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Creative Getaways

With summer comes the feeling that life is slowing down just a bit. Whether that feeling of having more space and time is an illusion or a reality, people tend to plan activities that bring them joy. Vacations are scheduled. Time is made for those things that have been pushed aside during the rest of the year.

While you are making plans, consider planning a creative getaway. Why not take an art vacation. Sign up for a workshop on a process that you have wanted to learn. Take a class or an intensive that allows you to immerse yourself in the art or medium that you would love to explore. Or take a break and go somewhere you love, someplace that inspires you. A creative getaway is a great way to jump start your creative flow.



Silbonessence—Hovering

Before returning home you can consider how to incorporate time for art into your life. Make some commitments to your self on what you can do to continue the flow once you are back at home. What changes can you make to allow for more creative time in your life?

You can read about one of my getaway experiences on page 2 of this issue and about Mini Creative Retreats in the [March Shared Easel](#).

Creative Journals

It's hard for me to imagine that there was once a time when I filled notebooks with my writing and I kept only drawings in my sketchbooks. A college friend with a real creative spark, changed all that. She gave me my first artist journal. It was a black, hard covered [artist sketchbook](#) filled with wonderfully clean white pages. Here was an opportunity for me to combine both my writing and artwork in one place. What a gift! I have had one ever since.

Give yourself
permission to step
into the joy,
to unleash your
creativity, and allow
yourself the
freedom to express
your true inner self.

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continued...

It is always exciting to start a fresh new journal. I write, I draw, I think out loud. It is a place to plan my creative projects, birth a new series of paintings, work through emotional issues, brainstorm ideas, doodle, flow, record. It is a dear friend, a confidant, a safe haven, a place to be silly. It gives me permission to try things, explore anything, and layout the building blocks to any real creative endeavor.

Read a list of the [Benefits of Journaling](#).

A Much Needed Creative Getaway



During my days in the corporate world I sorely needed a creative retreat. Two of my vacations had just been postponed due to corporate priorities. My airline tickets were cancelled and stress was building. So I decided to find a quiet and beautiful location that was near a creek. I wanted a cabin with a kitchen, preferably without a TV

and definitely without a phone (a place where my boss would be unable to get in touch with me...there were no cell phones back then). I managed to find all that I was looking for.

I brought my art supplies, paints, journals and camera. I set up a wonderful schedule of exploring waterfalls and countryside, sitting by the creek, hiking, reading and art. It was one glorious week of exploration and creativity with no contact with the office.

This retreat week gave me the renewed energy I needed and the opportunity to make a commitment to my artistic expression. It was about a year and a half later that I quit my job and became a full time artist.

Books... Creative Journaling

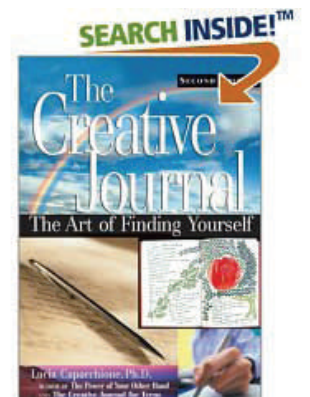
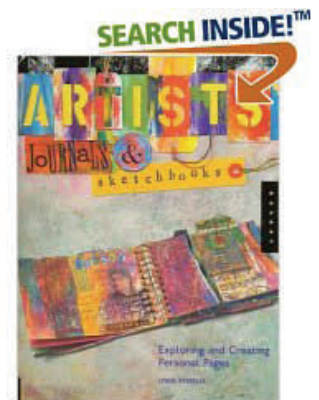
Here are three books on the subject of Artist's Journals, each from a different perspective:

[Artists' Journals and Sketchbooks: Exploring and Creating Personal Pages](#) by [Lynne Perrella](#) is written from an artistic perspective.

[The Creative Journal: The Art of Finding Yourself](#) by [Lucia Capacchione](#) is written from an art therapy perspective. It focuses on how a journal can provide personal insight and understanding with over 50 exercises.

[How to Make a Journal of Your Life](#) by [Daniel Price](#) is an encouraging, "you can do it", book on how to start and keep a creative journal. It provides ideas on what you can include in a journal.

An artist journal is a wonderful gift you can give yourself. It's a place where ideas flow and even the most ridiculous or mundane idea has a place.

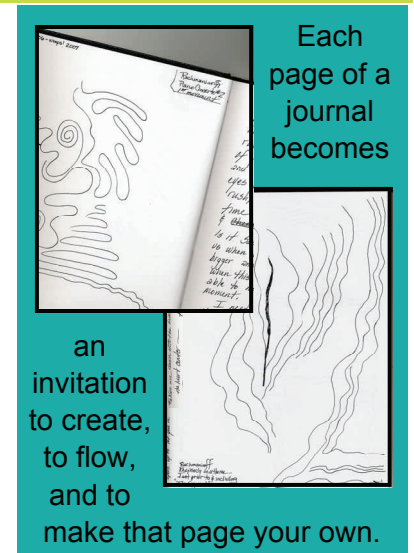


New Journal, New Series

I am in the process of birthing a new series. And there seems no better way to start than to work with a brand new journal. The fresh blank pages give me a place to record and explore the images and ideas that come up.

To create this series, I am working with materials I have not used before and trying out new ways of painting. The journal provides me the safe space for opening the creative channels and allowing something totally new to come through.

I am excited about what I will create and I love having a journal specifically dedicated to this artistic flow.



Journals available at the [online stores](#).



[The Apartment Journal](#)



[Adirondack Morning Journal](#)



[Flowering Buddha Journal](#)

Check out all the other products available at the [stores](#).

And look for the new cards and journals that will be available in September.

Framing Tips - Arranging a Group of Pictures

Recently, I read a great idea for helping place a group of pictures on a wall. You can create paper templates for each of the pictures you may want to include in the grouping.

Draw an outline of each picture onto a piece of paper (ex. newsprint, paper bag). It would be helpful to place a mark on the paper to indicate where a nail or hook would go for hanging later on. Then cut out the templates and hang them in the layout of your choice on the wall. (Use tape that will be gentle on your paint or wall finish.)

The use of the paper templates allows you to try out a number of different arrangements without putting lots of holes in the wall. Another benefit is how easy it is to hammer the nails right into the wall through the paper. You can just rip the paper off before hanging the pictures.

One more thing to share: I like to create a layout of pictures on the floor to see how they look together before hanging them on the wall.

The paper template idea came from this book:



[At Home with Pictures](#) by Paige Gilchrist

has lots of ideas for hanging and arranging pictures.

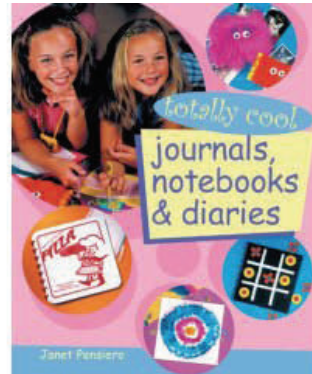
Kid Stuff — Art Journal

Kids can keep an art journal too! It's a place where they can doodle, scribble, express themselves in writing or drawing. It can be a place where they paste photos or magazine and newspaper clippings.

And the summer is the perfect time to start one. Kids tend to have more time during the summer months without any homework.

The art journal can be brought on vacations, in the car, plane, bus or train. They can use a store bought journal that matches their individual needs and preferences. Or they can make one themselves. And they can spend the whole summer filling it up.

When I was searching online, I found an article that provides additional information about Kids Art Journals. It is written by Gladys Jimenez and titled [Art Journals](#). You can find it at [ArtistsHelpingChildren.org](#). The site is filled with art activities, articles and coloring pages.



You can find ideas for creating homemade journals in [Totally Cool Journals, Notebooks and Diaries](#) by Janet Pensiero



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
September 2007*

Changing Colors of the Season

- ◆ A Season of Color, Light and Change
- ◆ Change Happens
- ◆ Framing Kids Art
- ◆ New Products at WendyArts.com
- ◆ Books on Color and Change

Send an E-Card

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

There are 12 images to choose from. Look for new cards in September.

CHECK OUT THE [GALLERIES](#), [STORES](#) AND [E-CARDS](#) AT WWW.WENDYARTS.COM

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