

Book 13

life

Creative reflections & painting exercises.

WWW.HEATHERBRADBURY.COM



“Life is a flower of which love is the honey.”

Victor Hugo

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.



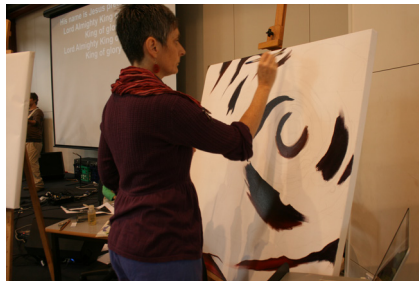
Contents

Follow your heart:

REFLECT

CREATE

FLOURISH



Life

Welcome to another ebook story about one of my paintings. This one is obviously called LIFE. I was asked by a dear friend to paint something for an Easter event in less than 3 hours! Most of my work takes at least 50 hours! So I was up for the challenge.

I chose a more simple design, and drew it all up before I started. It ended up quite strong as an image. I wanted an image that expressed a strong sense of life, hope, refreshment and hope.

A rose for some reason has that incredible way of drawing you in, with a beautiful aroma, so many stunning colours and shapes. The way it draws you into its center.

All these things represent elements of what is important in my own spiritual life. Drawing me into places and spaces that bring me hope and life. I think thats why I love painting so much. In that space it draws me to sit down, to relax, to be refreshed by

the process of painting and seeing a beautiful outcome.

My Mum loved roses. She always had fresh flowers in the home. She loved arranging flowers and would tell me she always wanted her home to look welcoming and ready for visitors and it brought her much joy to have them around her. I remember the constant smell of freshly cut flowers wafting through the home!

This mini painting is a bit simpler than some, but still has its details. If I was to draw an analogy to life from that. Sometimes we can turn away from seeing the details we have to attend to in our lives, simplifying them in our minds. "Oh that does not matter", or "I will deal with that later" when now is the best time.

Neglecting the details will result in an outcome that is not ideal! So go for it, and add as much detail as you want!



At the time of painting this image I had a number of family stresses to manage. Painting images that bring me joy, helps so much to keep perspective in difficult times!



Reflect

This image represents life, hope and refreshment. What things in life at the moment bring you refreshment? Things that help you relax and renew your soul. When was the last time you did this? Write as many things as you can, at least 7!

Write a list of the things you can do each day this week to bring you refreshment:

1. Monday

2. Tuesday

3. Wednesday

4. Thursday

5. Friday

6. Saturday

7. Sunday



Create 12x12

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

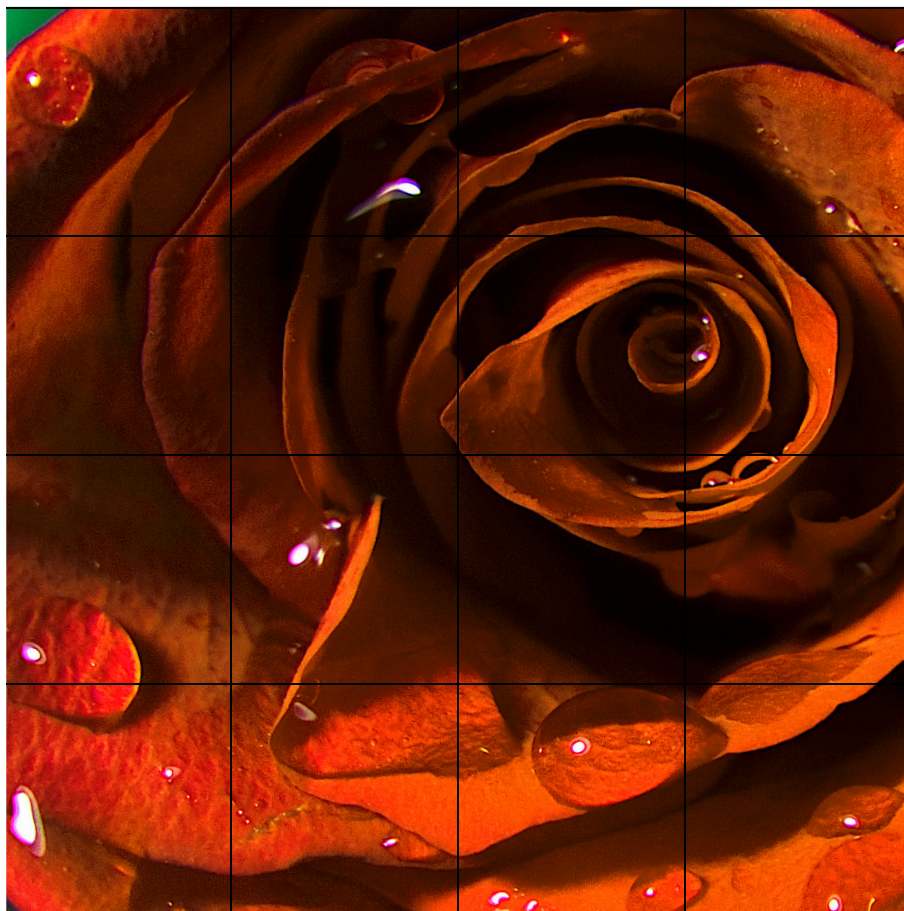
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

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.

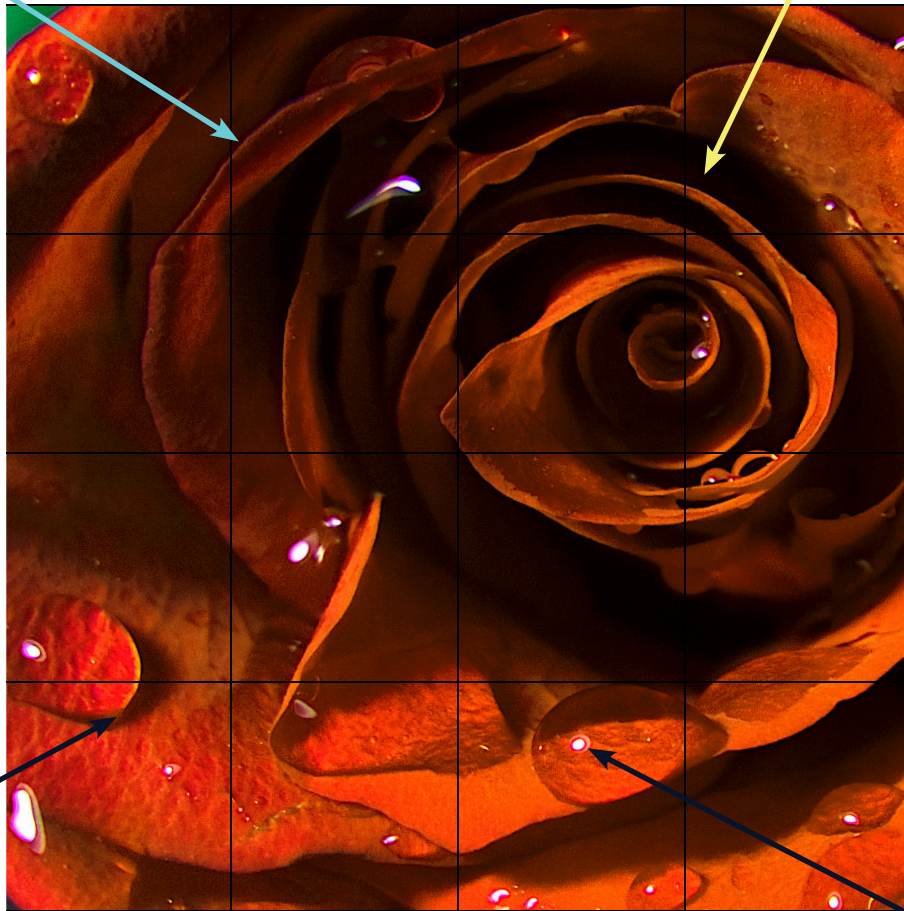


C R E A T E

These nice fine lines bring it to life, add a brighter colour here to make the edge of the petal stand out

Make these dark areas, really dark! I have added in red into the paynes grey to make it a warmer feel.

Dont forget the shadows on these water-drops! They are JUST as important as the drop itself. It is what makes it look real!



The white dots go on last with a really clean brush!

LIFE - 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 filbert (with rounded edges)
Round 1 (if you want a finer brush)

LIFE - Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Spectrum Yellow, Cadmium Red Deep, Cadmium Red (try find the brightest red you have)



Florish

This section at the end of this book
is for you to reflect back on what
you have painted and think about
what it has meant for you!
What would you call your painting
if you had to name it and why?

Also what parts of this image did
you enjoy painting the most?



come

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)