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## *Creating Space for Creativity*

Many people feel they do not have the time to express their creativity. At all my open studios, there are visitors who speak of their longing to connect with their artistic selves. Work, family, and the every day things of life fill so much space, there isn't much room for artistic exploration. It is natural for us to want to establish a connection with our creative spirit.

The "*Mini Creative Retreat Ideas*" on page 2 are offered to help establish or reestablish your personal artistic flow.

Choosing to cultivate your creativity, is one of the most life energizing gifts you can give yourself. Whether it be through an artistic channel or by finding creative opportunities in any moment, you can lead a more fulfilling and joyous life.

Creativity does not begin and end with the many creative outlets available to us. It can be fostered in the way one views the world, problem solves, thinks and creates. It is more than an art process, it is a way of life.

[Click here](#) for a list of things anyone can do to promote creativity in their lives. Create the space to cultivate your creative thinking and expression.



*Silhouessence—Vista*

## *Creative Alternatives*

When I had a full time corporate job, I needed an outlet for my creativity. I was a painter with no time to paint. As a gift to myself, I used to take off one day a year and paint on my birthday. But this just wasn't enough. So I bought a new camera with my Christmas bonus and on weekends I had fun going out on photo shoots. Unlike painting, which required set up and clean up time, I could just grab my camera and go out for an hour. And I must admit that it was highly fulfilling.

Do you have a  
creative passion  
that you've  
been denying?  
Why not embrace it  
today.

(continued on next page)

## *continued...*

The experience of embracing an alternative art form, not only added joy to my life, it has given rise to the photo mixed media work I create today.

For me, like so many others, it becomes painful to deny the creative and artistic self. I feel that it's my job, as the caretaker of my soul, to nourish and feed my creative passion. When I am not immersed in a new series of paintings; writing, cooking or dancing become my alternative outlets.

If life circumstances seem to make it difficult to pursue your art of choice, consider channeling your creative energies in a new way. The alternative may lead to delightful surprises.

## *Mini Creative Retreat Ideas*

Take a mini retreat to express or explore your creativity. You can do this in as little as 5 to 20 minutes. These mini creativity retreats provide an opportunity to nurture your artistic side. Here are some ideas:

A Drawing Journal or Doodle Diary—take 5 minutes a day to express how you feel in that moment. Then if you have more time you can write about it. (*Read more about Creative Journals in the next newsletter issue*)

Take a walk in the woods, look at the shadows, reflections and shapes.

Take yourself on a fieldtrip to the local art supply store. Allow yourself to get inspired by all the wonderful creative tools. Or better yet, buy yourself a gift of materials you are most likely to use. Can it be taken out, left in place, cleaned up easily? Is this something that can be used for a 10-20 minute creative retreat?

Get inspired - [read a book](#) about or by an artist you respect or admire.

Take a break - while you are out running errands, stop at a local gallery for 10 minutes or more to view their current exhibit.

Go to the library and look at art and photography books to stimulate creative energy and ideas. Or stay home and look at inspiring websites.

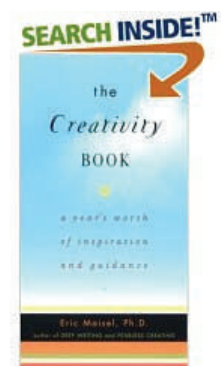
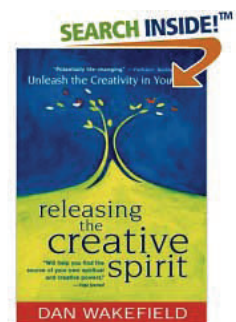
## *Books...*

### [The Creativity Book: A Year's Worth of Inspiration and Guidance](#)

by [Eric Maisel](#). Maisel is a creativity coach who has written many books on the subject. In this book he shares a one year plan to enhance a persons creativity, providing two exercises per week along with a final project.

[Releasing the Creative Spirit: Unleashing the Creativity in Your Life](#) by Dan Wakefield. He demystifies the creative process and provides practical exercises.

Find new ways of bringing creative moments into each day and creativity will flow into other parts of your life.



## *Listen to the Quiet of Your Mind Reawaken Your Creativity - by Lynn Zephyryna*

Wouldn't it be great to easily tap into your creative mind any time you want? Try the simple but elusive act of relaxation. It's essential to control thoughts and actions to hold your daily world together - work, family, and other obligations. This controlling, however, physically blocks your creative mind. Relaxation effectively counteracts this. When you relax, your muscles let go and your blood flows more easily. Your brain is quiet, and the result is the re-awakening of your creativity.

You know how to relax. The hard part is creating time to do it. I challenge you to commit to a mini vacation of at least 4 hours a week. Keep it simple: take a walk - quietly, practice [yoga](#) - quietly, get a [massage](#) - quietly. This means no talking or thinking. This is more difficult than you may imagine.

Many clients complain that their practitioners ask questions or chit-chat. This isn't what you're paying for. Before your session, tell her/him you want a quiet massage. If they do not respect your request, simply find someone else. A quiet massage has the added benefits of putting you in a completely receptive and safe space, nurturing your whole being.

Commit to relaxation and you commit to your creativity. Then follow your [quiet mind](#) to wherever it takes you...

*Lynn Zephyryna is a Certified Massage Therapist and owner of [The Spa at Pajaro Dunes](#) in Watsonville, Ca. She teaches at [Twin Lakes College of the Healing Arts](#) and assisted with the 5th edition of [Massage: A Career at your Fingertips](#). She can be reached at 831-763-2669 or [www.spapajarodunes.com](http://www.spapajarodunes.com).*



Find out about the [1st Annual Skin Care & Massage-A-Thon](#)

### **Sales and Product Update at the [online stores](#).**

Clocks are now on sale for \$15.97. (from \$17.97)

2007 Calendar Prints have been reduced to \$5.97 (from \$8.47).

Check out all the other products available at the stores.



## *Framing Tips - Choosing A Frame*

Many people match their frames to the colors of the artwork. Consider a frame whose style and color not only match the artwork but the room in which it will be hanging.

Choose a frame that's not overwhelming but enhances the overall look.

And select a frame that reflects your own personal style. Do you find a sleek and [contemporary](#) look more appealing or do you go for more [ornate](#) or elaborate styles? Do you like color? Elegance? [Traditional](#) design?

Don't be afraid to choose what you find attractive. It will hang in **your** home.

## *Kid Stuff — Creative Visualization*

One of my favorite assignments in school was to draw a creature from another planet. I have created a story about the journey and turned it into a [creative visualization](#) experience that I have used with kids.

First I take them on an adventure:

*“Close your eyes and imagine that as you are sitting right here, a spaceship appears outside the window. You go outside to check it out. And when you begin to explore the inside of the ship, the door magically closes and the spaceship takes off. As you journey through space you can see the passing planets, stars, and galaxies from the observation window. Then suddenly you have landed on a distant planet in a far away galaxy. The door opens and you are met by a wonderfully kind and gentle creature, unlike anything you have ever seen before. This creature becomes your friend and tour guide. It shows you around the remarkable landscape of this fascinating planet. As you explore the planet, you notice the colors and shapes, and the way you feel there. What does the sky and ground look like? And what does this strange creature look like? Now say goodbye and thank you. It is time to get back into the spaceship and return home.”*

After they journey back, I ask them to draw the creature and what they saw on the planet. They can also draw anything from their adventure; the spaceship or the view from the observation window.

**Check out the following website:**

**[Zorn Photographs](#)**

**Bill Zorn's black and white images are elegant.**

**To navigate through the online galleries, click on the photos.**



A couple of paintings from the [Window Series](#), [Prayer Boxes](#) and more are now hanging at [The Spa at Pajaro Dunes](#).

The [Silhouessence Series](#) is showing in the [Pajaro Dunes Fitness Center](#).



*One of the  
[E-Card Choices](#)*

*Look for this in the next issue  
of  
The Shared Easel  
June 2007*

### **Journals, Getaways and more**

- ◆ Creative Getaways
- ◆ Creative Journals
- ◆ Art Journals for Kids
- ◆ Website Update
- ◆ Books on Journaling
- ◆ Framing & More

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