

An oil painting depicting a person's feet submerged in water. The water is rendered with dark, swirling, and textured brushstrokes in shades of blue, black, and brown, with highlights of white and yellow. Above the feet, the water's surface reflects a face, which appears to be a classical statue's head, rendered in a more detailed and lighter style than the surrounding water. The overall mood is contemplative and artistic.

Book 3

forgiven

Creative reflections & painting exercises.

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Forgiveness is the giving, and
so the receiving, of life.

George MacDonald

A close-up photograph of a person's hands cupped together, catching water falling from a rocky ledge. The water is in motion, creating a soft, blurred effect as it falls. The background is dark and textured, suggesting a natural setting like a waterfall or a stream. The overall mood is serene and contemplative, reinforcing the theme of forgiveness and cleansing.

Forgive yourself
for your faults and
your mistakes and
move on.

Les Brown

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 a photo 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.



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Follow your heart:

REFLECT

CREATE

FLORISH



Forgiven


It's been an interesting journey processing the now, grieving things lost, working out what is the right and best things to focus on in the present. I've been slowing my movements right down to rest and reflect on what the Creator of this world is trying to say to me at this time. The funny thing was that my 'word' for the year was the word REST. I laughed when I first heard the word! But I assured myself that there would be time to do such a thing. No idea of course that it would come in the way it has!

Right now I had a flight booked to take a holiday away to rest in Central Australia, one of my 3 homes (Tassie, Melbourne & Yulara NT) There I was going to rest my soul, connect with creation and prepare more art for the year ahead. Instead I sit at home watching a new thing unfold.

Over the past 8 years I have been on an incredible painting journey, not one I had planned and certainly not one I was intending on sharing with anyone else. But right now I am being nudged to open up the doors of my journey, to a new way of teaching and learning to paint and create.

Each of the 30+ paintings I have painted over the past 8 years have a story, each one real and raw.

I am wondering if you like to come on a journey with me this year to follow through my stories, learn about how I painted each one, and in the process discover your own creative story and pathway in the process?



2012 | Acrylic on canvas | 100cm x 137cm

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

'Forgiven' is an interpretation of a photo taken at a small mountain creek near Poatina, Tasmania where I lived for 15 years. I stumbled across this image as I was walking by my favourite waterhole. I felt the urge to take off my shoes and walk over to a specific rock and take a photo. I felt the Creator calling me to put my feet into the intensely freezing fresh water. My feet would start to hurt if I left them in there for more than a few seconds!

I loved the image so much I came back the next day with my SLR camera and tripod to take a better pic. Here is the result of that amazing time. Listening to the Creator's voice led me on a whole new journey! This painting was key in placing my work into the professional scene and launched my career as a 'serious' artist! A road I had never ever imagined I would take!

The title 'Forgiven' was what came to mind when my feet touched the water. So many memories of mistakes and opening wrong doors that led to exhaustion and burn out. I wanted to wash them away and leave them all behind. It was time to start a new journey.

This painting was purchased by a Tasmanian couple at The Glover Prize, in Longford Tasmania where I was a finalist in 2013. The Glover is one of Australia's most significant awards for landscape painting. It is awarded annually for work judged "the best contemporary landscape painting of Tasmania."

This painting was the turning point in my career and convinced me to believe painting was the right direction and to keep going!



Reflect

Have a look at the full painting on page 4.

Imagine the feet are yours, What memories come to mind as you feel the water on your feet?

If you feel like being adventurous, head to a river or creek and take your own photos, or feel the water on your feet. Or if you are isolated at home, go to this You tube link and close your eyes and imagine you are there!

<https://youtu.be/lvjMgVS6kng>

Write down what you can hear or imagine hearing when you are by the river.

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

Write down 5 things you can do this week to help you to slow down, appreciate nature and know you are ok.

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



Create 12x12

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

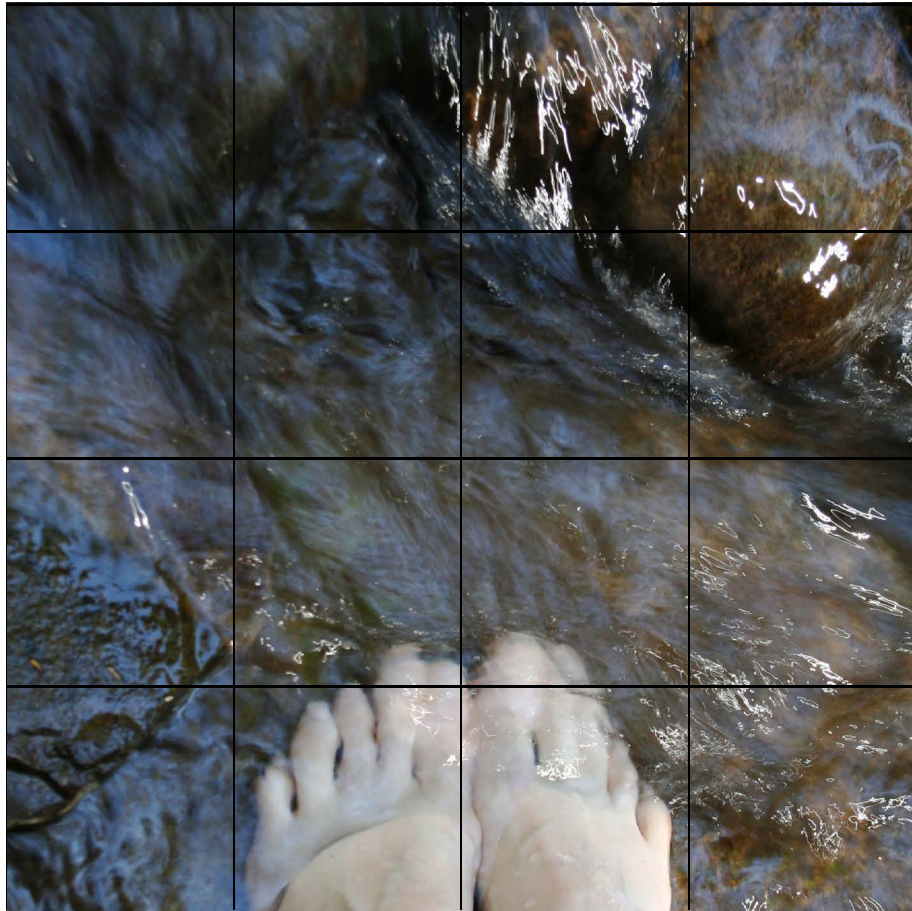
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. an abstract version of it, or even use it as stimulus to create a dance or poem etc!

If you want to paint this image in oils and realistically you can go to the link on the web site and see the video tutorials.

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.



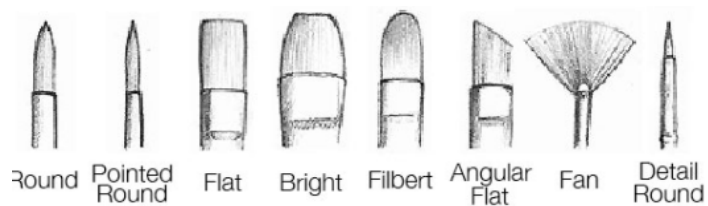
C R E A T E



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Golden Yellow, Ultramarine Blue, Spectrum Vermilion (red)
Magenta, Flesh Tint (if you have it)

Brush sizes are: No 6 filbert with rounded edges
No 1 pointed round





The example here is 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!
Do post your work up on our facebook page we would love to see your work!

Florish

You can interpret this image as you will, it may be a lovely reminder of childrens feet in water, or a good memory for a vacation! It may be a deeper story that you engage with or it may not.

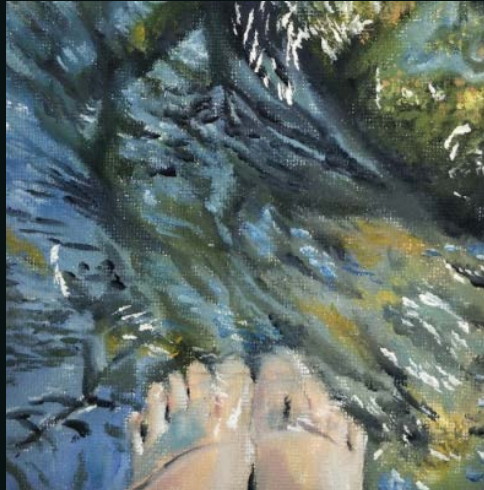
These feet by the water can bring to mind many different memories! The people who bought this painting fell in love with the image because it reminded them of their children and the times they had together at the beach. Good times.

I hope you can find some hope and refreshment in its story. Let the water wash over your soul and remind you of your worth and important place in this world.

Even though painting this image may seem difficult to start with, it is by no means that way. You just take each step as it comes.

Perhaps this is a parallel with life. Take each day as it comes, each moment as it comes and trust that the right doors will close and the new ones will open in their own time.

You can do this!



forgiven

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 of this exercise can be found at: www.kapistudio.comcom

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