



Book 19

flying

Creative reflections & painting exercises.

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“Flying is learning how to throw yourself at the ground and miss.”

Douglas Adams

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



Flying

After a really tough decade of difficult life 'stuff' I was overwhelmed by the opportunity to open a gallery in the Dandneong Ranges, Melbourne! I had some amazing people support and encourage me in the adventure, and the adventure was welcomed by many people who were waiting for a place to call home!

It was at that time when new doors were opening wide and my art continued to bring me so much healing that I realised it was time to turn around, and appreciate where I had come from, the intense challenges I had faced. To now embrace the present and look forward to the future that certainly looked very rewarding and fulfilling.

It was only few years before that I had been given a drawing by a friend with a picture of a cage with the door finally open and a bird flying from it. I never thought the cage would open, and I now felt like it was time for me to embrace the hope that lay in my soul. It was time to fly!

I can imagine being a new bird and learning to fly must be a difficult thing to do! To trust your wings, and your mothers voice, that it will be ok!

For me the Creators voice, like a mother was calling me to spread my wings and fly. Flying is what I was destined for. It is what we are all destined for! We need to feel free and alive and able to move where we are alive and refreshed.

I hope as you paint this image you can write a bit about your dreams, in what areas of your life you want to fly, in what areas of your life that you feel stuck. What is stopping you from spreading your wings?

You were born to fly! So give it a go!





Reflect

You were born to fly! Do you believe it? What is stopping you? Write down your thoughts on what might need to change in order for you to take the first step out of the nest!

If you were to “FLY” what would that look like? Leave a job? Embrace your creativity? Step into something new?

Write down 10 things that would make you feel like you were flying..



Create 12x12

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

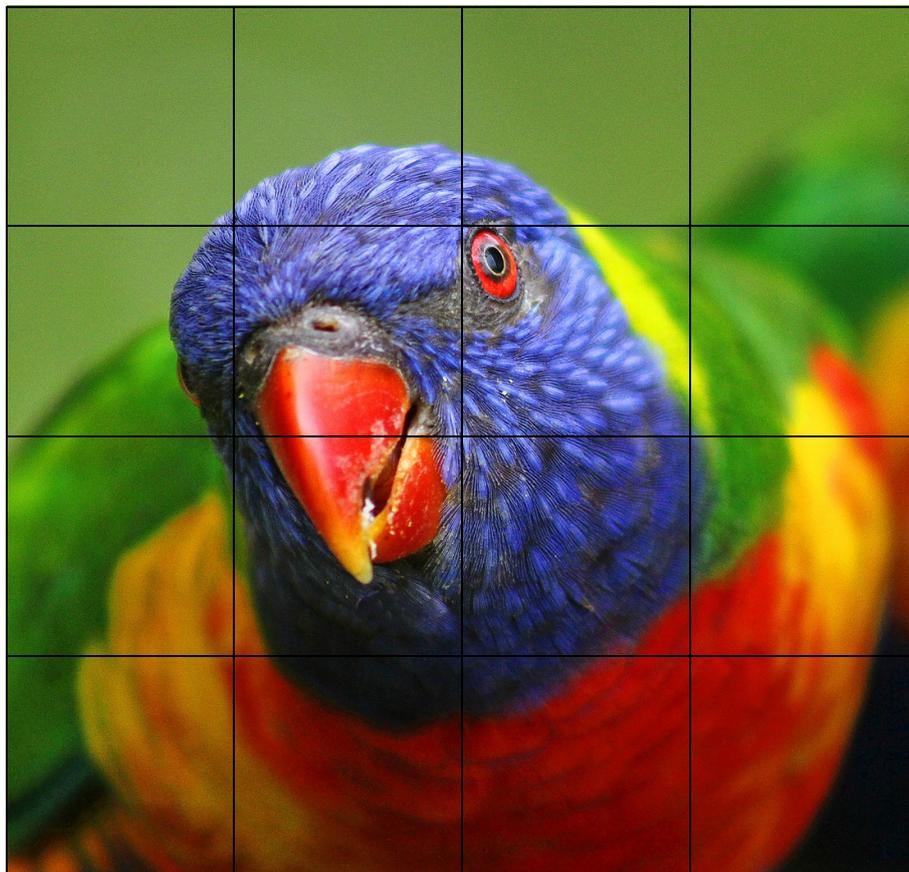
If you want to paint this image in oils and realistically you can go to the link provided in on-line course.

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.

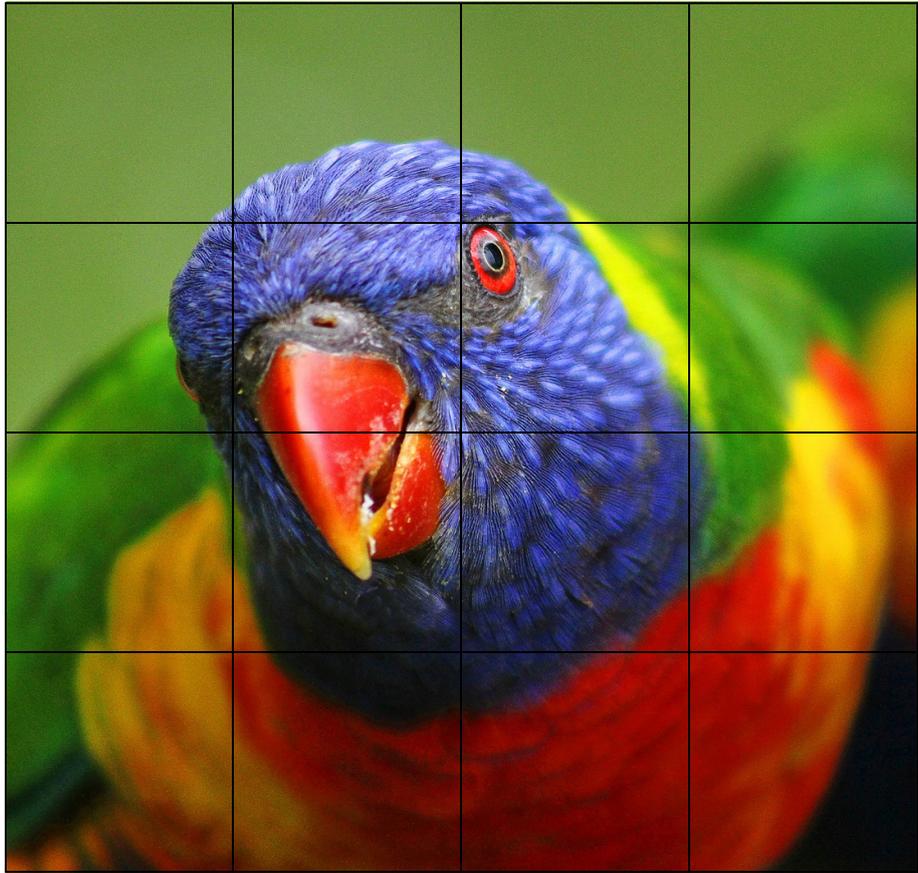
Many have found these small painting activities and exercises really helpful to document life as it is. It might be during a difficult time, or a special moment in life. Whatever it is, embrace it as yours, it does not need to be refined or perfect.

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



FLYING - 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: 2 & 8 or 10 filbert (with rounded edges) 0 or 1 Rigger



FLYING - Paint colours

Art Spectrum PROFESSIONAL QUALITY ARTISTS' OIL COLOURS

Art Spectrum oil colours give the artist colours which are pure, brilliant and intense, and which remain that way. Only the very best pigments have been used and are stated on every tube.

For more information, visit www.artspectrum.com.au.

LEGEND:
 ASTM Approved Permanent Colours. American Society for Testing and Materials, conforming to standard D4302-90.
 ASTM I: Excellent Lightfastness
 ASTM II: Very Good Lightfastness
 ASTM III: Fair Lightfastness
 Our aim is to produce the finest, permanent artists' colours. Ongoing research and development may mean that specifications may change without prior notice.
 Permanence Rating: ★★★★★ Excellent ★★★ Very Good
 □ Transparent ■ Opaque
 ▲ Semi-transparent Do not spray apply Cadmium colours. If swallowed seek medical advice. Keep out of reach of children.
 ■ WSB: Blue Wool Scale, Maximum Lightfastness

Titanium Yellow S2★★★★ ASTM I ▲	Lemon Yellow S1★★★★ ASTM II ▲	Cadmium Yellow Light S4★★★★ ASTM I ■	Spectrum Yellow S1★★★★ ASTM I ▲	Aureolin S5★★★★ ASTM II □	Cadmium Yellow S4★★★★ ASTM I ■	Golden Yellow S2★★★★ ASTM I ■		
Indian Yellow S2★★★★ ASTM I □	Cadmium Yellow Deep S4★★★★ ASTM I ■	Spectrum Orange S1★★★★ ASTM II ■	Cadmium Orange S4★★★★ ASTM I ■	Coral S3★★★★ ASTM I ▲	Cadmium Scarlet S4★★★★ ASTM I ■	Spectrum Red S1★★★★ ASTM II ■		
Spectrum Vermilion S4★★★★ ASTM I ■	Cadmium Red S4★★★★ ASTM I ■	Spectrum Red Deep S1★★★★ ASTM II ■	Flesh Tint S1★★★★ ASTM I ■	Flesh Tint Deep S1★★★★ ASTM I ■	Rose Dore S4★★★★ ASTM I □	Rose Madder S5★★★★ ASTM I □		
Spectrum Crimson S1★★★★ ASTM I □	Permanent Rose S4★★★★ ASTM I □	Alizarin Crimson S4★★ ASTM III □	Permanent Crimson S3★★★★ ASTM I □	Pilbara Red S3★★★★ ASTM I ▲	Cadmium Red Deep S4★★★★ ASTM I ■	Quinacridone Maroon S4★★★★ ASTM I □		
Cadmium Maroon S5★★★★ ASTM I ■	Flinders Red Violet S3★★★★ ASTM I □	Permanent Magenta S3★★★★ ASTM I □	Cobalt Violet S5★★★★ ASTM I □	Cobalt Violet Dark S5★★★★ ASTM I □	Spectrum Violet S1★★★★ ASTM I ▲	Flinders Blue Violet S3★★★★ ASTM I ▲		
Flinders Blue Violet Dark S3★★★★ ASTM I ▲	Mineral Violet S4★★★★ ASTM I ▲	Permanent Mauve S2★★★★ ASTM I □	Lilac S2★★★★ ASTM I ■	Tasman Blue S3★★★★ ASTM I ■	French Ultramarine S3★★★★ ASTM I ▲	Ultramarine Blue S1★★★★ ASTM I ▲		
Spectrum Blue S1★★★★ ASTM I ▲	Cobalt Blue S4★★★★ ASTM I ▲	Cobalt Blue Deep S2★★★★ ASTM I ▲	Phthalo Blue S1★★★★ ASTM I □	Manganese Blue Hue S1★★★★ ASTM I □	Spectrum Cerulean S1★★★★ ASTM I ▲	Cerulean Blue S3★★★★ ASTM I ▲	Prussian Blue S1★★★★ ASTM I ▲	Indigo Blue S2★★★★ ASTM I ▲
Sapphire S2★★★★ ASTM I □	Turquoise S3★★★★ ASTM I ■	Cobalt Green S4★★★★ ASTM I ▲	Australian Leaf Green Blue S3★★★★ ASTM I ■	Spectrum Emerald S1★★★★ ASTM II ■	Viridian S4★★★★ ASTM I □	Phthalo Green S1★★★★ ASTM I □	Spectrum Viridian S1★★★★ ASTM I □	Terre Verte S1★★★★ ASTM I ▲
Terre Verte Traditional S1★★★★ ASTM I □	Oxide Of Chromium S3★★★★ ASTM I ■	Cadmium Green S4★★★★ ASTM I ■	Spectrum Green Light S1★★★★ ASTM II ▲	Australian Leaf Green Light S3★★★★ ASTM I ▲	Australian Green Gold S3★★★★ ASTM I ▲	Australian Leaf Green Dark S3★★★★ ASTM I ▲	Sap Green S2★★★★ ASTM I □	Olive Green S2★★★★ ASTM I ▲
Australian Yellow Green S2★★★★ ASTM I ■	Australian Green Grey S1★★★★ ASTM I ▲	Australian Grey S2★★★★ ASTM I ■	Naples Yellow S1★★★★ ASTM I ■	Jaune Brilliant S1★★★★ ASTM I ■	Naples Yellow Reddish S1★★★★ ASTM I ■	Yellow Ochre S1★★★★ ASTM I ■	Transparent Gold Oxide S2★★★★ ASTM I □	Raw Sienna S1★★★★ ASTM I ▲
Italian Pink S3★★★★ ASTM I □	Australian Red Gold S3★★★★ ASTM I □	Transparent Pink Oxide S1★★★★ ASTM I □	Transparent Orange Oxide S1★★★★ ASTM I □	Transparent Red Oxide S2★★★★ ASTM I □	Burnt Sienna S1★★★★ ASTM I ▲	Brown Pink S3★★★★ ASTM I □	Burnt Umber S1★★★★ ASTM I ▲	Transparent Brown Earth S1★★★★ ASTM I □
Light Red S1★★★★ ASTM I ▲	Indian Red S1★★★★ ASTM I ■	Mars Violet S1★★★★ ASTM I ■	Permanent Vandyke Brown S1★★★★ ASTM I ▲	Raw Umber S1★★★★ ASTM I ▲	Gold S3 BV58 ■	Silver S3 BV58 ■	Copper S3 BV58 ■	Bronze S3 BV58 ■
Paynes Grey S1★★★★ ASTM I ▲	Transparent Black S1★★★★ ASTM I □	Ivory Black S1★★★★ ASTM I ■	Lamp Black S1★★★★ ASTM I ■	Zinc White S1★★★★ ASTM I ■	Titanium White S1★★★★ ASTM I ▲	Titanium White 2 S2★★★★ ASTM I ■	Underpainting White S1★★★★ ASTM I ■	Clear Oil S2★★★★ ASTM NT □

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, Ultramarine Blue, Burnt Sienna, Magenta





flying

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