



Book 13

# rock

Creative reflections & painting exercises.

[WWW.HEATHERBRADBURY.COM](http://WWW.HEATHERBRADBURY.COM)





Welcome to this 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, mold, sculpt etc. something in response to this water-drop 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 during the writing of this book Covid - 19) ) 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 resonates with you, Universe, Source, Higher power, Spirit Above etc.



## Contents

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*Follow your heart:*

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REFLECT

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CREATE

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FLOURISH



**This painting  
launched me into  
a totally new  
community.  
I had shifted from  
Tasmania where  
I had lived for 18  
years. In this new  
place I knew only  
two people.**

**I decided to go and  
paint it in a local  
cafe so I could get  
to know people  
and possibly get  
more commissions.**

**Little did I know  
this community  
would grow into  
my beloved home.**

**I would end up  
owning a gallery  
and painting  
studio!**

**At the time I had  
no income and  
no students. This  
was in 2015 5 years  
before this book  
was made.**



“There will always be rocks in the road ahead of us.  
They will be stumbling blocks or stepping stones; it all  
depends on how you use them.”

Friedrich Nietzsche.

# Rock

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There are plenty of times in my life when have looked back and wondered how on earth I got to where I was. At the point of doing this painting I had shifted over from Tasmania where I have lived for 18 years, back home to Victoria.

Three of our four boys had ventured over to 'the main land' for study, and our parents were getting to the age where we needed to closer by as they aged.

We loved the mountains in Tassie, and felt that if we were to move back it needed to have mountain views. So the Dandenong Ranges is where we landed.

I knew only two people apart from my own family. Two special friends who had supported us again and again as a family. I was excited but it was a hard road, building new friends and community. But bit by bit I found my way forward.

This painting was one of the first commissions I began in Victoria, a connection through my Dad. At the time of painting I did not have much room to paint, and I was desperate for connection and to find a way to make more money. I had no income and needed to find creative ways to start making money from my art. I had no idea how I was going to do that!

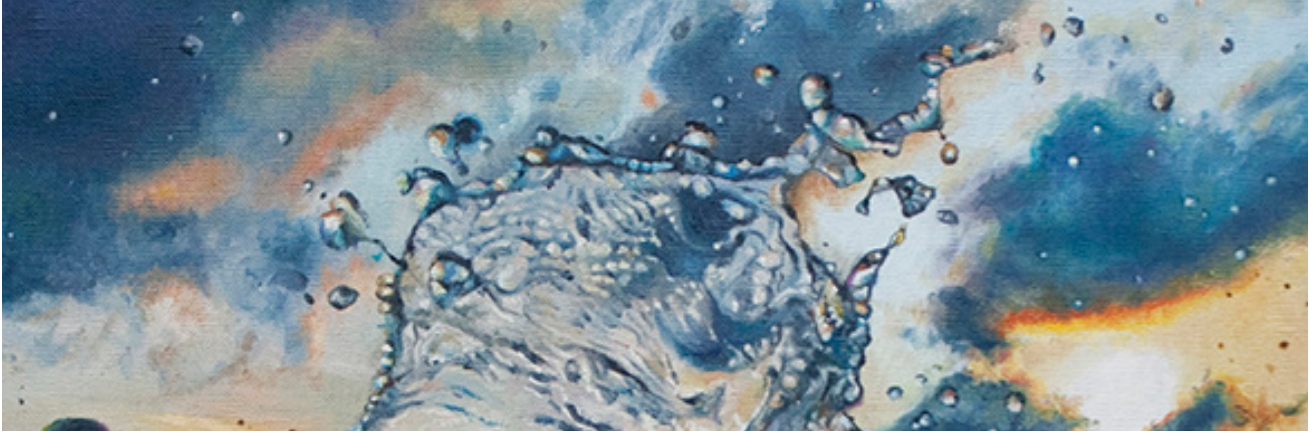
The painting was called 'Rock' because I needed something that was solid in my life. SO much change, moving from the place all my boys grew up to a strange place. I was hoping that the home we were establishing would anchor me down and help me find solid ground for a while.

Painting sure does helps me find myself, and the direction I need to go. It is not without its waves and splashes to make life interesting though!









## Reflect

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Take a moment or two to look at this painting. Let its colours seep into your mind, explore the waves and the shoreline. How does it make you feel?

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If this was a picture of your future what would it be? In other words what would it be saying to you? What would the creator of it be saying to you? e.g.. the waves will come but the sun still shines!

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The original photo seen here  
was taken on a NSW coast  
by Tim Shaw who is now a  
professional architectural  
photographer  
[www.shawphotography.com](http://www.shawphotography.com)



# Create 12x12

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Depending on what you have at home, print out the previous page, (the ROCK image) **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!

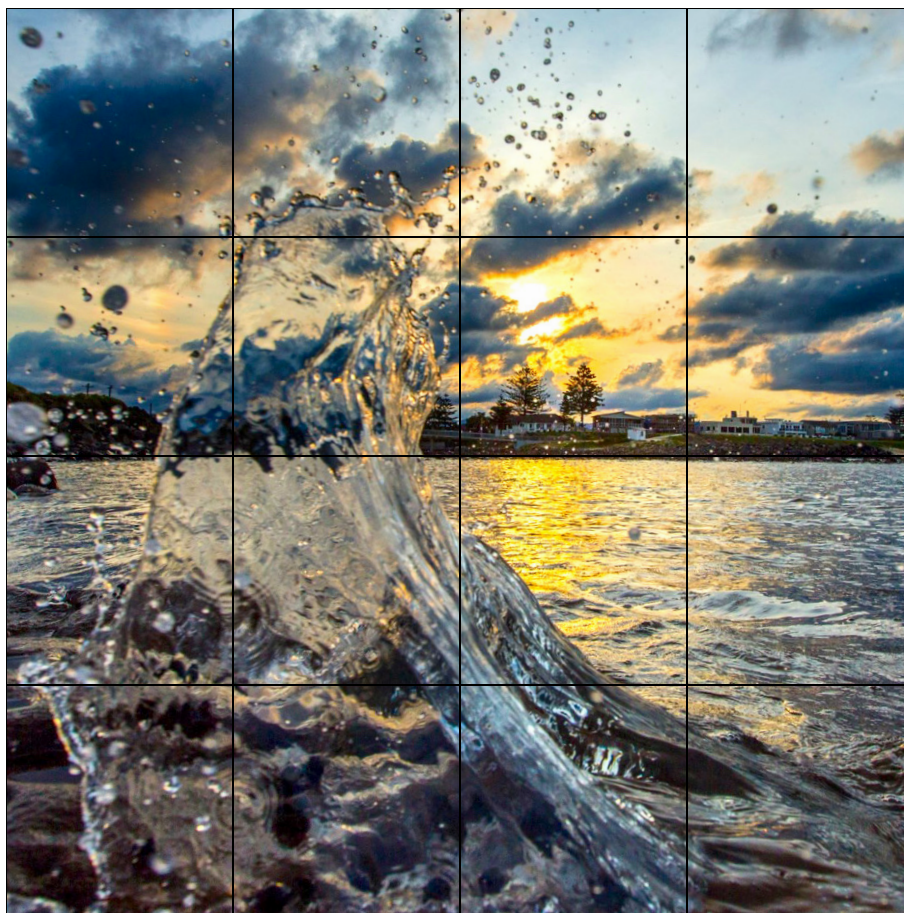
***If you want to paint this image in oils and realistically you can go to the link provided in on-line course.***

*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.*

Many have found these small painting activities and exercises really helpful to document life as it is. It might be during a difficult time, or a special moment in life. Whatever it is, embrace it as yours, it does not need to be refined or perfect. Please the most important thing is to ENJOY!



(C) Please note that this photo reference is for your use only. Paintings produced using this photo may not be exhibited in gallery exhibitions, but freely given as gifts among friends and family.



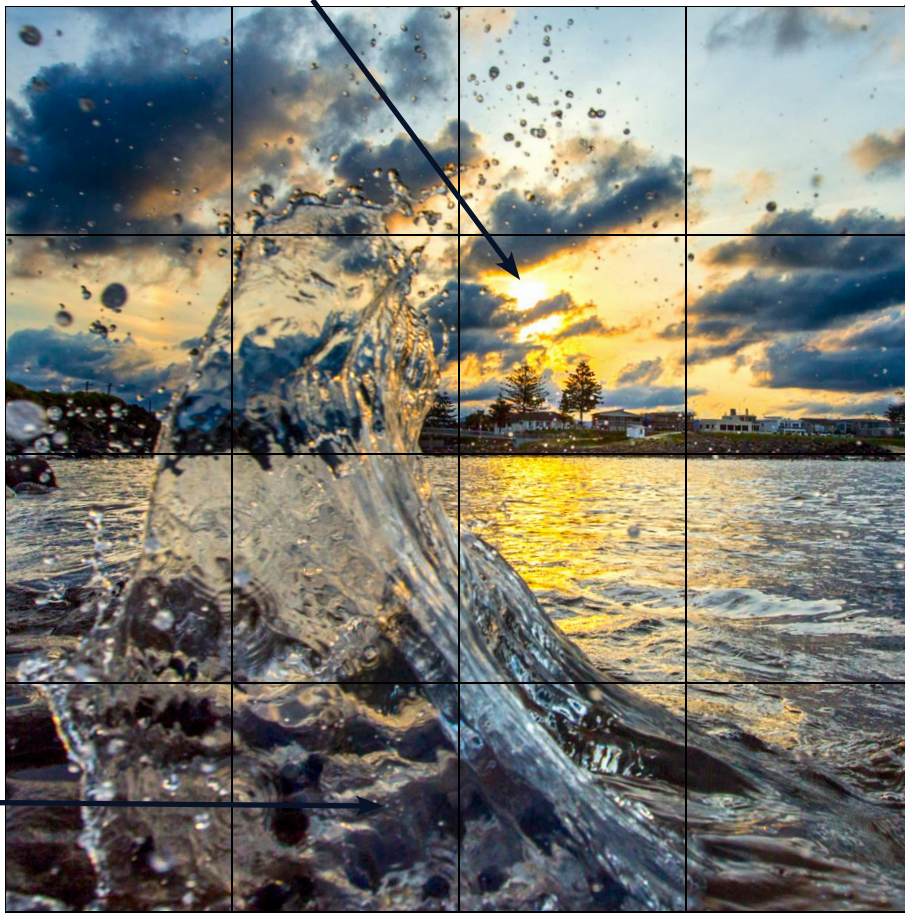
C R E A T E



This here is pure white, make sure you touch it up right at the end to be sure it is very bright!

The sky has a touch of magenta in it, be sure to add a wee bit as you mix!

There is quite a bit of grey throughout this piece, when you have placed the dark areas in, fill all the other areas with grey and last of all the lighter highlights



There are a lot of different colours in the sun set on the water! Be sure to add some tiny think dabs of dark bits of orange, blue and red throughout, but don't over do it! You want that golden and spectrum yellow to shine!

This blue bit here has a bit of turquoise and white in it. It makes the whole wave shine!, Be sure to add the white highlights to the whole painting at the end!



## ROCK - Brushes

### BRUSHES

This is a capture of all the brushes I use.  
The larger brushes are used mostly for background work on large canvases.

Rigger

Flat

Large Filbert

Angle

Filbert

Round



**Brush sizes are:** 4,6 & 8 filbert (with rounded edges)  
Rigger 0

## ROCK - Paint colours



### The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Spectrum Yellow, Magenta, Phthalo Blue, Ultramarine Blue, Turquoise, & Spectrum Red (bright red)





# Florish

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This painting is one of hope. Right now if you are going through some tough moments. Take a few minutes to write those things here and let them go. Let the wave take them away, and allow the sunset to bring hope of a new dawn.

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# rock

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)