

Art As Access

...to the Creative Source and all that is possible



Discovering New Insights Through Your Art-Making

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Discovering New Insights Through Your Art-Making

Art as a process of inquiry can be used to discover new insights about yourself and your experience.

This handbook is an introduction to the process and uses a collage experience.

The process can be used with any creative medium - painting, drawing, sewing, and assemblage are just a few examples.

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Getting Ready to Begin

You will want to give yourself at least 30-minutes to work with the process. And you may find you would like to work for longer.

You will need to gather a few supplies before beginning.

- a journal or loose paper to write on
- a pen or pencil to write with
- images from magazines or personal photos
- colored paper for a background or to include in collage
- scissors
- glue or glue stick

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Setting Your Intention

You may want to work with a specific area of your life. One that you would like an opening in or some clarity with. For example, “I am feeling frustrated with my relationship with my boss and I would like some new insight in this area”.

Or you may want to set the intention to explore freely, to be open and accept what shows up. Afterwards you can connect it to your life experience.

However you choose to work, write down your intention and then let it go and trust the creative process.

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Collaging

Set aside your inner judge and do not evaluate or try to interpret your creative process or its product.

Collage freely without thinking too much and notice your creative process. However it is, it is perfect. Whatever it is just notice it. Notice your thoughts and feelings that arise while you create.

Follow your intuition and trust your process. Let your creative expression flow. If you are gluing the back of an image and get the idea to use the back, go with it and see what happens. Don't say "no" and censor yourself.

Collage until you feel complete with it or wish to stop. You can always come back to it at a later time.

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Writing about the Process

Write down what you can recall that came up through the process of creating the collage. This may include:

- thoughts
for example, thinking this is stupid
- feelings
for example, feeling lost and confused
- body sensations
for example, tightness in shoulder blades
- things that happen in the environment
for example, sirens were blaring outside

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Looking at the Image

Look at the image you created and really see it. See with “new eyes – beginner eyes” as if this is the first time you are looking at it. You may want to rotate it around through the different orientations and see what it looks like from each perspective. Write down any thoughts or feelings that come up.

Now, look at it again with an emphasis on the visual components such as color, texture, contrast, patterns, line, and form. Write down what you observe. For example, green squares, circle in top right, black background, and a lot of red.

Look at the collage again and this time focus on the images, symbols, and figures and what they mean to you. For example, mother and daughter walking together makes me feel lonely without my mother close by. Are there connections between the images within the collage and what’s happening in your life?

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Asking the Image Questions

You can ask the collaged image any questions you like. Open-ended questions work best – What? How? Why? For example, how can I create the support I need? Why am I still in this situation? What do I need to see to move forward? Write your questions down.

Sit quietly with your collage. Really be present with it. Breathe into the collage and then breathe it into you.

Ask the collage your first question. Breathe and pause to let the answer bubble up. Make note of the feelings, thoughts and body sensations that you become aware of. Accept what comes and don't worry about making sense of it.

Write the answer down as if you were the collage. For example, if you asked, "What would you like me to know about moving forward with this?" Answer as if you were the collage, "I would like you to know...".

Continue with your other questions.

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Connecting the Process and Image to Your Life

Read what you have written – your intention, observations of the process and image and other notes.

Make note of what seems like it's something new – a new perspective, possibility or action.

Ask to be shown how what you've created and written relates to your intention and your life situation. Write what comes up.

Ask yourself if there is anything you would like to do differently in your life given what you have seen through this process. Write it down and share it with someone who will support you with it.

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Expressing Gratitude

No matter what your experience with the process has been, let yourself express gratitude for it.

Sit quietly still and breath in gratitude. Let yourself be filled with gratitude for what you have created and for the insights you have received.

If you are feeling like you didn't receive anything, can you still find a place of deep gratitude for being alive, able to see and read and write and create.

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Ways to Continue The Process

There is no real end to your creative process and you may want to continue working with this image. If so, here are a couple of ideas:

- a) Hang up the image in your space where you will see it each day, see what new insights arise over time as you live with it.
- b) Another day, look again at the image again with new eyes and see what you notice in that moment.
- c) Other questions may arise. Make note of them and then sit with the image and ask your new questions.
- d) Let other images emerge from this image. The next time you do this process start with this image. Sit with it for a few minutes, set an intention and then begin collaging.

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Receive the Free Collage Tips Handbook by Sharing With Me

Congratulations for letting yourself explore this process and experience it for yourself. How was it?

I would love to hear what your experience is with this process. You can email me at ryl@ArtAsAccess.com and share what happened for you and your image if you'd like. I will then forward a copy of my free Collage Tips handbook to you. It is a collection of ideas to bring into your collage process, to play with and see what happens.

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Classes and Coaching

I guide individuals through this process by offering group tele-classes. Class details and schedules are online at www.ArtAsAccess.com

I offer one-on-one personal coaching over the phone. Details are online at www.ArtAsAccess.com

In all of time, there will only be one you. Your greatest gift to yourself and the world is the expression of your authentic, creative self. By using art-making to connect deeply with yourself, may you find the courage and strength to share your beautiful, joyous self with the world.

My best wishes



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