**Cultivating a Creative Practice through Art Journaling**

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**Description:**

Bring an old book, your free spirit and check the critic out the door—Play and experiment your way into your own creative practice.

**Helpful hints:**

Move your hand faster than your mind.

Let go. So many possibilities here! Ditch your plan, close your eyes,

FEEL the paint, try a new tool, turn your book upside down, use a color you’ve

never used, speed up, move your body, turn up the music, strive less, play more.

**Ask yourself—I wonder what would happen if I?.....**

**101:**

Permissions: Rules are only rules you put on yourself—there are no rules or right or worng ways to be part of this workshop.

Creative Manifesto.

Strengthening pages—ie) gluing together, gesso, paint, tissue paper.

Creating texture/ground—drybrush, rubbing, mediums, sponge, fabric, yarn, paper scraps, salt, wipes.

Gess-oing—adding a tint/watercolor.

Watercolor or acrylic blots.

One collage image—or phrase.

Adding a spread.

Word Journaling ideas: (thought spilling;gessoing a layer over/journal blocks)

Block out poetry.

Deconstruct/recreate.

When do I complete my cover?

Start dark, add light; start light, add dark.

Surrendering layers.

Window cut out.

Emotion moments.

Scribble draw.

**My Hope: to give you the jumpstart and juice you need to keep a creative practice flowing in your life.**

**Capturing your story in living color—Why??**

Playing and experimenting lowers stress; give space to celebrate and work life out; takes you from the periphery of your life and puts you in the middle of it in the driver’s seat; makes and keeps memories; helps to transform and find your own way through life; and gives you more control over your reactions.

**Supplies**

\*A re-purposed book

\*Scissors

\*Glue stick

\*Acrylic, liquid watercolor, gouache, paint

\*Gesso—white, black, heavy body, textures, etc

\*Collage image

\*Stamping or stenciling materials

\*Water-Soluble oil pastels, pencils, crayons

\*Gel pens or other markers

\*Texture items: ie) fabric, sponge, bubble wrap, scraps of book pages, yarn, nature objects

\*Tissue paper

\*Adhesive: glue sticks, elmers, mod-podge, acrylic medium

\*Misc items: salt, eyedropper, cardboard scraper, bryer, sanding block, wet wipes

\*Paper Towels or rag

\*Paint brushes

\*Water Container, hair dryer, spray bottle

**Ways to Play!**

Here are some great ways to invite a child-like energy back into your creative world:

♦ Use new materials you are unfamiliar with.

♦ Experiment with your non-dominant hand.

♦ Collaborate with children.

♦ Don’t take yourself too seriously.

♦ Allow yourself to get messy.

♦ Use crayons.

♦ Work with two brushes in both your hands at the same time.

♦ Work on BIG paper.

♦ Paint with your feet.

♦ Listen to music.

♦ Do something that feels totally out of your comfort zone

**Ways to work with texture:**

\*make marks with the end of the brush—press pages of each side together to make imprint/stamp

\*stamp using wood blocks and gesso

\*leftover paint palette

\*on glass palette with blade—scrape skin of paint off for use.

\*Brain dumping words/thoughts on page

\*Find a collage page that your eye is drawn to the texture—deconstruct this texture

**Ways to use collage:**

\*look for texture in images (repetitive patterns)

\*large to small

\*pull images that have similar color palettes or opposite to a painted page

\*deconstruct/cut or tear

\*extend image with paint or pen (use image as beginning point)

\*words—use as a prompt or after free process art flip through pages and ask which word fits where?

\*soul collage prompt

**Ways to integrate tracing:**

\*Trace negative space that you see—look beyond positive to see empty space

\*Trace collage images, torn forms, or abstract forms that you see.

**Ways to create foundation pages:**

\*Glue together pages to strengthen them.

\*Paint the whole page around words that stand out with acrylic paint or a wash of a liquid watercolor paint.

\*Glue on torn pieces of paper or other found objects

\*Fill a page with scribbles.

\*Make a large scribble and fill in the parts with different color blocks or find a shape in the scribble.

\*Glue in collage images.

\*Use mark making tools to layer on paint.

**Prompts to explore emotional landscapes or use your art journal as a coping tool:**

\*As you are painting pages--do some block out poetry--so circle words or phrases that stand out first--and then paint around them--or cut the words out of page and glue onto another page.  if you want to take it to another level--free write/journal with those words as your prompt--then find a collage image that connects to the writing (cut around the edges and glue in)

\*Lay out collage images and intuitively choose 3-4 images.  Then flip through the pages you've painted and see which ones have similar color palette, textures, or feel to them.  Cut around specific parts of the image to give it more visual power. Glue the image onto the page.

\*On one of your painted pages, trace a circle--using fine tip pens, begin in the center with shapes/designs that you repeat over and over moving from the center out.

\*Use colors, shapes and line to create an emotional landscape or emotion of the moment on one of your pages. Free write about your image

\*Choose one of your painted pages and journal with the prompt "Today I"

\*Try a material or color you have never used or use it in a new way.

Bring mark making tools—carosoul

Use part as a spread—cut windows into

Expand the spread

Technique

Blind contour to start

Carosoul

Prompt cards ?2 min then switch

Soul collage

Permission feels most relevant?

Mandala?

Cover?

**Cultivating a creative practice:**

\*Each day keep returning to your permissions. Choose a prompt that fits the permission you are drawn too ie) big painting, detailed work, repetitive and mindless cutting or pulling images, or deeper expression.

 \*glue pages together (strengthen pages)

 \*foundations—liquid watercolor, acrylic, gesso, freewrite, torn collage or an emotion of the moment using any material

 \*block out poetry as you do these base layers

 \*tissue paper and glue or collage

(Cut repetitive shapes, (ie, circle/square)string, yarn, fabric, etc

 \*use gel pen, water sol pencils, pastel to outline, add texture, blend edges, make designs that extend the flow or repetition that already exists in a collage image.

\*The cover? What theme is beginning to emerge?

\*Let joy and desire and play lead-rather than fear—if fear comes—paint or let it out visually and keep going