



Book 15

freedom

Creative reflections & painting exercises.

WWW.HEATHERBRADBURY.COM



“The only real prison is fear, and the only real freedom is freedom from fear.”

Aung San Suu Kyi

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



Freedom

This mini course is being recorded and written during a second lock-down for Covid-19. During 2020! I think it is very interesting that I am putting this particular piece together as we are restricted to certain hours of movement around the community, restricted to how much we shop and what we do and when. Certainly not what you would think as a "Free" way to be at the moment.

I find this interesting because I also find myself at this time becoming more and more grateful for what I have. I think of my Mum talking about being in a war when she was a young child. The restrictions they had on food and also limiting how much light came from the headlights on their cars too!

When I focus on what I am grateful for and not on what I don't have, it is like a door to freedom! You are in control of what you think and feel and it helps to relax the body soul and spirit!

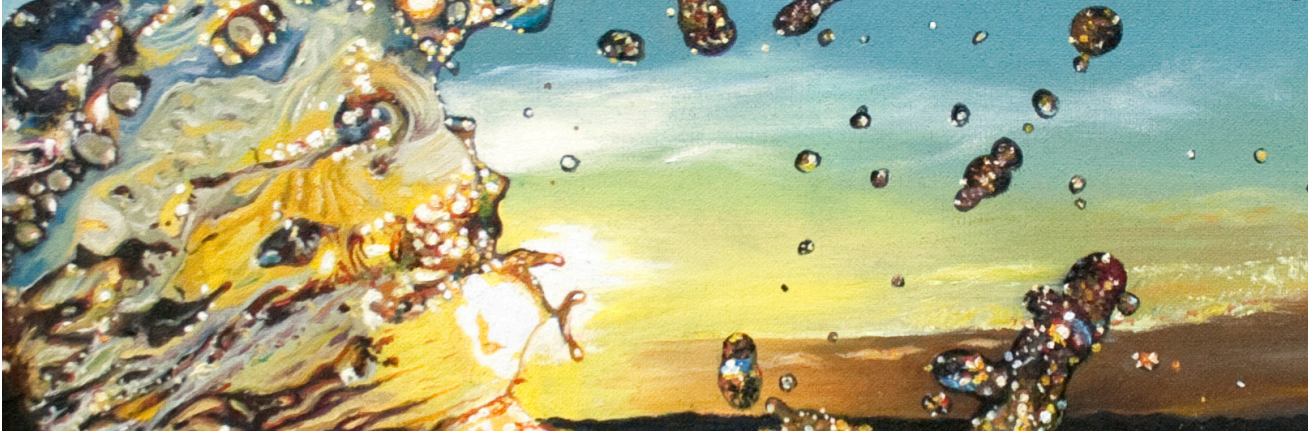
This painting was a gift for a friend for her birthday from her Hubby. I loved how the timing was perfect to be painting something that expressed life and freedom.

I like the image of the beautiful sunset water smashing up against the rock, spraying gold and light everywhere! Very free and alive!

At the time of painting this actual painting there was some particularly difficult things happening around me which gave me a feeling of being shut inside, and unseen. I was working real hard at the time to remind myself that I can take control, I can move forward no matter what and find ways to bring healing and life!

I can not stress enough the power of painting to help in such times as this, to release stress, to claim the future and re write stories that need to be written with hopeful endings!





Reflect

Have there been times when you have felt alone and unseen? What things helped you pull through those times?

Write down three people that have been a real support to you over your life and are your cheering squad. Make time this week to connect with at least one of them and thank them for their part in your life.



Create 12x12

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

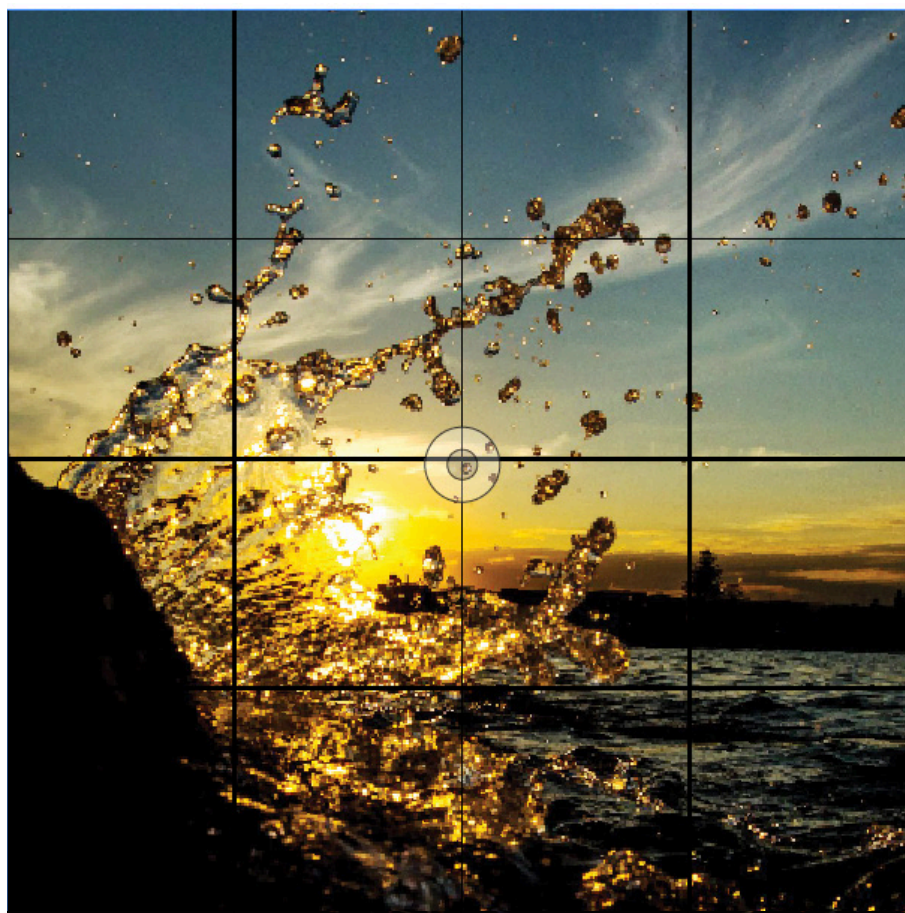
If you want to paint this image in oils and realistically you can go to the link provided in on-line course.

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

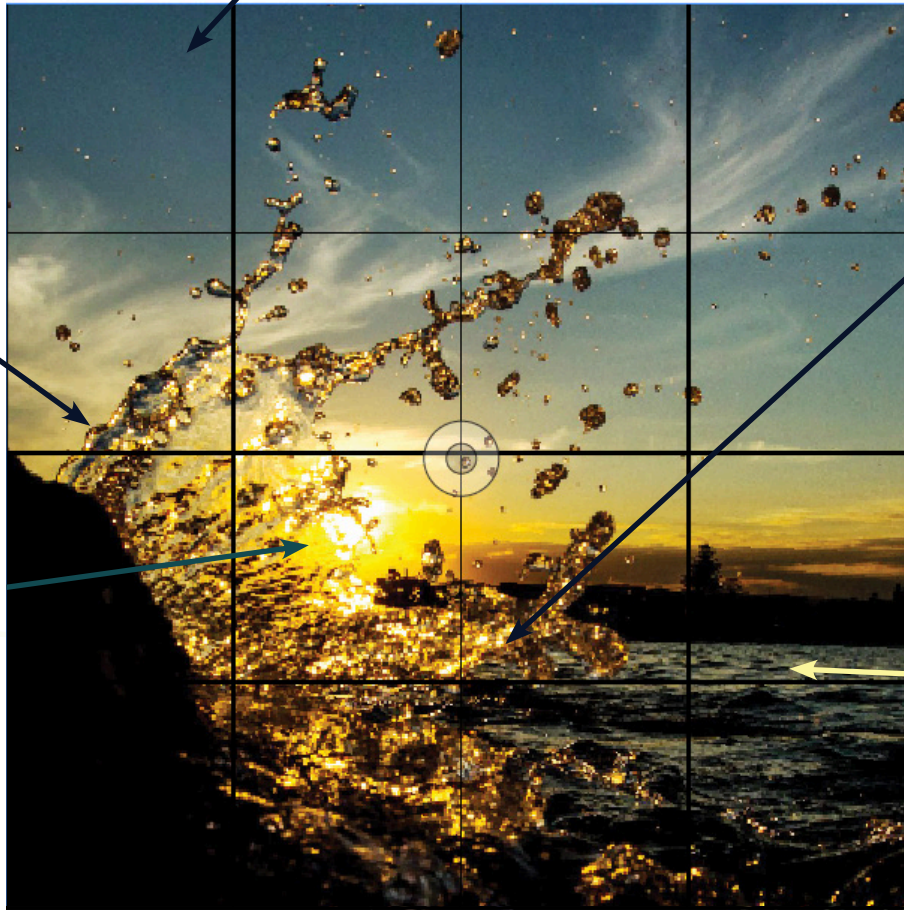
The sky is quite dark so don't be afraid of adding magenta and a darker blue to make the sky work.

These thin lines are done almost last. Great to get a fine brush like a Rigger to do this with

Last of all add in the highlights in white and bright yellow with a fine brush!

The bright yellow here is Spectrum yellow and has some Golden Yellow around the edges near the hill

Put in the dark parts first, then the darker blue areas, finishing off with the lighter blue and white touches to the calmer water!



FREEDOM - 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: 8 & 4 filbert (with rounded edges)
Size 0 or 1 Rigger (or just the smallest finest brush you have!)

FREEDOM - Paint colours



The colours to use for this oil painting are:

Titanium White, Paynes Grey, Spectrum Yellow, Golden Yellow, Magenta, Phthalo Blue, Burnt Sienna, Cadmium Red or Spectrum Vermilion & Sapphire



Florish

When you look at your finished painting write down the feelings that it gives you. (Resist being critical) and think about the warmth and life that it can offer you at this time.



freedom

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