

EDITION 03 WINTER 2021

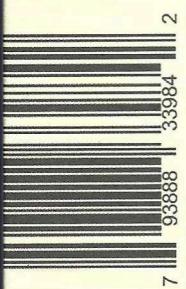
A SEASONAL GUIDE FOR CONSCIOUS LIVING

# ALL GOOD THINGS

RUDY JUDE DESIGNER JULIE O'ROURKE INVITES US  
INTO HER BEAUTIFUL, SUSTAINABLE WORLD



\$16 US / \$20 CAN



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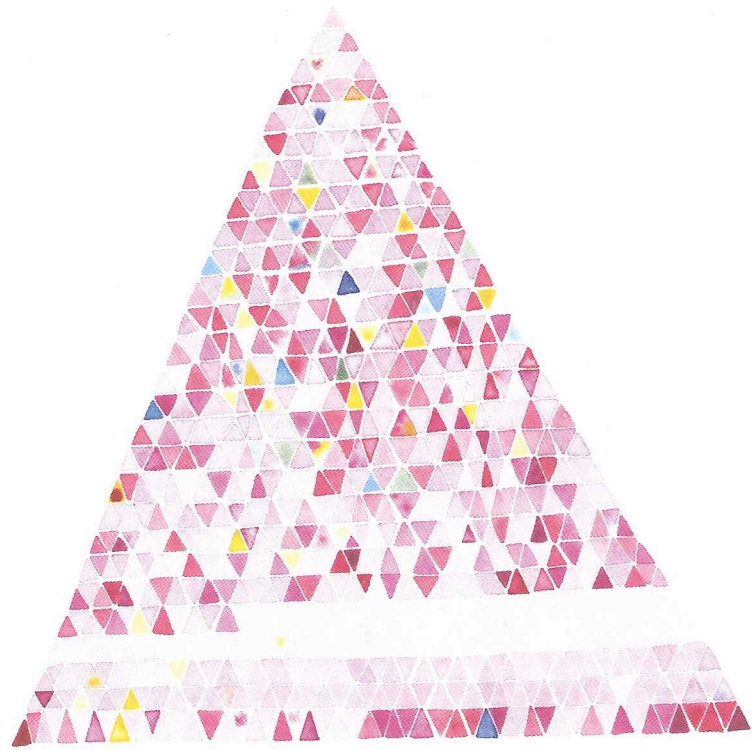
A R T

Taos-based artist Georgia Carbone shares her experience with a mindful art-making practice – and invites us to begin on our own.

WORDS & ILLUSTRATION BY Georgia Carbone

M E D I T

F U L



A T I O N

*Maybe it has happened to you. Maybe you were walking in the woods or looking up at the stars. Maybe you were cooking or listening to your favorite song with the volume turned waaaaay up. Suddenly: you're lost in the moment. There is only you. There is only this.*

Sometimes referred to as flow states, these moments of being lost in pure experience can be deeply transporting and restorative. But, getting into a flow state can be a different matter altogether. Being able to concentrate fully and give yourself over to an uninterrupted experience can seem like a tall order when so many other needs are clamoring for our attention — from work emails to texts to DMs to calls, to say nothing of the needs of our physical, non-screen-oriented selves. However, finding the time and mental space to give yourself the chance to open up to a flow state experience can be both rewarding and fun.

A traditional fine art practice often involves research, studies, modeling, or a specific conceptual investigation. However, that kind of rigorous inquiry isn't necessary to begin an art meditation practice. When art is used in the context of a meditation, it can simply be a tool for personal growth and self-healing. An art meditation starts and ends with only two things: presence and attention. The goal of meditative art is to engage the process, to show up, to do it. The results can often be beautiful, but the intention is rooted in the experience, not the end result.

Art meditations can be used as tools to ground and center you when you are feeling overwhelmed, to invite clarity during times of confusion, and to emphasize an aspect of your life

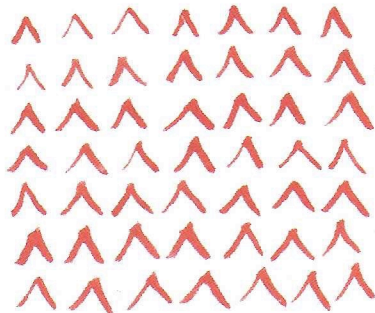
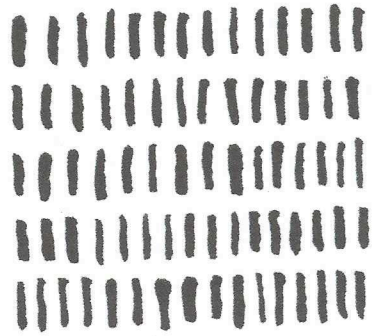
that you feel grateful for. If you have an art practice already, a drawing or painting meditation can be used to warm up or get centered.

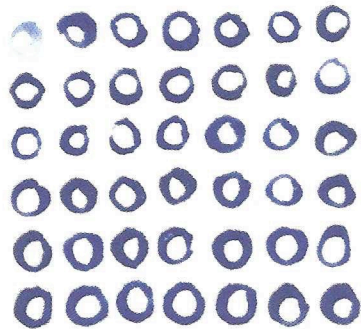
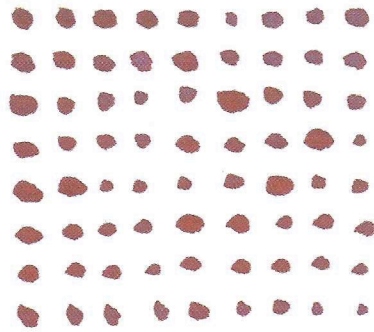
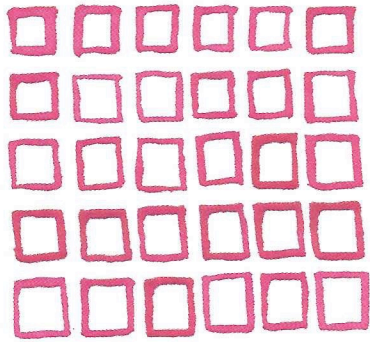
If you're new to art-making and feel intimidation or trepidation, take it step by step, one moment at a time. There is no right or wrong way to do it, as this practice is all about the process, not the outcome.

An easy way to approach an art meditation is to set a timer for 10 minutes (or longer, if you desire) and repeat the same mark for that set period of time. This can be a dot, line, circle, or square — follow your instinct to choose the mark you want to work with. Another approach is to start with a small geometric shape and continue to add to it so that it grows, becoming a larger version of the original shape.

One of my favorite meditations to work with is the triangle of triangles. The triangle is a form of strength and solidity. The shape invites focus and stability, and working with it helps ease anxiety. This meditation can be done many times; each time it will be a different experience. There are many things that can be said about the triangle shape and what we receive from it, but the best way to understand its unique grounding power is to discover it for yourself.

Here are step-by-step instructions for creating a mindfulness art meditation using the triangle shape.





**STEP 1: SET ASIDE A BLOCK OF TIME.**

The first step to begin a meditative art practice of your own is making the time. This step might be the hardest! With our ever-busy schedules and long to-do lists, it can be challenging to even think about setting aside time for meditative practice. Just take the first step. The rewards of a mindfulness creative practice are so tangible that you will want to try it again. Let the practice evolve on its own. If you prefer to plan on a routine before beginning, try building on an existing habit or practice, like drinking your morning coffee or reading after a long day.

**STEP 2: PICK A PLACE.**

Find a designated space where you feel comfortable — the breakfast table works just fine if you don't have a workspace at home. A candle, incense, or an inspiring object can be helpful to set the mood.

**STEP 3: GATHER YOUR MATERIALS.**

These will be your companions as you explore new territory. Paper, pen, pencil, or paint; brushes and clean water; a timer (if you like); a cup of tea, perhaps. If you are using paint, choose colors that speak to you, and use a small brush. Notice how you feel as you decide what to work with. Are you drawn to work with a particular color? Do you prefer pencil or brush? Give yourself permission to be honest about what excites you, or comforts you, as you get ready to begin. We often put our own needs and desires aside to please others, a mindfulness art practice challenges us to listen to our own inner voice and make the choices that are true for us.

**STEP 4: ARRIVE.**

Arrive in your space. Notice how you're feeling. Breathe. When the moment comes and you are ready to make your first mark, take note of how you feel. Are you excited,

nervous, skeptical, emotional? Often, there are thoughts and emotions just outside of our awareness that we are not acknowledging or opening up to. Sometimes they are harmless; other times we are actively avoiding them because they are uncomfortable. Mindfulness practice tunes us into the present moment, making us aware of these unnoticed thoughts and feelings. As they arise, observe that they are there, then let them go and return your focus on the materials in front of you.

**STEP 5: START SMALL.**

Draw or paint a single triangle in the top half of the paper, with its point directed upward. Notice how the brush or pencil tip moves along the paper; does it make a sound?

**STEP 6: REFLECT.**

Below the first triangle, leave a little space and make a triangle that is just like the first one but with its point directed downward, as if the first triangle was reflected in a lake. Breathe.

**STEP 7: BUILD.**

To the left and right of the second triangle, create two more triangles with their points directed upward, leaving a small space around their edges. Now you have completed a triangle of triangles! Using the same process of reflecting and building, create another row of triangles below this one. Each time another complete row is added, notice the relationship of the first triangle to the larger triangle that is created by the many. Trust your intuition to tell you when you've made enough rows and the form is complete.

After trying out this meditation you might like to experiment with creating your own! Here are a few different kinds of marks that you can use as a starting point to create your own meditations. Trust your instincts to choose one, or pick one at random. The important thing is to begin.

Interested in exploring other shapes or marks? Here are some ideas to get you started.

- Vertical lines
- Circles
- Upward arrows
- Simple dots
- Spirals
- Squares