

Plant Diary with Marie

Hello all lovely members,

I hope you are all well and enjoying the sunshine.

Miss seeing you at Gippeswyk Hall. It is a strange feeling to be at home when we normally meet for our art session.

I have prepared a first video with some creative ideas on how to draw and paint plants.

Here is a link. Hope you enjoy it and feel inspired to draw/ paint.

<https://youtu.be/1tjhWC5XPgs>

We are only just getting to grips with technology, so this is taking much longer than preparing an actual workshop...

So be patient with us. We'd like to stay connected with you and do creative things together.

Please see below and outline of the workshop & photographs for those who will not be able to access the video.

Plant diary - Inspiration from nature

*'Into our human inwardness
The senses pour their wealth;
The cosmic Spirit finds Itself
Mirrored in the human eye
Which has to recreate its strength
From that same spirit source.'*

Rudolf Steiner

Suggestions for artwork:

1. Take a short walk (in the nature, in your garden or your home) and notice the plants around you. Touch their leaves, smell their blossoms, notice their colours.
2. Use a pencil to draw the plant. Follow the overall shape, focus on details. I'd like to think of myself as an observer. Rather than trying to create a beautiful image, I like to study the plant. As I notice more details, it improves the quality of my drawing. When I'm drawing a line, I am fully present with the plant. I feel more solid, stronger. I leave my thoughts behind.

You may wish to add colour to your pencil drawing - using watercolour washes or watercolour pencils.

3. Painting colours - Another way of getting to know the plant is looking purely at its colours.

Look at the plant and gently squint your eyes, so that the shapes become blurred. As if you lift the colours off the plant and see them as a colourful haze.

Paint these colours with soft pastel, oil pastel or watercolours. Disregard the shapes, only paint the colours, as if it was an abstract painting.

What we get in return is a different quality of the plant. The colours may reveal it's character/ personality.

If you feel so inspired, write a few words of reflections or a poem.

In my own experience, nature offers us healing. When we draw or paint plants, some of their life energy pours in to our bodies and rejuvenates us.

At least that how I feel when I paint. I am very grateful for the nature especially at this time. It makes me feel stronger.

Would love to hear from you and see your artwork.

Lots of love & creativity

Marie x

