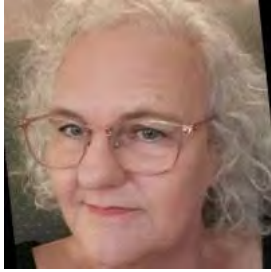


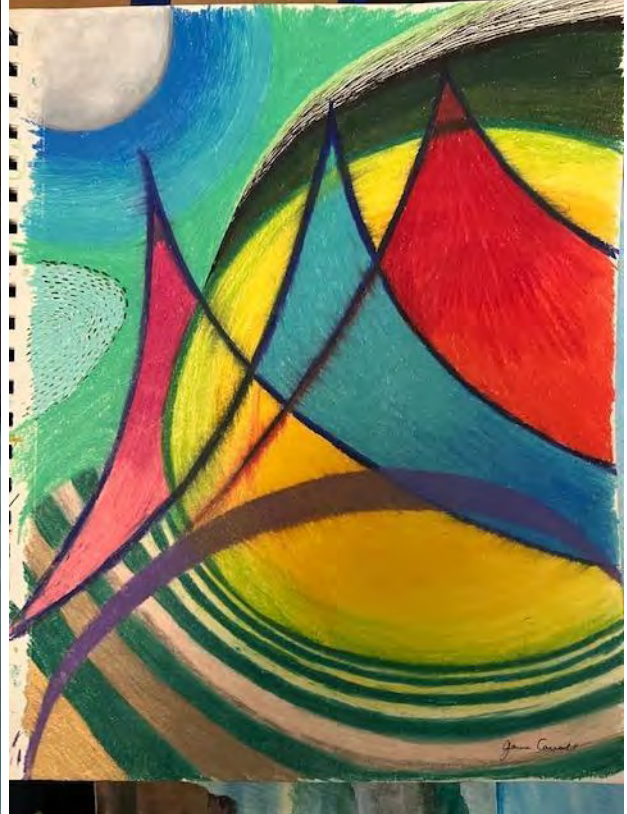
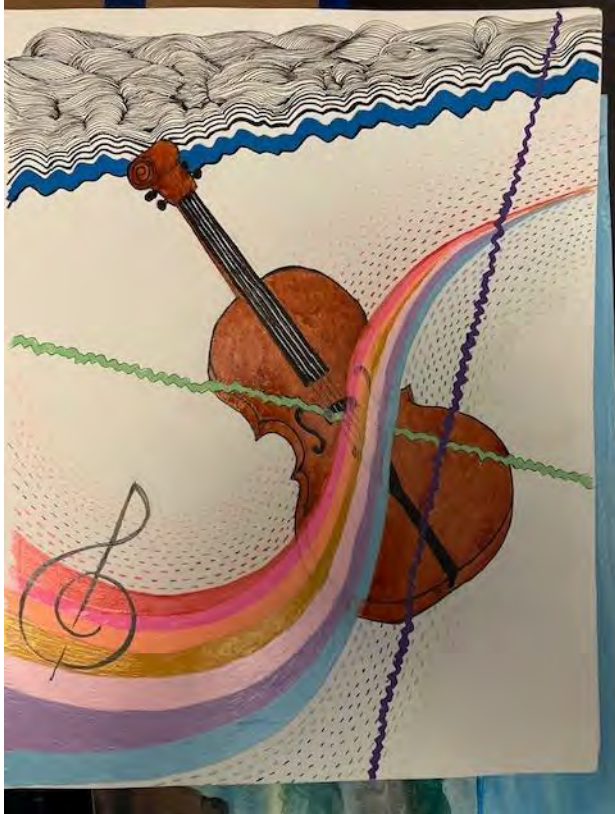
Journaling Within - Creating Art

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Life has stages. I know that. So why was it so difficult to adjust to my husband becoming disabled and Covid happening in the same month? I am not sure but it threw me into a deep and scary depression that lasted longer than I care to remember.

I was in uncharted territory and I didn't know what to do. One thing I did remember was the joy I feel when creating art. So, slowly I gathered my dusty art supplies and began a journal myself back to status quo - not normal because that, I find, is relative.



Since my time at the seminary, I have been interested in the Divine Feminine. In 2013, I found like-minded friends at the Ontology Conference at Barrytown. Since then, we have met, studied, celebrated life events with each other and became as close as family. With gentle internal coaxing from them and others, I began to address my proverbial inner beasts.

For an artist, the blank page lights a feeling of wonder and intrigue. It took weeks of looking at my new sketchbook before I attempted to try to put my inner world into a concrete visual expression. Over the last two and a half years, I produced some art that I love and some that helped me see glimmers of what gets me spiraling downward. In addition, I have taken online classes that also pushed me to further examine my inner world. Evolving Wisdom, Feminine Power by Claire Zammit and The Art of Emotional Healing by Shelley Klammer are two sources that helped. By keeping an art journal - that is, through artistic expression and writing, I have been able to gather insight and peace. I hope to maintain my artistic exploration and continue the journey of healing and

self-expression for years to come.

