"Even If It Gets Heavy"

This month, I'm working with the song "Float On" by Modest Mouse. It is one of those 'bliss among ruins' songs that I play on repeat when things are heavy and hard and I need some relief. I chair dance to this song. I sing along. It never fails me.

I'm in a place in my life where I'm a little bit tired of being put through the ringer. It is tower time over here - my way of saying every damned thing feels like its falling apart, but in order to maintain my characteristic optimism, I always try to re-frame these times any way I can. In this case, I'm assessing the rubble and looking forward to what I will build up on the foundation of what remains. I really do believe that sometimes, things fall apart so better things can come together, and I am counting on that, chanting it at myself to get me through.

Art is therapeutic. This is known. When we abandon ourselves to its making, even in the midst of really difficult times, it can allow us to express and contain whatever is heaviest within us. It gives us a place to put 'all of that' so we can feel a little lighter, a little less encumbered. Hence the feather imagery in this piece. This is the goal - to feel light as a feather, to float, even when it gets heavy.

This spread was also a good reminder about the futility of worry. Whatever is going to happen is going to happen. The trick to being a serene human is, I think, to do what you can about what you can, and let the rest float or fall how it will. I'm not saying this is easy. It isn't. But sometimes, it's needful, and this is one of those times.

SUPPLIES

NeoColor II water soluble crayons
Iridescent medium (Liquitex)
Stabilo All Pencil
Workable Fixative
Fluid acrylics in titanium white, iridescent fine silver, permanent violet dark, and turquois pthalo
Brayer
Acrylic ink
White paint pen
Black pen (Pigma Micron 0.5)

VIDEO LINKS

Speed Painting

Tutorial

This month's song on YouTube

This month's Spotify Playlist

My collaborative 'Bliss Among Ruins' Playlist.
Please feel free to contribute to it!

Build a background with NeoColor II crayons (just scribble) and then activate with a layer of Liquitex Iridescent Medium. Scrub, brayer, blot, burnish.
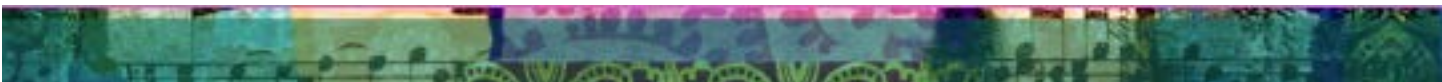
Trace a feather (or draw your own) using a Stabilo All pencil.

Build up a foundation - just a general shape by activating the pencil. Make sure to add grungy shadows around the feather.

Dry throughly and add a layer of workable fixative to ensure your feather stays put throughout your next layers. Add white feathery lines using titanium white fluid acrylic.

At this point, I built up the background on the right hand facing page exactly the way I did on the left hand facing page, and then brayered on my leftover white paint.

I added silver feathery lines to the feather, and then a border of little silver dots. I also brayered my leftover silver paint into the right hand facing background.

I glazed over the feather with violet permanent dark, and then brayered the leftover paint into my right hand facing background.

I added more silver - feathery lines, dots, and little swipes of silver inside the darker areas of the feather. I let the silver lines extend beyond the body of the feather a bit for a wispy feel.
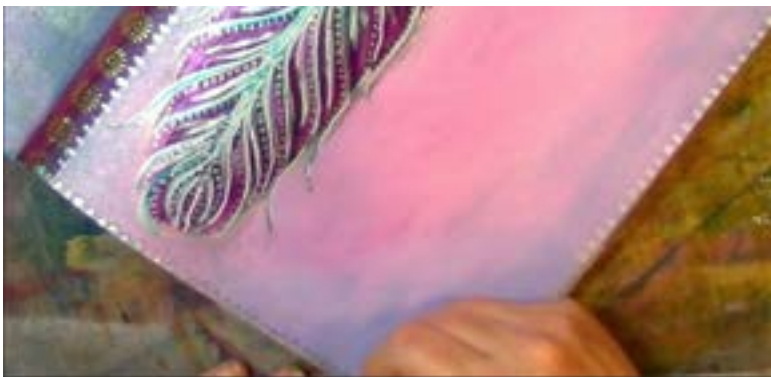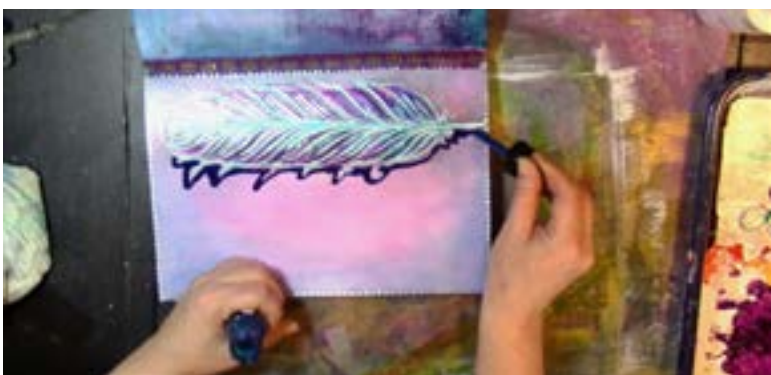
Glaze over the silver with turquoise paint. I also added that to the right hand facing page and around the feather and left hand facing page to create a 'vignette' look.

I added fine, broken lines of white inside my feather.

I outlined my little silver dots with black pen.

I put ink all along the feather and then stood my journal up to make it run. I added some water to this to get really good drippage. The intention here is to create really organic looking journaling lines.

Lovely.

I added lettering using white paint pen, and then outlined the white paint pen in black (Pigma Micron 0.5). I also outlined the feather with a very fine, sketchy black line.

Ta Da! Not only did I create a gorgeous, shimmery spread, but that right hand facing background is ready for my next session of art journaling!

Your turn!!

ALL RIGHT ALREADY
we'll all float
on now don't
you worry
we'll all
float on
even if it gets
heavy
we'll all float
on we'll
all float on...

EBW