



December 2007

Volume 2, No. 4

www.WendyArts.com

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A Sense of Wonder

On my art table I have a small easel holding a holiday card I love. It reads “There are two ways to live: one is as though nothing is a miracle. The other is as though everything is a miracle.

- [Albert Einstein](#)”

In “[How to Think like Leonardo Da Vinci](#)”, [Michael Gelb](#) suggests generating a list of 100 questions on anything that comes to mind. Although it seemed like a tedious task, I got comfortable with my journal and pen and wrote and wrote and wrote. I found that the process provided some wonderful surprises.

As I continued to write, I became more wowed by the wonders of our natural environment, the workings of the human body and the way we interact with one another. The miracles of everyday life became magnified and a sense of awe grew.

Questions came to mind that I have not pondered since childhood. (like...How does a bird have the ability to fly?) And after the first 75 or so, I found that the questions seemed to have more depth and meaning.

At the end of this exercise I was so thankful for what I have, for what I see, for who I am and to be experiencing life in a world with so many wonders.



Everyday Miracles

Our lives are busy, hectic and often stressful. We live in a fast paced world where technology fills in the empty slots of time. It is a gift to take some time and notice the miracles in every moment, in every thing.

We can see the miracle in a loved one’s smile, and the magnificent potential within each of us. There is the mystery in the process of a

“The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.”

- [Thich Nhat Hanh](#)

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plant, flower or tree growing from seed to maturity. We are surrounded by the boundless miracles of our natural world, our thought process and our bloodstream. And we have the opportunity to witness the miracle of flight, and the sheer beauty of the colors that fill our vision each day.

So at this time when many of us are celebrating holidays that are based on miracles that occurred long ago, we can look at the miracles that are present in our everyday lives.

**Happy
Holidays!**

Wishing you and your family a
Joyous and Memorable
Holiday Season Filled with
Beautiful Little Miracles.

Creating Memories: Family Projects

Since the holiday season is such a family oriented time of year, I thought I would include some family project ideas.

[Shari Davis](#) describes a project she did with her whole family and helps get you started on your own [family memory book](#).

Brenda Hyde writes about creating [memory books](#) filled with photos and mementos of a departed loved one. Although her article is geared for families with young children, anyone could make a similar book to store memories of someone who holds a special place in your heart.

You and your children might consider decorating a ceramic pot or planter. Then choose a hearty seed or seedling to plant together and watch it grow throughout the year. The plant can become a symbol of how we all change and grow, or it can serve as a living memory of a shared family activity during the holiday season.

Books to Consider

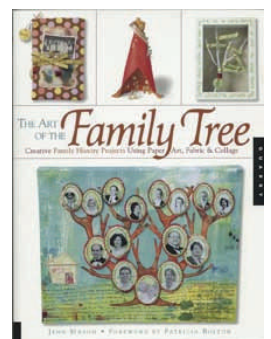
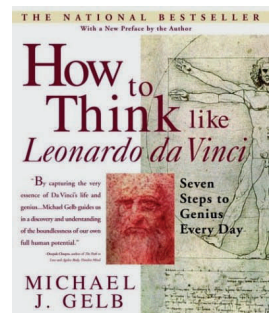
[How to Think Like Leonardo da Vinci: Seven Steps to Genius Every Day](#) by Michael J. Gelb. Gelb shares Leonardo's brilliance while incorporating thought provoking exercises and activities into each chapter.

[The Art of the Family Tree: Creative Family History Projects Using Paper Art, Fabric and Collage](#) by Jenn Mason. This book combines genealogy with memory crafts and book and journal making.

“Think of the magic of that foot, comparatively small, upon which your whole weight rests. It's a miracle, and the dance...is a celebration of that miracle.”

-[Martha Washington](#)

**Have a
Very Happy
New Year!!!**



Give the Gift of Art

Art supplies are a great gift idea for the holidays. There is something for everyone at a well stocked arts and crafts store. If you choose to shop online, in the comfort of your own home, check out:

- ♦ [Dick Blick Art Materials](#)
- ♦ [Jerry's Artarama](#)
- ♦ [Pearl Paint](#)

Although I love shopping online, the help and personalized service you receive at a good local art supply store can't be beat. And besides, art stores are fun.

In person you are able to determine the quality of the products you are considering and an opportunity to compare any alternatives.

I just ordered a wooden art case, online, as a holiday gift. I am hoping that it is made well and will last for many years. But there's no way to know for sure unless I happen to be familiar with the specific model.



[Prayer Box](#)

Remaining
Prayer Boxes

available for **\$98.**

Two for **\$180**

Now thru
January 15, 2008

[Contact Wendy](#) to
order *Prayer Boxes*.

Save a tree and send
E-Cards this year

You can send free
[e-cards](#) to friends
and family from
www.WendyArts.com.



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

Framing Tips - Decorating with Miniature Frames

[Miniature frames](#) are a simple and fun way to decorate for the holidays. Photos of loved ones or cherished memories can easily become tree ornaments. Just add a bit of ribbon to a miniature frame and it can be creatively hung on garlands, wreaths or any place you'd like to decorate. And you might want to consider giving these as gifts.



Kid Stuff— Holiday Crafts

Here are a few online sources for arts and crafts activities. They offer a great resource of projects that can be accessed throughout the year.

Kaboose.com has lots of ideas for all of the holidays. There are kids crafts, games and gift ideas. They have printable clip art and coloring pages. In addition you will find a wealth of information on parenting. I think it is a great site.

[All Crafts.net](http://AllCrafts.net) not only provides links to many creative projects, but it also lists recommended craft books and kits for kids.

[Family Fun.com](http://FamilyFun.com) is another site with loads of kids craft ideas. The craft pages seem to be less engaging to use because they lack the photos and visuals of other comparable sites. So if you or your child do not need the visuals, there is a lot to be found at this site.

You can read the

[10 Holiday
Time Saving Tips](#)

at

Kaboose.com

The [Buddha Series](#) will be showing at the [Institute of Transpersonal Psychology](#) in Palo Alto from January 8th to March 15th 2008.



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



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

*Look for this in the next issue
of
The Shared Easel
March 2008*

Spring Cleaning

- ◆ Getting Organized
- ◆ Storing Art
- ◆ Framing Tips
- ◆ Kid Stuff
- ◆ Books and More

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