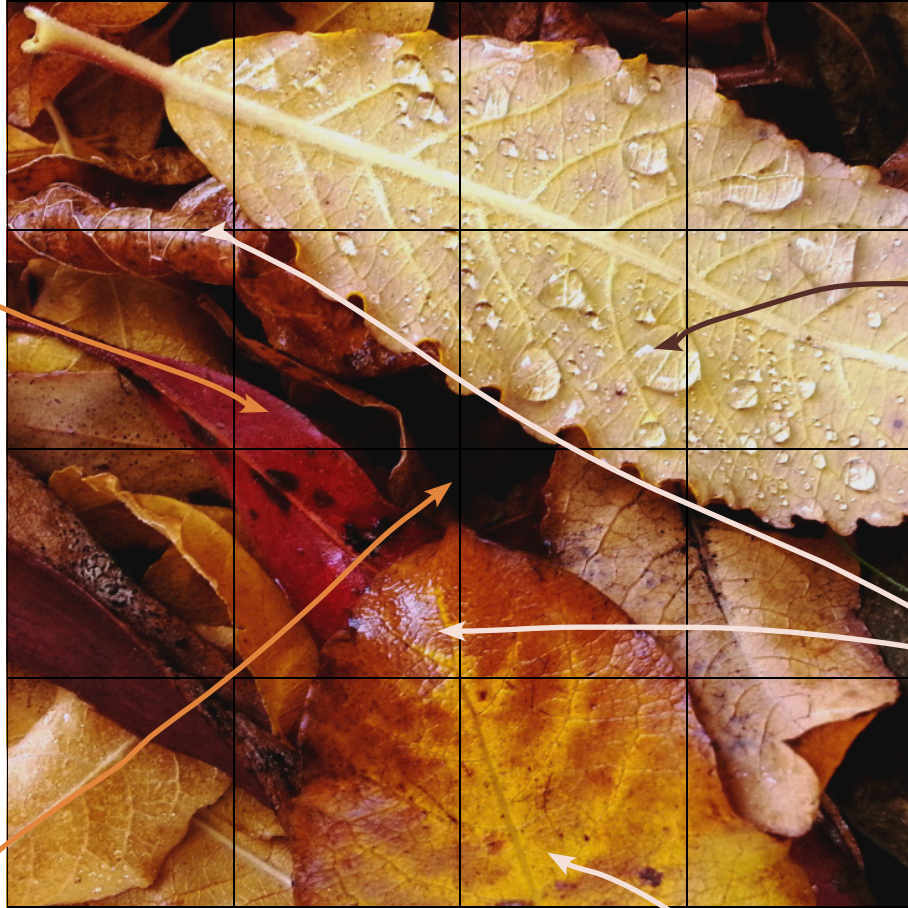
The most important thing is you listen to your heart and do what it says, even if it feels a bit silly or strange. Whatever you create will be absolutely perfect and right! Over the next few months we will be collecting all of our "Create 12x12s" into a visual journal. I encourage you to find a blank book and place your mini artworks in there and write a short reflection to go with it.

This is a significantly challenging time in our lives as we manage isolation and changes in our lives, especially not being able to see people close that we love so dearly. It is really important in these times to express what is inside and let it fly, let it free, so you can then tap into the creative flow that always brings healing and hope.



C R E A T E

You printer may not capture the lovely colours in this image, so do make sure you get this bright reddy pink here! You might need to put this on your tablet and work from that to see the best colours!



The key to getting waterdrops to look real is intense white for the highlights and the darker areas also, every drop needs these elements to look real! If your drop looks all similar in tone, then make the contrasts stronger

These shines are vital dont forget them!

Even though this area is dark it has a lot of red in it, be sure to add some colour so this area is not completely black but still very dark.

Golden Yellow is delightful here!

The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Spectrum Yellow, Magenta, Burnt Sienna, Cadmium Red, Australian Red Gold, Permanent red violet light (or just any bright pink you might have) Magenta

Brush sizes are: 6 & 4 filbert (with rounded edges)

1 & 2 long round



The examples here are for your reference. Please change colours, styles and explore wide what you can do with this image as a reference! The main thing is you follow your heart to create something you enjoy! Next lesson will have an example of some abstract painting too!

Please post your work up on our facebook page!

Florish

Is rest something you do easily, or find it hard to sit still. I know many of my friends over the years have had to encourage me to 'self care' and acknowledge that taking time out for myself is not indulgent but highly necessary!

In order for us to be functional and able to be there for those around us we have to first take note of what our own body soul and mind needs.

Take time this week to note how much time you spend caring for yourself.

Apparently experts estimate that we experience 60,000 – 80,000 thoughts a day, no wonder we need to make sure many of them are positive and helpful.

Some ways to relax and rest your mind and body are: Take slow deep breaths. Soak in a warm bath, Listen to soothing music, Write out your thoughts, and yes of course my most favorite is to paint!

I can not explain how indredibly helpful drawing and painting can be to rest your mind and let all the days adn weeks worries fade and relax! So go ahead, enjoy this leaf exercise and let it take you on a restful pathway!



blessings

These eBooks are dedicated especially to my women's painting group in Warburton.

These women openly share life, paintings and journeys. They remind me of what community is about, and how important connection and creativity is to keep us sane and open to what it can do to heal our brokenness, in the ever changing world around us.

VIDEO tutorials/courses of this exercise can be accessed at:

[www. **heather**bradbury.com](http://www.heatherbradbury.com)