



Book 16

joy

Creative reflections & painting exercises.

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“We cannot cure the world of sorrows,
but we can choose to live in joy.”

Joseph Campbell

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.



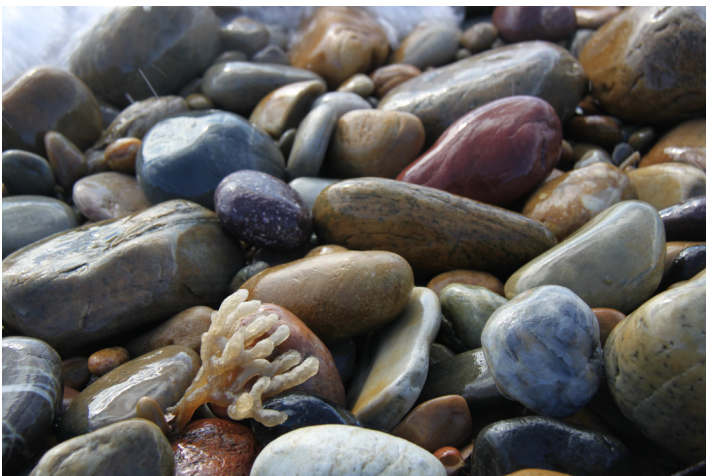
Contents

Follow your heart:

REFLECT

CREATE

FLOURISH



Joy

The photo for this painting was taken by a friend who lives in Launceston Tasmania. She saw one of my other rock paintings, and decided to take a trip to Devonport, to the same spot and take some photos of her own. She commissioned me to paint it for her new home.

She happened across some delightful images with so much colour! These rocks look so dull when the water is not on them, but when they are immersed in water, they come fully alive!

My friend did not know I was going to call this painting JOY, and when I mentioned it to her, she was so happy, as her Mum's name was Joy and she had also been reading about JOY that same week. Not at all a coincidence I say!

At the moment we are into our 143rd day of Covid-19 here in Victoria Tasmania, I know that because I had to close my gallery on the 23rd of March, that was a number of months

ago now! We were open for a few weeks but then had to shut again as numbers got way too high. More restrictions came to us, and we were cut off from other states in the country too.

So JOY was not the feeling that was on many people's minds. Perhaps those that were introverts may have felt some, but not many. So many restriction: Only out for 1 hour, permission forms if we travel more than 5km for work. Stay within the 5km if we are shopping for food or essentials. And no visitors.

My joy comes from my spiritual journey, my connection to nature and the deep sense that there is more to life than what we see. Nature brings healing to my bones, and my long walks have been a huge sense of joy to me at this time.

May you find joy in this beautiful painting process, embrace its gift fully!





Reflect

Right now wherever you are what things bring you joy? Don't stop at 2 things, fill every line below!

Perhaps its hard to find JOY in the moment you are in right now. Some say, when you give to others it helps bring you joy.

What are 3 things you can do this week for someone else that would also bring a smile to your own face?

1.

2.

3.



Create 12x12

Depending on what you have at home, print out the previous page, (the JOY 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!

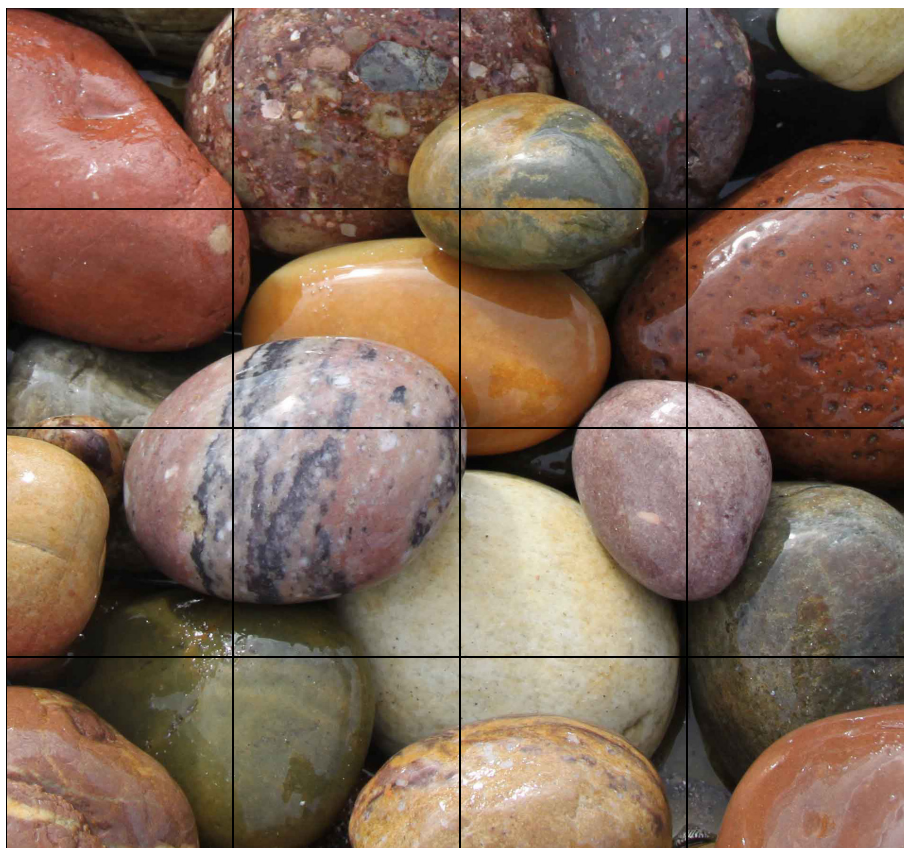
If you want to paint this image in oils and realistically you can go to the link provided in on-line course.

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.

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

JOY - 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 filbert (with rounded edges)
Size 0 or 1 Rigger (or just the smallest finest brush you have!)

JOY - Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Spectrum Yellow, Golden Yellow, Mineral Violet (dark purple) Magenta, Burnt Sienna, Burnt Umber, Spectrum Vermilion (bright red), Cadmium Red, Sap Green



Florish

As you look at the painting you have done, find your favorite rock and let it speak to you. If it could tell you something, what would it be?



joy

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)