



Make Art & Change your Life

welcome!

Welcome to 'Make Art and Change your Life!'

Life can feel difficult. We sometimes beat ourselves up for being who we are, and struggle through our days, feeling isolated in a cold universe.

To use a metaphor: we perceive ourselves as lonely, separate waves, in the midst of a lot of other waves - trying to keep our head above the water.

But if we dive deeper - we can see that at the same time we are part of the ocean. On the surface, we're a separate 'Form', but in the depth of our existence, we're one 'Being'.

Sometimes we can feel connected to this world of Being, but often we're stuck in feeling like a separate, lonely Form. And if we forget that the world of Form is only one side of the coin, we lose perspective. We get stuck in negative thinking and start to see our life as a problem.

Getting in touch with the deeper side of life - with the ocean, so to speak - helps us to see things on a different level, and get us in touch with the always-present truth and wisdom inside of us.

Sometimes it's easier to be in touch with that deeper side of life. Walking in nature helps to stop our negative thinking, for instance, and connects us to the world of 'Being'. Making art has the same capacity. It draws us out of our worry-mind and into the flow of life-as-it-happens-right-now.

Making art can be like dancing. Paint, paintbrush, painter, and painting become one - one expression of the ever-changing life, one whirlwind of creative energy.

If we paint this way - painting is effortless, joyful, and playful. We don't care about the results, because we're completely immersed in the dance. We're one with Life, or we could say: we're one with God.

While dancing the dance of life, thoughts can come up. They are like little bundles of life energy floating into your mind. If we let the thoughts just be and let them pass through, they don't cause a lot of problems. Everything is in motion, and also the thoughts will move on if we aren't fixated on them.

But our usual response is to take our thoughts very seriously and make them very important. We start thinking about them and talking about them relentlessly. Before we know it, we unconsciously make the thoughts more and more real, until they seem to be 'the truth'.

They aren't in flux anymore, they can't pass freely through your mind, but they're tied down to the ground. Now they start to create havoc in your life.

If you want to stop this from happening, awareness is key. Only consciousness can break you free. Once you see yourself getting stuck in your thoughts, you can decide to just see them for what they are, and let them pass.

This is not always easy - thoughts can be very sticky. But once you've experienced how it feels to let them go, you don't want to cling to them anymore. You can remind yourself again and again of what's really important - living life anchored in the depth dimension of life.

This depth dimension is always available like the sun is always there behind the clouds of our thinking. And of course, you don't need to make art to experience it. Nevertheless, painting is a wonderful playground that invites you to let your thoughts go and access the world of Being.

I believe that that's why so many people feel attracted to painting. When you're making art, you can relatively easily experience that you're one with the creative force of the universe, instead of a struggling and separate individual.

When you start dancing the magic dance of making art, your true nature becomes more palpable, and that makes life so much more joyful!

That's why I want to invite you to the online course 'Make Art & Change Your Life'. It's designed to get you out of your head, and into your life.

This is what the course is all about:

- You get into the flow of art-making through painting collage papers. You participate in the dance between paint, paintbrush, painter, and painting, and this connects you to the deep world of Being.
- You become conscious of your negative thoughts. You don't need to change them or work on them, but just see them as they are - little whirlwinds of energy, not bearers of truth.
- You choose a Word of Wisdom - a deep thought, so to speak - that contains the truth that you need right now. It helps to see your current life situation from a new perspective, and it points you to the deeper dimension of life.
- Also, you choose a symbol - which conveys what you want to emerge in your life right now.
- You make collages from the hand-painted collage paper that you made and from the word and symbol that you've chosen.
- You put your collages in a place where you can see them every day. They remind you to stay connected to the truth deep inside you, and let it change your life.

Before you get started, I'll give you an overview of the modules:

Overview of the modules

Introduction

In the Introduction, I'll give you an overview of the course. Also, I'll introduce the materials and tools that you need, and give you a detailed shopping list. This shopping list will be quite short since you don't need a lot of expensive materials to make art.

Module 1: Investigating your thinking

In the first module, you start by investigating your thinking by using the Make Art & Change your Life workbook. Also, you choose your Word of Wisdom.

Module 2: Making collage paper.

In the second module, you'll create your own hand painted collage paper. You create written and printed text on painted paper, and you choose a symbol.

Module 3: Making collages

In the third module, I'll show you how you can make collages from your hand painted collage paper.

Module 4: The 90-day process

In module 4, you'll start the 90-day process using the Make Art & Change your Life Notebook. During these 90 days, you reflect daily on the Word of Wisdom that you've chosen. If you want, you can add a gratitude practice to your daily ritual..

If you want to work towards a specific goal, you choose a small daily action every day.

Module 5: Reflection

After your 90 days are over, it's time to look back and reflect, using your Make Art & Change your Life reflection book. Did you notice any changes? What did you learn? Is there anything that you would like to happen?

After that, you can choose a new Word of Wisdom, and start the process over again.

I wish you a beautiful journey through the online course 'Make Art & Change your Life!

Thank you so much for joining me!

A handwritten signature in black ink that reads "Simone". The script is fluid and cursive, with the 'S' being particularly large and stylized.

Simone Nijboer

