



Book 16

# wisdom

Creative reflections & painting exercises.

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“Keep your eyes on the sun,  
and you will not see the shadows.”

Ancient Aboriginal saying

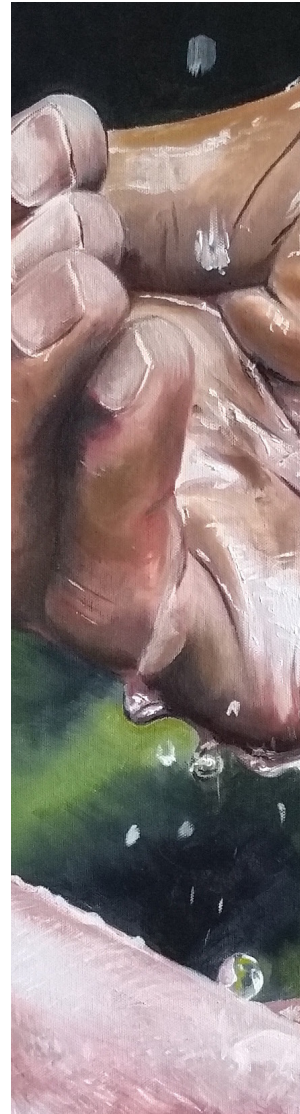
Welcome to this series of encouraging eBooks based on my visual journey through tough moments in time. A project that needed isolation and some reflective time to kick start it to birth!

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.



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*Follow your heart:*

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REFLECT

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# Wisdom

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For over a decade, my family spent regular time in Central Australia, connecting with our Aboriginal neighbors, learning much about their land and their culture. It was a precious time, as we came face to face with those that offered their wisdom and life to us “white fellas”. This image had been on my mind for some time. The water being poured is an Aboriginal Elder, into a younger aboriginal woman’s hands, then into my white hands.

I am astounded by the generosity and sensitivity the Caretakers of this land showed us, when we invaded their home. They led us to water; they did not want us to die. ‘Survival Day’ is real, (Australia Day for some). Let us celebrate those that continue to remind us that we would not be here without their deep wisdom and care.

Thank you to John Englezos for the use of this photo. I dedicate this image to my dear Anungu friend Rene Kulitja.









## Reflect

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Are there people in your life that you look up to and appreciate their wisdom? Write down some of the things they have helped you with. Not just the practical help, but the soul changing stuff!

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Write down some of the things you are needing help with right now, and some thoughts on how you can find solutions. *(You may already know in your head, but sometimes writing it down can take you the next step and help resolve what is needed.)*

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The two hand colours seen  
here as faces!



# Create 12x12

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Depending on what you have at home, print out the previous page, (the Wisdom 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.

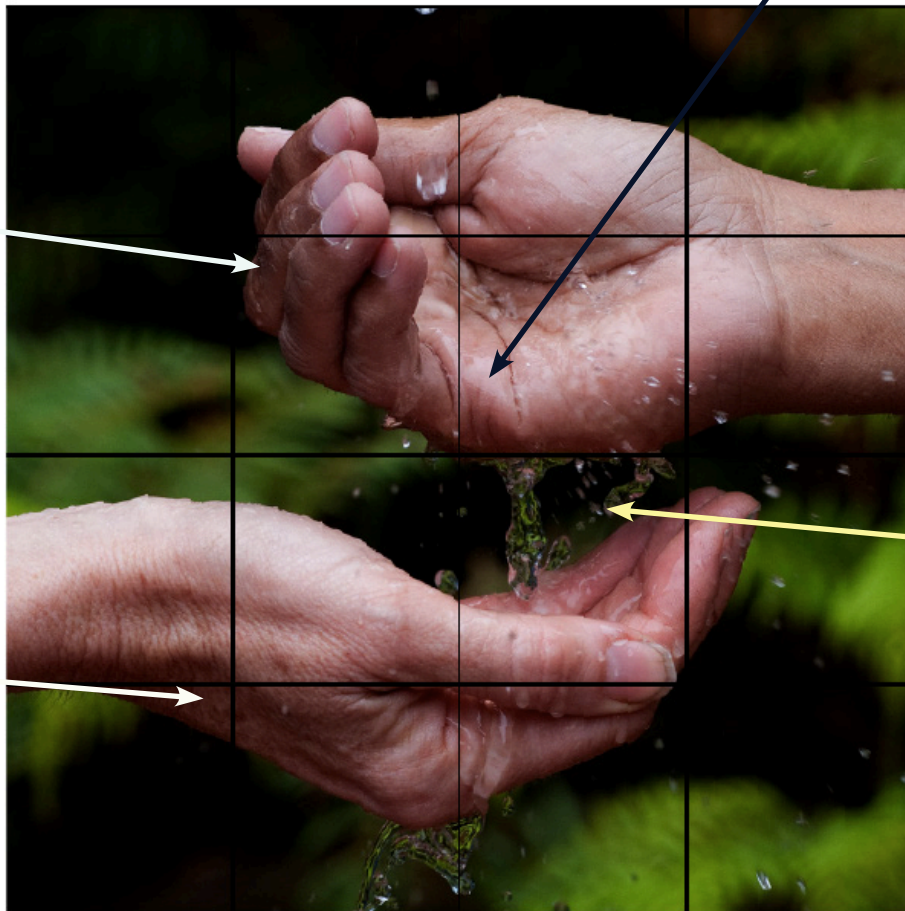


C R E A T E

Don't be afraid to go real dark in places on this hand, so that it really does look like dark skin.

I did add a little bit of red towards the end of this painting so that it helped both hands look a different colour.

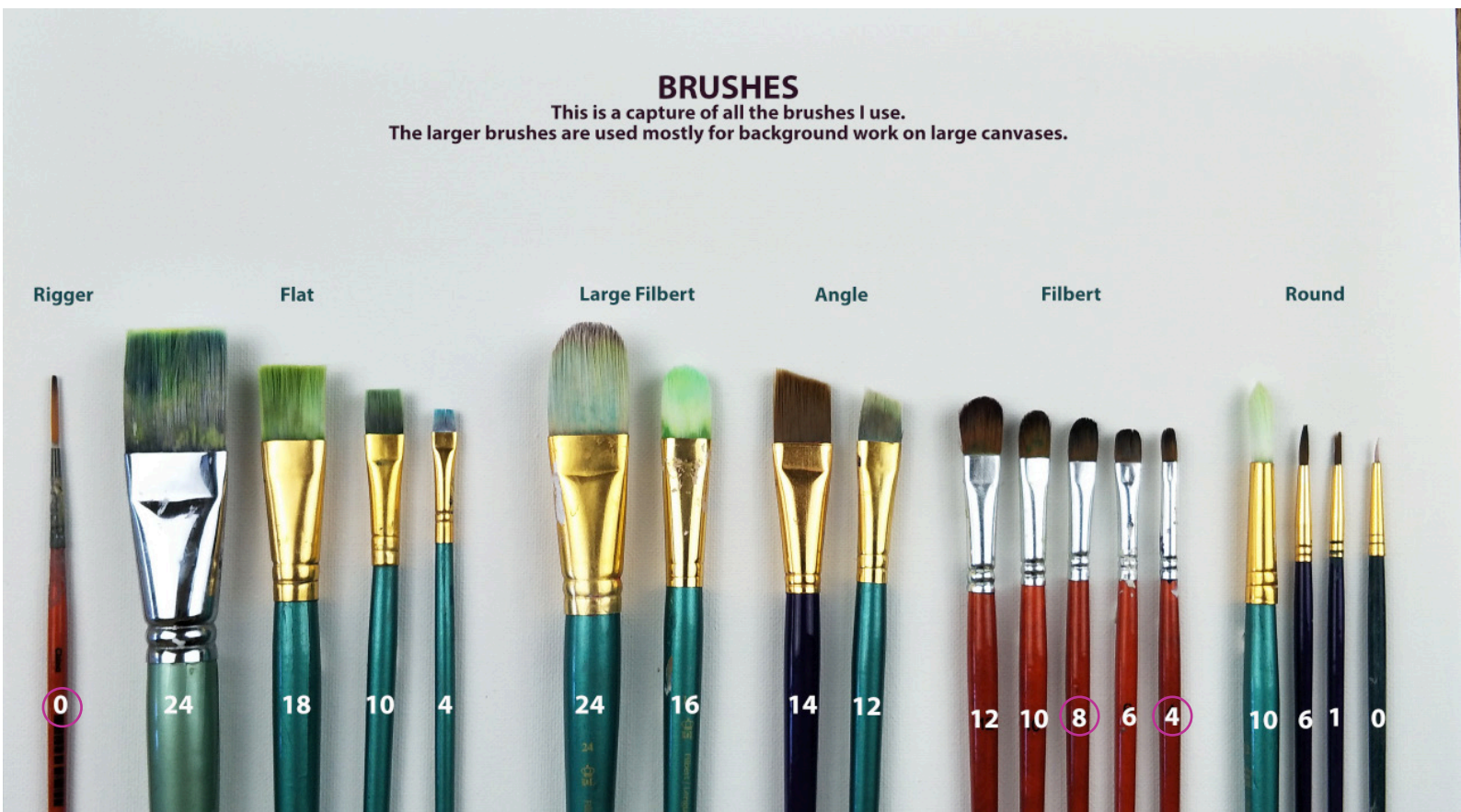
These lighter areas make the hand look wet, don't forget them!



The water here has a number of different colours in it, bright green, white, some dark green & black, and some of the skin colours too! To make it work well use a very fine brush.



# WISDOM - Brushes



**Brush sizes are:** 8 & 4 filbert (with rounded edges)  
Size 0 or 1 Rigger (or just the smallest finest brush you have!)

## WISDOM - Paint colours



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

Titanium White, Paynes Grey, Spectrum Yellow, Golden Yellow, Burnt Sienna, Burnt Umber, Flesh Tint, Spectrum Vermilion (bright red), Cadmium Green, Sap Green





# Florish

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Looking at the hands that you paint, who's hands might they be and why? Perhaps find ways to thank the people in your life for their help. Write down at least 3 people you can contact in the next few weeks and thank them.

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# wisdom

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)