

VOICING MYSELF transcript

This is an exercise for you to discover and uncover the themes and ideas most important to *your Unique* art practice.

This is a moment for some self-reflection and self-awareness, so I invite you to slow down... and find some quiet, alone-time for this exercise...

This practice can really offer you some insight about subject matter for you art.

And even more importantly - It can let you know what your art is really ABOUT.

This practice can unlock the driving forces behind your true voice, your true expression, and your truest message as you create.

We're shining the light of awareness here.... I remember a teacher who told me "Don't Get Seduced By the Materials" which I've been thinking about for 10 years now, because we can get swept away in how good it feels to lose ourselves in the paint and colors... but what is it really about? *Why* are we showing up at our easel?

So I'm encouraging you to find out *What's* calling you to bring it into form and *Why*

A lot of artists think "oh the work speaks for itself" but it's really only half the story.

Yes, art is beyond words — it's visual and it can communicate across languages.

But without YOU Knowing your Intention and what it is you're Saying, your message may never come across.

If you already have a very specific subject matter, that's great. But I encourage all of you to open up to this process just to see what you can learn about yourself. Let it lead you to some new ideas...

I see lots of online art classes offering to teach people what's essentially the teacher's style...which is totally fine, and I'm happy to help with any technical questions about your art... but I think I'll better serve you by sharing the steps it takes to really find your deeper, unique messages and how to really express yourself.

Your *style* is a visual look that you'll develop over time and lots of practice... and it's the vehicle for your ideas and expression... and as one of my teachers always said - "Content flies on the wings of form." Meaning... it's your well-practiced Skill that carries and lifts up your ideas...

But skill is pointless without Ideas-to-Share, and Ideas-to-Share need that skill to be understood...

Both are equally important - you want to practice, practice, and practice your skills, while going really DEEP into yourself about What It Is You're Here To Express!!!!

Then your voice really comes alive.

So without further ado - open your sketchbook and begin free-writing your answers to the questions below...

Remember free-writing is about allowing your voice to just bubble up from your subconscious, even if it means writing blah-blah-blah, to keep that pen moving...

This frees the mind to unleash your inner thoughts... so just keep writing and don't overthink...

These concepts might provide subject matter for you... maybe not today, maybe down the line... but come back to what you learn and keep the ideas you uncover in your mind as you create...

Let them guide you... harvest them for your voice...

I hope it leads you to some inspiration and a deeper understanding of your purpose ... Thank you for showing up and doing this work... I truly believe uncovering our true voice is essential to human evolution right now - and the world needs your voice! So let's get digging, and Enjoy the process!

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