



WEEK NINE



journaling

Week NINE: Art as a Journey and a Journal

*"Life moves so fast.
You gotta document the good times, man"
~ Big Boi*

Looking back over my years as an artist, I think that art journaling has to be one of the most rewarding ways that I use my creativity.

And there are so many great things about Art Journaling.

It believed it helped when I was worried, afraid or anxious. It had absolutely allowed me to play and connect with different creative techniques and helped me figure out those that did or didn't work. And I feel it freed me from any of those 'artistic should' thoughts that were hanging around.

I find the most amazing thing about art journaling is there are very few rules. However this can also be a little daunting!

Sometimes it would be much easier if there were step-by-step rules. Do this first, then this and now this. And there is absolutely nothing wrong with this approach by the way. But my goal this week is to give you a few ideas that you use to expand on and set up your own art journaling practices.

In the beginning of your art journaling practice I suggest avoiding Google and pinterest.

When I Googled the search term 'art journaling' it returned over 10 million results.

10 MILLION

I want you to avoid the chance of complete overwhelm, or falling into the 'must have' or the 'you should' trap so no googling just now!!

So what is Art Journaling?

Quite simply art journaling is a visual diary.

Instead of a traditional diary with lines and margins, where you write down your thoughts, your emotions, your worries, or your day you can add or use visual elements such as paint, collage sheets, washi tape etc. to record your emotions, feelings, celebrations or events.

And why should you art journal?

As a kid I kept a very detailed traditional journal, where I would start with the words 'Dear Diary', and then poured my angsty teenage heart out on a page detailing all the petty hurts and slights that had occurred to me that day.

And writing in my diary did at the time help me release my emotions, (usually a combination of confusion, anger and sadness) on the page.

But as an adult I rarely found this traditional way of recording and memorialising my life very satisfying.

If I was struggling with a dilemma, as an adult I felt there were times I could actually do something about the problem that I was writing about, but I couldn't find a solution through just writing about it.

At times I just wanted to release negative emotions so I wouldn't have to think about them again, but I didn't really want to have to reread over my entry ever again and relive those feelings.

Sometimes I just wanted to record a moment in my life with out actually writing about all the detailed minutia of it.

Once I started an art journaling practice, I actually found it helped me with all of these issues that I had with traditional journaling.

And I loved the freedom of journaling this way! But I found that art journaling was more than just recording, releasing or resolving any feelings, problems or issues I had!

Through art journaling I also:

- Saw my writing style (i.e. type or font styles) develop and improve.

I found styles that were immensely appealing and loved including this into my creative practice.

- Have an album of memories: using art journaling to document my holidays, birthdays or events were a really fun alternative to photo albums and I can share them with anyone and I love flicking through my journals and remembering these travels and celebrations.
- Had an easement of my emotions and feelings: having it all out on the page, and covering it up with pretty colours and images help me look at problems differently and find other solutions. (Remember our left/ right brain week? While my brain right brain was creating my left brain was problem solving)
- Realised that my journaling can be accessible to people in a way my teenage diaries are not! I can easily share art with you and others with out actually sharing the emotion behind the pieces. I feel less vulnerable.
- Found a sense of confidence. Journaling is another tool in my creative belt, and totally increased my confidence - not only with font like I mentioned before, but also in colour choices and page layouts, subjects etc.
- Was able to explore a variety of techniques and mediums: Art journaling is the absolute best way to play with different techniques, mediums and tools. In my art journals there is space for things that don't work.

Art journaling doesn't have to be complicated by the way - a quick sketch and a few words of how you might be are feeling is totally enough!

However, you can also spend hours doing complicated spreads with layered and textured pages. It is totally up to you and the time you have.

Just explore and do what feels good to you.



THE FOUR WAYS THAT I HAVE USED ART JOURNALING.

1. A SIMPLE VISUAL OR DRAWING DIARY.



Quite simply I am recording my day through drawings. I will draw something or someone in front of me. I will date it and I will just record a few thoughts about what I am thinking, or what is happening in my life.

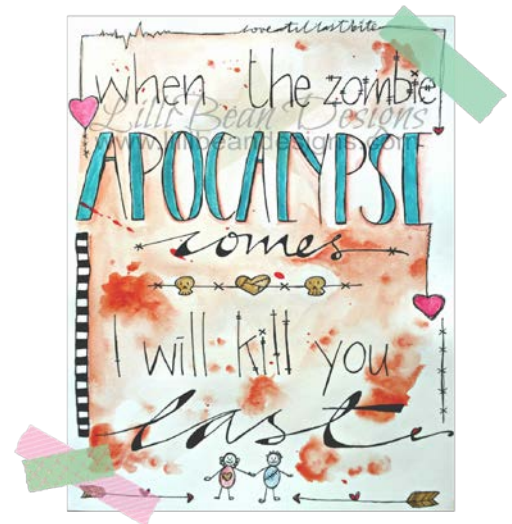
FOR EXAMPLE: when I travelled around the USA I drew something I had seen each day and write a few words about the day - where we were, what our rooms was like, how sick of take away I was etc.

2. ILLUSTRATING WORDS + QUOTES.

If I have a quote that I am particularly drawn to or word that has meaning for me (for example my word of the year words) I will often illustrate them.

It can be as simple as quick background with the quote written over it, or a very font heavy page where I combine my love of different fonts, with simple doodles, or a heavily collaged page with a painting over the top and my word written on the page somewhere.

FOR EXAMPLE: My “You are an Unstoppable Ninja” page was a direct result of feeling overwhelmed with juggling motherhood, domestic life and LilliBean Designs. This is one of my most popular quotes as it resonates with so many people.



3. RELEASING NEGATIVE EMOTIONS.

For this type of journaling I will write/ scribble very quick diary style page. I will write about the problem, the feelings I am having, how it may be affecting me, frustrations, sorrows and hurts, and any other negative emotions.

Over the top of this I will smooch some paints, collage some papers, and make some marks with stencils or house hold items etc.

I will usually paint one of my girls but you could paint flowers, scenery or something else.



Finally I will often write a little affirmation or a little love letter to my self - either something of my own or a quote I have found.

Usually by the time I have finished this process, I have released my negative thoughts and feelings and feel less fragile about the event.

FOR EXAMPLE: I did a journal page where I was releasing the little bitch on a page - I had just weighed myself and realised that I had totally sabotaged myself over the weekend and put on a whopping 5 kgs. I wrote about my anger and frustration and self-loathing, and then covered

it all up and wrote about breaking free of the chains of past behaviours.

4. JUST PAINT.

Sometimes I just paint. I am often asked why my girls don't smile much and I jokingly reply that I don't paint when I am happy - I paint to clear my head and ground myself.

But it really isn't a joke! I do paint to clear my head and there are times when something is going on in my life and it translates very literally onto the page.

FOR EXAMPLE: When my Nan was hospitalized with pneumonia I went to visit her and she looked so weak and frail and not at all herself. I came home and painted a girl looking out a window crying.

It is very Rapunzel inspired - after I painted it I realized it was partly because I felt trapped like Rapunzel, because I couldn't do anything but cry out the window and hope that she would recover.

(Also subconsciously I suspect it was Rapunzel-esque because Tangled was the video my kids were obsessed with that week and they watched it every chance they could!!)



9.1 REFELCTION: Journal your thoughts

time: 5 - 10 minutes

equipment: Your notebook + pen

Open you notebook into a double page spread and for five - ten minutes journal about something that is happening in your life today.

It doesn't have to be a frustrating or unhappy event. It could be something that made you smile or laugh, or made you feel really good about yourself.

Do two pages of writing - write big, small, scribble or print. It doesn't matter but do not be confined to the lines in your book if you have them.

You can use pencil, pen or markers for this exercise you are not limited to just a pen. And if you find you are falling into the 'dear diary' style of writing use a highlighter or fat marker to push you out of this instinctual conforming.

9.2 ACTION: Cover your thoughts with art.

time: 10 - 20 minutes

equipment: Your notebook,
paint + glue

Other things you may like to use:

- Dictionary pages, old books, wrapping paper, telephone books, tissue paper, newspaper, etc.
- washi tape
- Stencils (either bought or home made)
- Ink stamps



Rip up your papers into smallish pieces and glue them over your journal pages. If you are using patterned paper or book pages when you glue them down, be sure not to have them all running the same way. (i.e. all horizontal or vertical - mix it up.)

Using a light hand smooch some paint over the pages - using one or two different colours if you wish.

Let it dry.

Once the paint dries use your stencils or ink stamps (if you wish) to add another layer. (You can also do this before the paint smooching stage)

Washi tape can be used at any stage - but again only if you want.

Put you page to the side for the moment.

9.3 FUN: Finding things around the house to make marks with

time: how ever long you want!

Equipment: your notebook, paint and household items.

Firstly take a double page in your notebook and smoosh a layer of paint over the two pages. Choose a darker colour for the background and lighter colours for the next step.

Leaving it to dry walk around your house and find 20 things that you might use to make patterns with. Bear in mind when you are choosing these, that you will be dipping them in paint so don't choose the special china or dinner set!

Take your gathered items which may include things like - toilet rolls, bottle caps, string, dental floss, plastic forks or spoons, broken pens, paper clips, tissues, leaves, fruit or vegies, cotton buds, old toothbrushes, old credit cards, bubble wrap, pegs etc.



Using your lighter paint colours squeeze some out on a plastic or paper plate and dip your collected items into the paint and then press them onto your dark background and make marks on your notebook pages.

When you are making your marks with your items, think about how to use it in two or three different ways and what other patterns you can create with them.

For example: A toilet roll. My instinctual way of using this is to dip the end in the paint and make a circle mark on my page. However I could also roll the entire length in paint and roll it around on my page, or rip it and use it that way.

Go back to your journal page from our reflection and action exercise and picking two or three of the house hold items that created your favourite marks and use these to make marks on your art journal page.

9.4 FUN: Easy Poems and Journal spreads.

Time: 5 - 10 minutes

Equipment: your notebook, your poem page
Scissors and glue.

At the end of this weeks notes there is two pages filled with text from very different places - from A Clock Work Orange and Little Women, to an encyclopedia entry about wildlife and climates.

Print off this page and use scissors to cut out the words on the page - you can cut them all up at once or just choose a couple of lines to cut if you like.

Turn the words so they are all facing up.

Closing your eyes think about your journal page from the reflection exercise. What was your original emotion that you were journaling about? Was it happiness, sadness, frustration or something else?

Now I want you to think about what you want to feel when you look at your journal page at the end of this exercise. Do you want to have a resolution, a feeling of being brave or strong, something else?

FOR EXAMPLE: one of my journal pages was about my feeling that a person in my life was projecting her issues on my life.

This person would judge me against their feelings and problems, and would often passively aggressively comment about things that I was doing or trying to achieve.

Our relationship was turning toxic for me. I couldn't escape the judgments however this person wasn't one that I could easily cut out of my life.

So I after one particularly frustrating encounter, I locked myself into my studio and began journal.

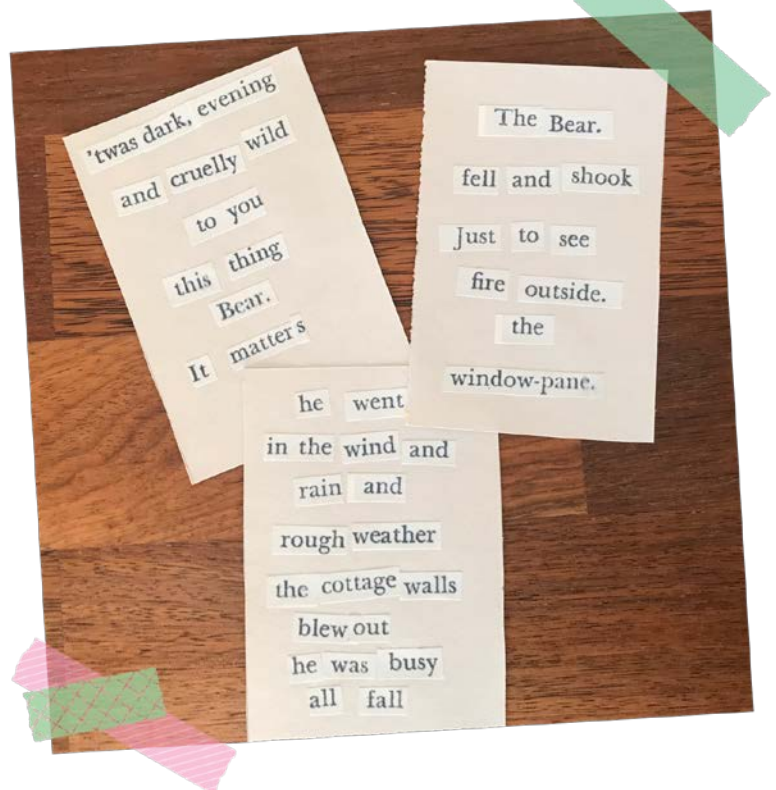
My page became a visual reminder that this persons shit wasn't my reality and I didn't have to take what they said to me to heart.

So what do you want to take away from this journal entry?

Open your eyes and look at the words you have cut out. Fashion them into a sentence, a poem or a just a couple of affirming words.

When you are happy with your choice glue them onto your page.

You can put the rest of the words in a zip lock bag for next time.



9.5 FUN: Doodle on your journal page.

Time: 5 minutes

equipment: your notebook, coloured pencils, crayons, gel pens, posca pens etc.

You can now add to your journal page with some doodling or pattern work - similar to the exercises from week two and three. Pick one or two that really speak to you and add them to your page.

Alternatively you can write a bit more on your page with a pen - positive and affirming words that bring comfort or inspire you.

You can keep adding any of these steps until you feel the page is finished.

Not sure if your page is done? Step away for a bit and then come back with fresh eyes. As I tell my Art Club Kids - Less is more!!

9.6 BONUS ACTION: Make a little art journal kit.

Time: 10 minutes

equipment: a small box like a travel sewing kit, iphone box, cd present box etc or small pencil case

In your box have a small collection of papers or washi tape a glue stick, some of your poem words, and if you have it a tiny tube of paint.

It doesn't matter what you put in it, but it should be small enough to fit in your handbag, your suitcase (if travelling) or small enough to quickly pull out in front of the tv, at work, etc.

Use it to do a journal page in a different place to your normal creative zone.

Share with us the coolest place you've created an art journal page!



Suddenly they were both leaping round him, shouting 'Traitor!' and 'Thought-criminal!' the little girl imitating her brother in every movement. It was somehow slightly frightening, like the gambolling of tiger cubs which will soon grow up into man-eaters. There was a sort of calculating ferocity in the boy's eye, a quite evident desire to hit or kick Winston and a consciousness of being very nearly big enough to do so. It was a good job it was not a real pistol he was holding, Winston thought.

In the nights of the late summer her small, feebly lighted house was always full of guests. There were never enough chairs to go around and frequently ladies sat on the steps of the front porch with men grouped about them on the banisters, on packing boxes or on the lawn below. Sometimes when Scarlett saw guests sitting on the grass, sipping tea, the only refreshment the Wilkeses could afford, she wondered how Melanie could bring herself to expose her poverty so shamelessly. Until Scarlett was able to furnish Aunt Pitty's house as it had been before the war and serve her guests good wine and juleps and baked ham and cold haunches of venison, she had no intention of having guests in her house--especially prominent guests, such as Melanie had.

Wildlife traditionally refers to undomesticated animal species, but has come to include all plants, fungi, and other organisms that grow or live wild in an area without being introduced by humans. Wildlife can be found in all ecosystems. Deserts, forests, rainforests, plains, grasslands and other areas including the most developed urban areas, all have distinct forms of wildlife. While the term in popular culture usually refers to animals that are untouched by human factors, most scientists agree that much wildlife is affected by human activities

Humans have historically tended to separate civilization from wildlife in a number of ways including the legal, social, and moral sense. Some animals, however, have adapted to suburban environments. This includes such animals as domesticated cats, dogs, mice, and gerbils. Some religions declare certain animals to be sacred, and in modern times concern for the natural environment has provoked activists to protest against the exploitation of wildlife for human benefit or entertainment.

Weather is driven by air pressure, temperature and moisture differences between one place and another. These differences can occur due to the sun's angle at any particular spot, which varies with latitude. The strong temperature contrast between polar and tropical air gives rise to the largest scale atmospheric circulations: the Hadley Cell, the Ferrel Cell, the Polar Cell, and the jet stream. Weather systems in the mid-latitudes, such as extra tropical cyclones, are caused by instabilities of the jet stream flow.

Because the Earth's axis is tilted relative to its orbital plane, sunlight is incident at different angles at different times of the year. On Earth's surface, temperatures usually range ± 40 °C (−40 °F to 100 °F) annually. Over thousands of years, changes in Earth's orbit can affect the amount and distribution of solar energy received by the Earth, thus influencing long-term climate and global climate change.

"Your sister," he continued, "has suffered dreadfully. Mrs. Ferrars too—in short it has been a scene of such complicated distress—but I will hope that the storm may be weathered without our being any of us quite overcome. Poor Fanny! She was in hysterics all yesterday. But I would not alarm you too much. Donavan says there is nothing materially to be apprehended; her constitution is a good one, and her resolution equal to any thing. She has borne it all, with the fortitude of an angel! She says she never shall think well of anybody again; and one cannot wonder at it, after being so deceived! —Meeting with such ingratitude, where so much kindness had been shown, so much confidence had been placed! It was quite out of the benevolence of her heart, that she had asked these young women to her house; merely because she thought they deserved some attention, were harmless, well-behaved girls, and would be pleasant companions; for otherwise we both wished very much to have invited you and Marianne to be with us, while your kind friend there, was attending her daughter. And now to be so rewarded! 'I wish, with all my heart,' says poor Fanny in her affectionate way, 'that we had asked your sisters instead of them.'"

"What poor Mrs. Ferrars suffered, when first Fanny broke it to her, is not to be described. While she with the truest affection had been planning a most eligible connection for him, was it to be supposed that he could be all the time secretly engaged to another person! —Such a suspicion could never have entered her head! If she suspected *any* prepossession elsewhere, it could not be in *that* quarter. '*There* to be sure,' said she, 'I might have thought myself safe.' She was quite in an agony. We consulted together, however, as to what should be done, and at last she determined to send for Edward. He came. But I am sorry to relate what ensued. All that Mrs. Ferrars could say to make him put an end to the engagement, assisted too as you may well suppose by my arguments, and Fanny's entreaties, was of no avail. Duty, affection, every thing was disregarded. I never thought Edward so stubborn, so unfeeling before. His mother explained to him her liberal designs, in case of his marrying Miss Morton; told him she would settle on him the Norfolk estate, which, clear of land-tax, brings in a good thousand a-year; offered even, when matters grew desperate, to make it twelve hundred; and in opposition to this, if he still persisted in this low connection, represented to him the certain penury that must attend the match. His own two thousand pounds she protested should be his all; she would never see him again; and so far would she be from affording him the smallest assistance, that if he were to enter into any profession with a view of better support, she would do all in her power to prevent him advancing in it."