
Meditative Art Journaling with Get Messy

Chapter 1 - Chapter 1

Overview

- Welcome to Meditative Art Journaling. We're the founders of Get Messy Art Journal. I'm Lauren. - And I'm Caylee. And in this class, you're going to learn how to process your feelings and emotions through art journaling. We love art journaling because it really is a place to put all your feelings and words out of your head and onto paper. We'll start by binding a small journal. - [Lauren] We'll get our thoughts on paper by using paint and meditative mark-making. - [Caylee] We'll use some watercolor and add some lettering. - [Lauren] By the end of this course, you'll have a small dedicated journal that you can use as a place for reflections and processing through your emotions.

Materials

- For your supplies, we're going to be binding our own book. So you'll need watercolor paper, folded in half, our size is nine by 12, but any size will work, an awl, needle, and thread to make your book. Kayla will be using watercolor, so she has her favorite color of watercolor and brushes. I'll be using graft acrylic paint. And then you'll need a variety of pens and markers for mark-making. I have my Posca pens, some brush pens, gel pens, a Micron, a Pilot G2 and a Pilot G-Tec. We're doing this project with our favorite colors that represent the emotion that we're trying to convey in our pages. So choose your colors based on what you're feeling and your preferences.

Creating a bound journal

- I like binding my journals for this because it means that I've got a very quick, very simple journal that I can put together quickly and then also put away quickly. You can make your journal bigger, smaller, different papers, whatever you like, but I'm just gonna bind these two for today. So you're gonna take your awl and you're gonna make a hole right in the middle of your journal. You can measure it if you like or you can just feel your way around. Once that's in, measure two more holes between the end and the centers, so somewhere around here and somewhere around here. I'm using about a yard of thread and I'm going in the center of the hole. If you go from the outside inwards, you're gonna have your little tail on the outside and if you start from the inside, your tail's gonna be on the inside. I like to leave quite a bit of a tail so it means that I've got more room for mistakes. And we'll go in through the top, come out, back in through the bottom hole, and make sure to keep it kind of tight, and then I'm gonna go back out through the center hole and I'm gonna make sure that I'm not pushing my needle through my thread 'cause it's gonna separate it. When I come out on the other side, I want to get my needle on the opposite side that the thread is. Make sure everything's nice and tight and then I like to bind a little burr. If you're not into burrs, you can bind a regular knot. Just keep everything as tight as you can. Trim off the excess, and just like that, you have a journal. This pamphlet stitch is super easy, as you just saw, and you can use it for making small, little journals of your own with different types of papers, different types of threads. Really a lot of fun to play with.

Brain dump writing

- Whenever I have a lot of thoughts and feelings that I want to process and reflect on, I like to turn to my art journal. I always start by filling my page with words. I scribble, I write, I get everything out.

I write really messy and bad handwriting, all over top of my other writing, just because I wanna just do a brain dump and get everything out onto the page. So that's where I'm gonna start today. I am going to use my Pilot G2 favorite writing pen. (calming music) As you can see, my handwriting is very messy. I wrote over on top of myself. You can do this to fill your whole page. You can write over and over and over top of your other writing as many times as you need to to get all of your thoughts and feelings and frustration out. Next we're gonna cover our words with paint. There's no worry about what you wrote because it's all going to disappear. I'm gonna cover this whole page with acrylic paint and I'm gonna start by using my hands. I have chosen colors that remind me of the sea because when I'm feeling very anxious and overwhelmed, the ocean is a very calming force for me, and so I want to channel that into my artwork today. (water lapping) And I'm just going to keep going and cover this until the full page is covered and I'm happy with the results. And I'm just gonna spend time being thoughtful and meditative as I work and being in tune with the paint and how I'm feeling. Once the paint's dry, we're gonna start adding marks. I've chosen a variety of pens in my color scheme that I want to work with today. I'm going to use them to create some meditative marks that are just gonna be slow and thoughtful and allow more time for reflection and intuitive making. (calming music) I love the slowness of this process. It allows for thought and reflection and calm and quiet. I just go where the marks take me. I don't have a lot of a plan. I just do what feels good. You can do this for hours on end. You can do tiny, slow, deliberate marks. You can do big, huge marks, whatever works for the mood that you are in. When I'm creating this way, I'm thinking so much about flow and what I need as a calming force. Repetition is very calming and soothing. I find I'm much more mindful when I'm thinking about small, minute details and investigating even the tiniest bits and parts of my artwork. Take some time today to connect with your thoughts through your artwork. Make a mess on your page. Don't worry about the final outcome. Let it be intuitive and thoughtful and make sure you're reflecting what you're feeling and processing through it with your artwork.

Watercolor quotes

- When I'm processing my thoughts through art journaling, I love using watercolors because it's so flowy and calming to me. I'm going to do that in this lesson and I'm also going to add a quote. For this, I'm using squirrel hair brush because it holds a lot of water and I really like the watery watercolors. And I'm using my favorite Winsor Newton Cobalt Turquoise Light, and I'm gonna add a lot of water to this. And then I'm gonna make a puddle of water on my page. I really like using a lot of water for this because it makes it a lot looser and it gives me a lot less control, which I actually really like for this. I really like it when the watercolor pools on the edges, but it's nice to bring some extra color, maybe add some kind of watercolor clouds. I'm gonna do a similar thing on the other side. And this is really just an exercise in play. Don't think too much about what it's gonna look like. Just do what feels good to you. We're gonna leave this to dry a little bit so that our perimeter's still wet but the inside bits are dry. Now that the center is dry but we still have those beautiful pools of water, with my smaller brush, I'm going to pull some water out of here and make some marks. And I'm making loose petal shapes, but you could make scallops, you could make dots, whatever you feel like. You can also pull some color up from your palette. And then you'll have more defined shapes, but this gross type of look is very lovely. (gentle music) And I'm just rotating my journal to work on different parts because obviously there are pools of water here so you don't want the pools of water to go over the patterns you've made. (gentle music) I'm going to add few splatters, leave it to dry, and then come back to add my quote. I'm going to use my Pilot G-Tec and I'm gonna write

out one of my favorite quotes of the moment. "Keep planting and sowing, "living and knowing that beautiful things "take time, and that is okay," and that's a quote by Morgan Harper Nichols. I'm gonna add some dots just to finish it off. And I like making these tiny, little dots in clusters just because it's so meditative and calming. (gentle music) I love using this technique when I'm feeling anxious or burdened because I feel like this really lifts my soul and helps me feel a lot lighter.

Show and tell

- Together, we've made this journal using meditative practices and marks. We have put in so much thought and emotion into our pages. To create the cover, I just used a paintbrush and just smeared the paint around. Again, a fun, meditative, easy, relaxing technique to use, where I'm just working on blending the paints and the colors in together here. - [Kayleigh] I added the title to the journal. I just wrote in cursive, and I outlined it with my Pilot pen. - [Lauren] And you fussy cut it, which is also a very thoughtful, slow, meditative process. - [Kayleigh] Exactly. I love this page that you made. - [Lauren] It is a very calming and relaxing page to make because it takes so much time, and you really have to be mindful and really hone in and focus in on all of the little spots, and it gives you a lot of time to think and process through whatever is going on. Let's see your page. This is so lovely and so dreamy and deep. - [Kayleigh] That's what I love about watercolors is it's so calming, you get to really let go of any expectations, let go of your thoughts, your worries, just put it onto the page. - [Lauren] And it's almost entrancing to watch the watercolors mix. Tell me about the quote? - [Kayleigh] It is a quote that really spoke to me. I thought it was really nice, the idea that you keep doing what you're doing and knowing that, even though you're not seeing anything, you're still growing. - [Lauren] Exactly. Do you ever create pages based on quotes or words that you hear? - [Kayleigh] Absolutely. - [Lauren] Yeah, me, too. - [Kayleigh] Here's an example of one of those. I read this quote, the full quote, read it, by Terry Crews, basically saying everyone's so worried about getting a piece of the pie, that they don't know that life is a kitchen, and you can make your own pie. (laughs) That's what that's about. - [Lauren] I love it. This type of journal is a good place to get your thoughts, feelings, emotions, specific quotes that maybe sum up how you're feeling or what you think about a topic, down. And then, once you're finished, you close the journal and you put it away and then you're done with it. We both actually create these journals, even though we live on different sides of the planet, and we have very different styles and approaches to art journaling. We both create these in our own ways because we know how much they help us and how much they contribute to our mental sanity. My journal is really bright, it has lots of color, lots of movement in it, and I used a couple of different techniques in here. This technique is finger painting, and then the mark-making that we went over. This technique I used a paint scraper and just twisted it around the page, and I felt like it really embodied what worry looked like. For my calm page, I used a paintbrush and blended and smeared my paints around to create a nice, soothing effect on the page. And I love to do the tone on tone marks here because it adds that serene and calming effect onto the page also. And then, for flow, I channeled the ocean and movement in here, and it's one of my favorites. - [Kayleigh] Mine, too. I love it. - [Lauren] What about yours? - [Kayleigh] So I created this journal kind of as a way to get all the negativity that I'd been receiving out of my head onto paper so that I didn't need to carry it with me anymore. And I used the same technique in the class, with the watercolors and the marks. And I actually added the unkind words to the journal. I also balanced it with nice ones on the other side. And what was really nice about this journal particularly, is that, at the end, I couldn't even remember the negative things that I'd been holding onto. - [Lauren] Oh, wow. I love that you used a lot of the same colors and products in that journal, you had a very clear

theme, so that you were really focusing on your thoughts and your feelings, and you were not making a lot of product choices as you were creating. - Yeah, that really helps with these types of journals. - Absolutely. So we always recommend that you make these really small and keep them themed as much as you can, and so, when you're done with them, you can put them away and move on.