



Book 18

ready

Creative reflections & painting exercises.

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“If you’re really ready to sail, then the sea,
the wind and the ship will be ready too!
You must be ready first for the universe to help you!”

Mehmet Murat ildan

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



I was very lucky to pay and get permission to use this photo to paint and produce a small number of prints and books with. I do not have permission however to share the original photo which is why you are painting a photo that is different to the one I did. You can find his images on Joel Sartore @joelsartore INSTAGRAM.

Ready

A big thank you to Joel Sartore, a National Geographic Photographer, for allowing me to use this image, which he posted on Instagram. As soon as I saw it I knew I just had to paint it.

This is a pink-sided leaf frog (*Agalychnis Litodryas*) collected near Pilalo, Ecuador.

Joel went to Ecuador to photograph amphibians, primarily frogs back in 2008. Amphibian species are declining especially rapidly due to a host of issues from chytrid fungus to habitat loss and pollution. The numbers vary, but it is estimated that we could lose up to 50% of amphibians by the turn of the century.

While it doesn't look great, there is good news: Scientists have had some success and are studying frogs with a natural immunity to chytrid fungus in an effort to stem the decline, meanwhile zoos and aquariums are captive breeding a whole host of frog species and other amphibians to

repopulate decimated areas. www.joelsartore.com

I called him "Ready" "I am Ready for whatever is next!" because I felt like he was poised ready for what was to come next. At the time of writing this eBook, we are in the middle of the year 2020 during Covid-19. We are facing a number of different lock-downs and restrictions. Life is certainly not what we have been used to. I for one know I was certainly not ready for this time and have had to adjust big time to a whole new way of doing business, of doing things on-line and helping the people that I would normally see face to face!

I like the quote on a previous page

... be ready to sail...be ready first for the universe to help you!"

I love the image of being confident and ready for whatever comes at us. Knowing that there is a far bigger God/Universe who is in control, and wants the best for us, in this ever changing world!



This photo is by Geoffrey Baumbach and is royalty free from the platform Unsplash.



Reflect

Being Ready for something means you already know what to prepare for. If you were to go back to a difficult time in your life, (perhaps before Covid-19 or a relationship) what things do you wish you prepared for more? What things did you need to do in order to be ready for that time in your life? ***Or you could even focus on what things you were glad you did to be prepared.***

What are some of the things today you can do to be prepared for some of the challenges that could possibly face you over the next 10 years. Eg. save money, build a veggie patch, connect more with your family.



Create 12x12

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

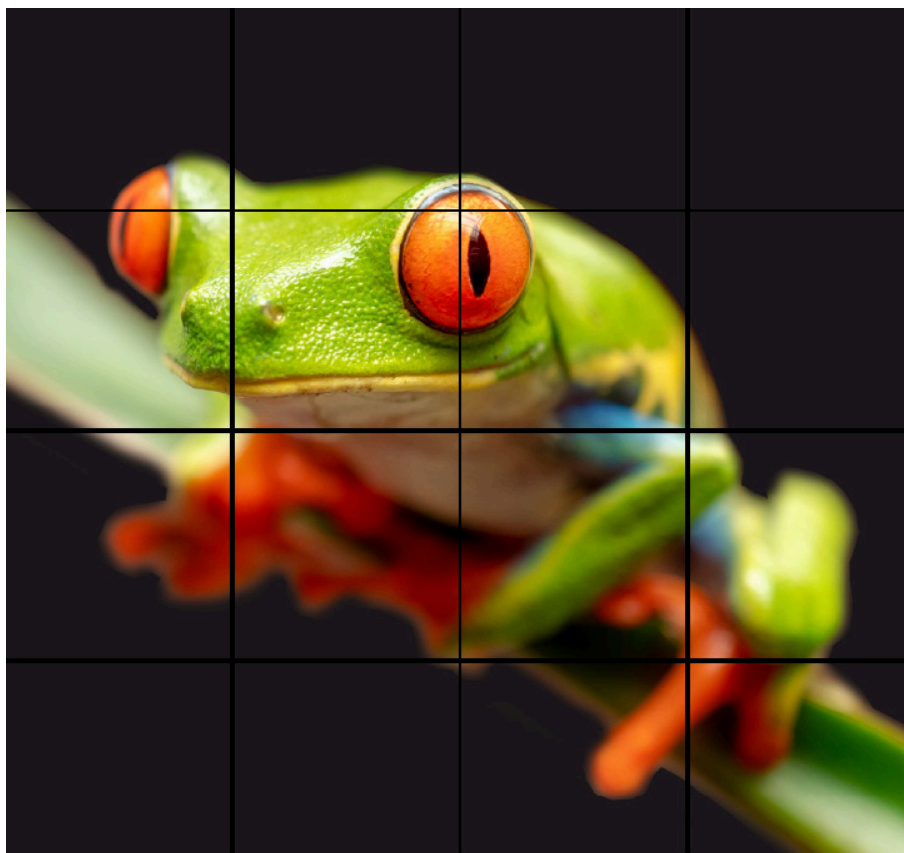
If you want to paint this image in oils and realistically you can go to the link provided in on-line course.

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.



geoffrey-baumbach-12BoBPYlGd0-unsplash

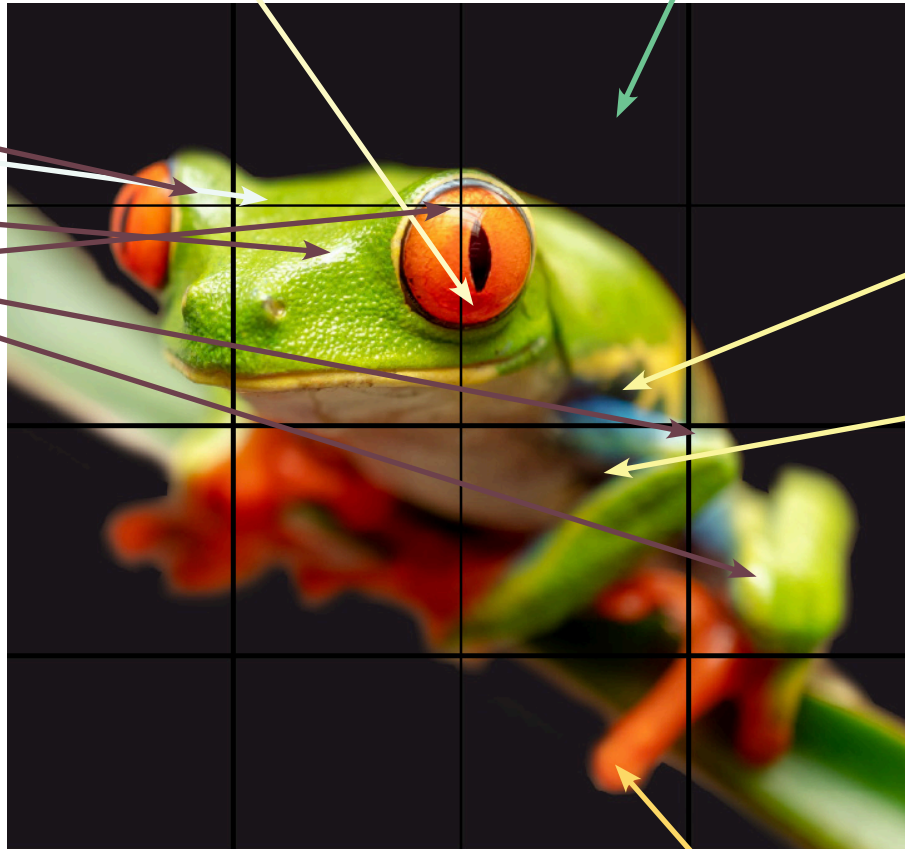
C R E A T E

The bottom of the eyes has a lot of red in it, dont be afraid to go dark here! It really makes the eyes look 3D!

Sometimes its hard to get black backgrounds to be even. Don't stress, you can go over it again at the end if you want, or just spray a gloss finish over it, the will totally fix that up nicely! Just don't use too much medium

Get those lovely highlights in last, the best bit that brings the whole image alive!

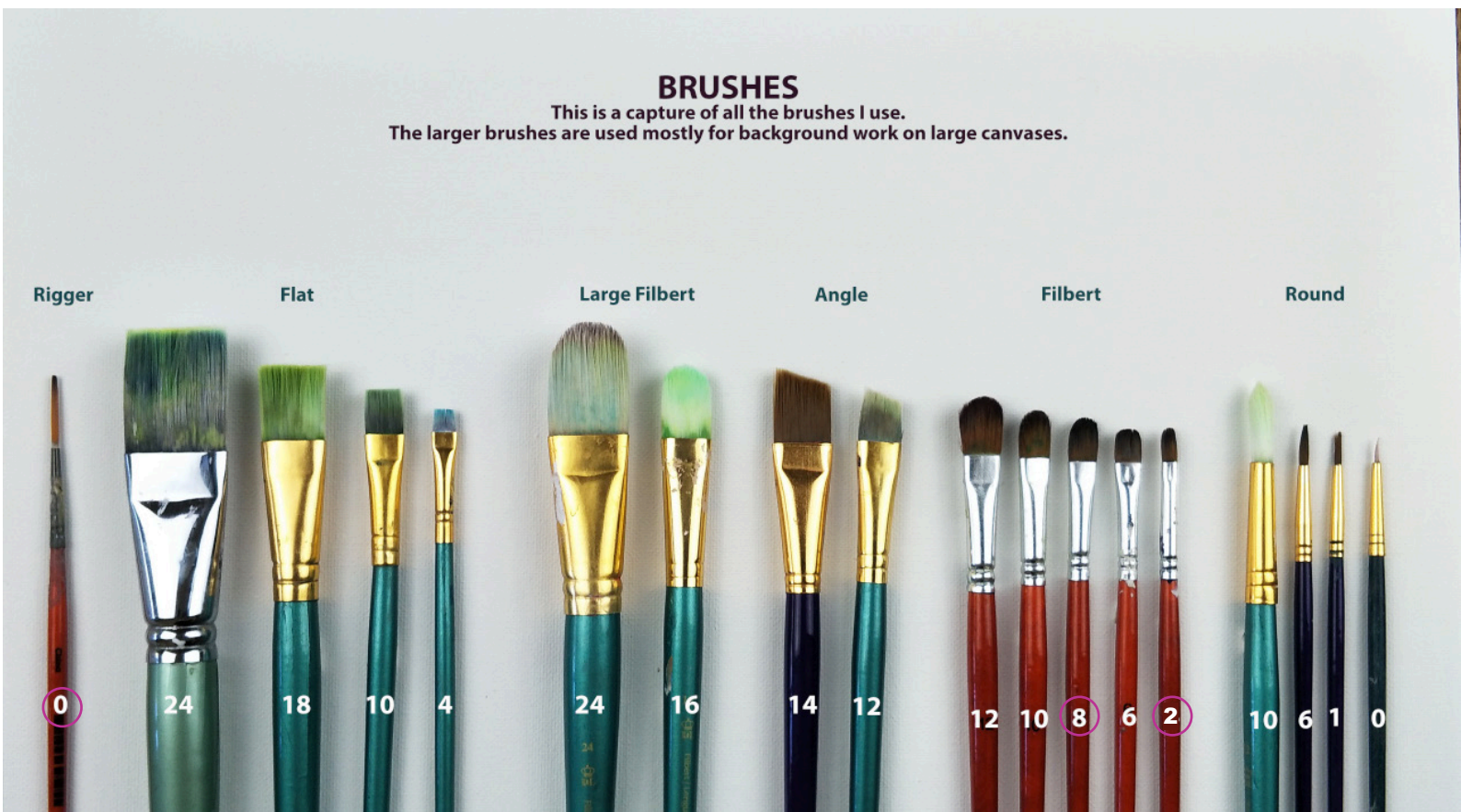
These dark areas, are easy to miss, do make sure you get a bit of black in those areas and blend it out!



geoffrey-baumbach-12BoBPYIGd0-unsplash

Take note how much lighter this part of his foot is, use some spectrum yellow with a tiny bit of red to make this brighter

READY - Brushes



Brush sizes are: 2 & 8 filbert (with rounded edges)

READY - Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Spectrum Yellow, Golden Yellow, Spectrum Vermilion (bright red), Cadmium Green (bright green), Sap Green, Phthalo Green, Ultramarine Blue



Florish

When you have finished this piece,
what name would you give it and
why?



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)