



Book 7

# flood

Creative reflections & painting exercises.

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We must build dikes of  
courage to hold back the  
flood of fear.

Martin Luther King, Jr.

The moment we begin to fear the opinions of others and  
hesitate to tell the truth that is in us, and from motives of  
policy are silent when we should speak, the divine floods of  
light and life no longer flow into our souls.

Elizabeth Cady Stanton

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

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*Follow your heart:*

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REFLECT

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CREATE

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FLOURISH



# Flood

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This would be one of my all time favorite paintings to paint. It was the first time I tried to paint something so detailed and so big! I felt so alive when I sat down to paint, even though it was right at the time when my Mum was very ill and we knew she did not have long to live.

There was something in the strength of the waves, the power in the movement. As you will pick up through these stories painting has been the core of how I have survived. That coupled with my faith and strength in hope that both of them combined brings me. Both are so intertwined I can not separate creativity and God.

The word "flood" was obvious for a name for this painting, because it was during a flood at the cataract gorge in Launceston. A very popular place to visit. We spent many a eve as a family there having picnics and

enjoying the beautiful surrounds.

But the word FLOOD meant more than the literal. It reminded me of the concept. Floods bring a huge amount of water and also bring through much destruction as they pass, but when it has passed it gives opportunity for new beginnings and new growth to begin.

It is often a struggle to understand the reasoning to the destructive things in this world, health, natural disasters etc. But I come back to the essence of what nature continually reminds us. This world is beautiful, it is filled with life and hope and joy we only need to turn our eyes to see that which is before us as a blessing amidst the storms and floods.

There is always good to find in this world, even in the hardest of times.



The picture above was taken the same day of the FLOOD photo reference. The gorge in Launceston:

Here is a bit of history:

*William Collins wrote in 1804 when exploring the Port in the ship "Lady Nelson". He was particularly impressed by the South Esk and its cataract and wrote, "Upon approaching the entrance I observed a large fall of water over rocks, nearly a quarter of a mile up a straight gully between perpendicular rocks about 150 ft high. The beauty of the scene is probably not surpassed in the world".*

*Further up the River, at Duck Reach, a turbine-driven power station was constructed by the Council and it is understood that Launceston had the distinction of being the first City*

*south of the Equator to be lit by electricity, generated by water power. On the 10th December, 1895, electricity was officially switched on.*

*Apart from the magnificent vistas along the cataract there are the very enjoyable developed areas in the vicinity of the Cliff Grounds Restaurant and the First Basin swimming pool. There is an extremely interesting variety of natural flora totaling more than 70 species native to the area which is also inhabited by many different species of native fauna and approximately seventy different species of birds have been seen in the Gorge including nine species endemic to Tasmania.*

R E F L E C T



## Reflect

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Write down the first moment that comes to mind when you think of a FLOOD moment in your life.

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Was there something you learnt during this time? Or are learning at this time? Perhaps a new way of thinking, or appreciating things you have not seen before, or maybe accepting your situation as important in your journey?

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The FLOOD word can sometimes bring to mind words like "fear, or the unknown". Write down any fears you may have right now, but also in the same sitting write down a compelling argument for yourself as to why the voice of these fears do not need to dominate your world!

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# Create 12x12

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

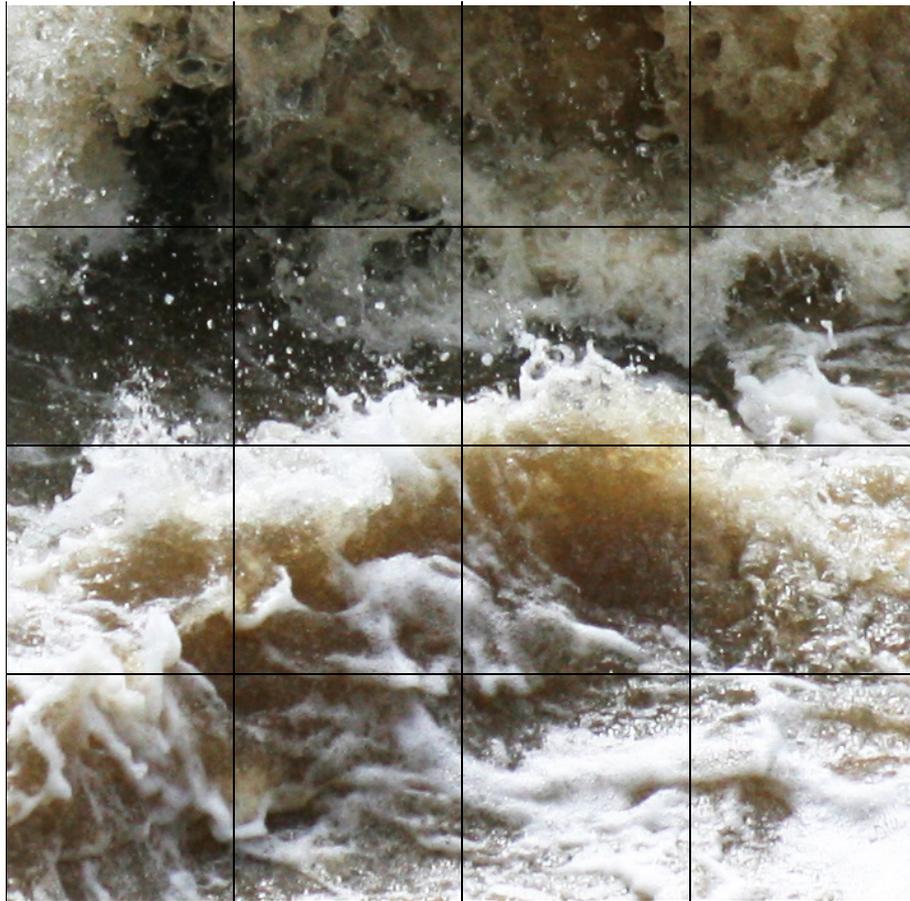
Create something the size 12 x 12cm. You may use the grid and paint it photo realistically, you might want to sew it, you might want to draw it with pencil, do a collage. or do an abstract version of it. Change it even!

***If you want to paint this image in oils and realistically you can go to the link provided in online 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.*

This series was written during Isolation 2020 Covid- 19 and many have been feeling alone and unable to connect as easily with others. Whatever time you are in now, keep reminding yourself of what you are grateful for, that floods may come, but they always recede and new life forms new pathways and hope.

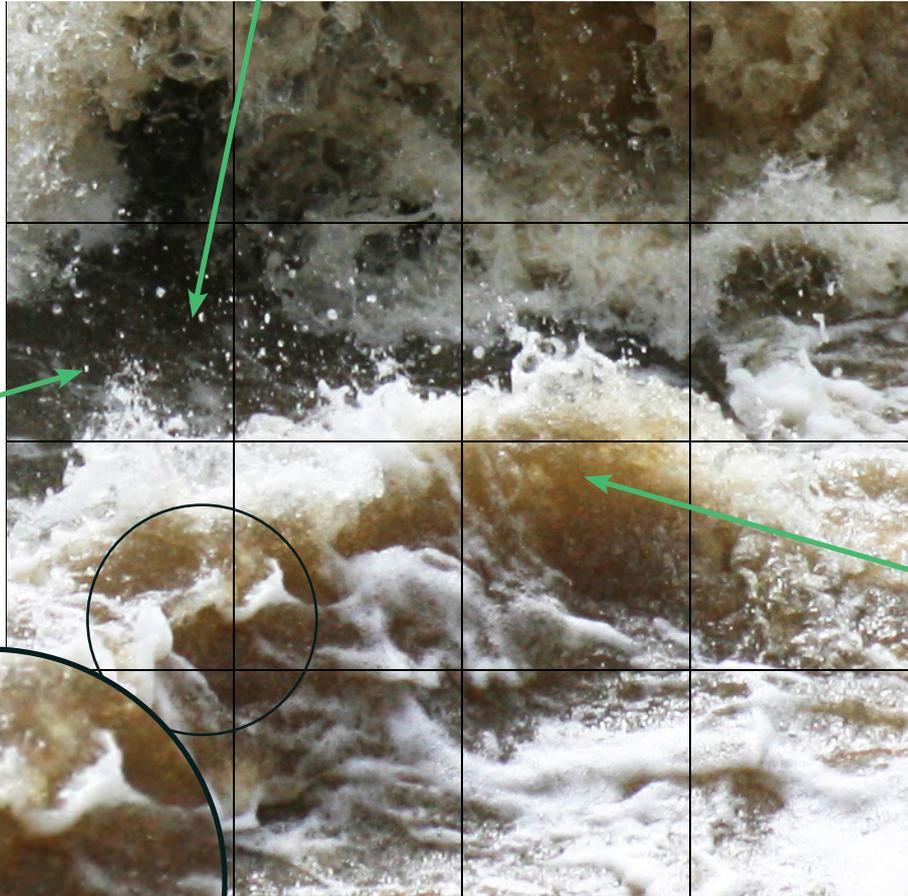
(C) Please note that this photo reference is for your use only. Paintings produced using this photo may not be exhibited in gallery exhibitions, but freely given as gifts among friends and family.



C R E A T E

There are some subtle grey blue colours here in the depths of the wave!

These white water drops are very tiny, be sure to find the smallest brush you have, and very lightly touch the brush to create a tiny mark



This is one of the most beautiful parts of this painting, the golden glow of the light coming through the waves, be sure to make the waves golden not green! Keep your brush really clean.

It would certainly help to print this up twice as big or to use a tablet so you can zoom in on some of the detail if you like with this one!

## Flood Brushes

### BRUSHES

This is a capture of all the brushes I use.  
The larger brushes are used mostly for background work on large canvases.  
The circled brushes are the ones I used for the FLOOD painting tutorial.

Rigger

Flat

Large Filbert

Angle

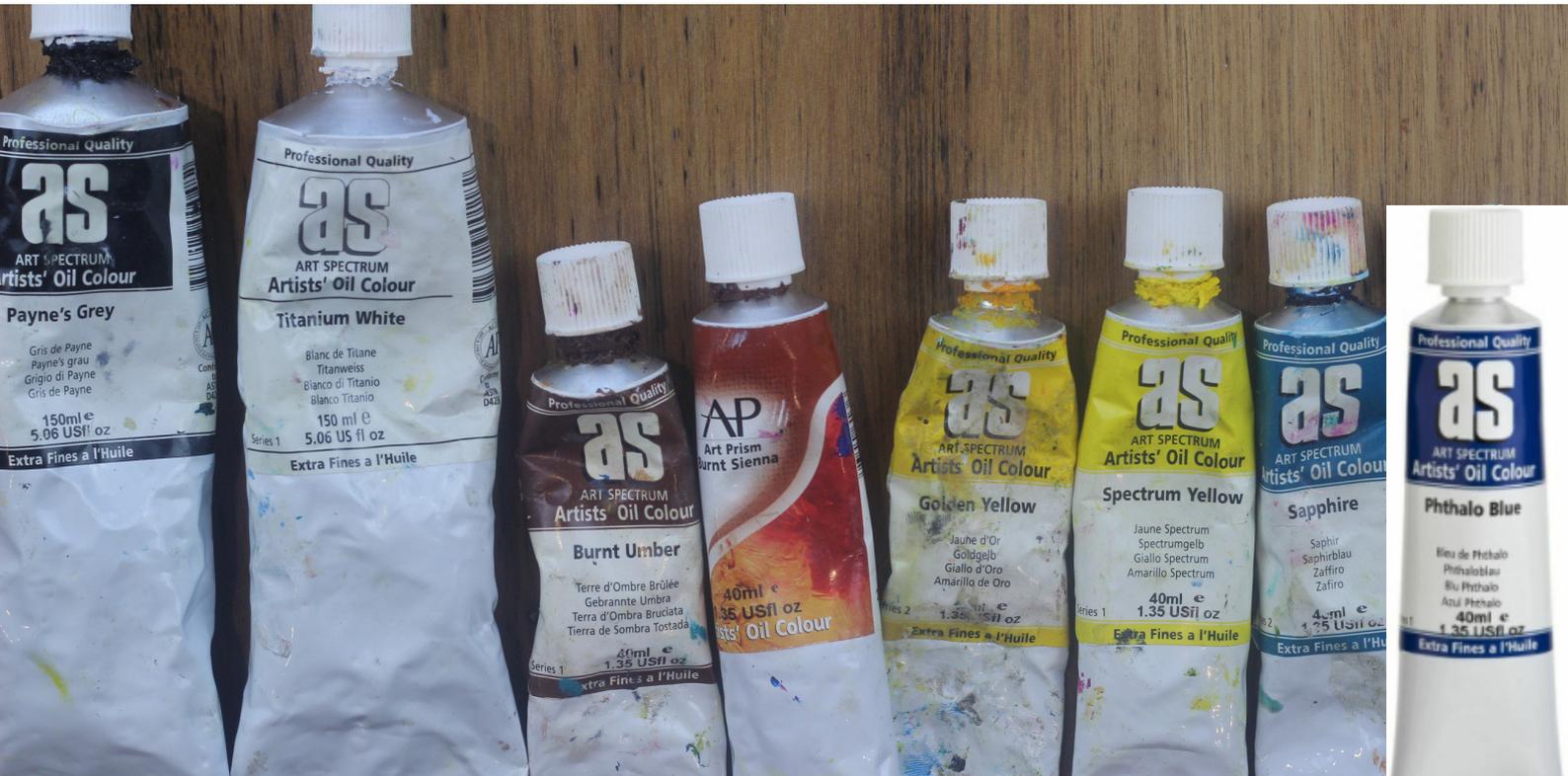
Filbert

Round



**Brush sizes are:** 4 & 6 filbert (with rounded edges) And a size 1 round.  
If you wish to do more detail than I have you can use 0 too!

## Flood Paint colours



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

Titanium White, Paynes Grey, Burnt Umber, Burnt Siena, Golden Yellow, Spectrum Yellow, Phthalo Blue, Sapphire



“Vulnerability is not winning or losing; it’s  
having the courage to show up and be seen  
when we have no control over the outcome.”

Brene Brown

# Florish

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I do hope that you have enjoyed these eBooks as much as I am doing them. My hope is always that you take away JUST what you needed, and that it will be of an encouragement to you.

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There are so many amazing ways we can discover more about ourselves and how important creativity is to you.

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*Take time to write down what you enjoyed about doing this painting when you have finished, and if you feel it has spoken to you about your own journey...*



# flood

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