Creative + Practice

with Lisa Sonora Beam

http://www.lisasonora.com/

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alike: heya@lisasonora.com

OK - I think we're good to go now!

Let’s dive in, shall we?

If you have any technical questions or issues, please send an email to
jen@lisasonora.com and Jennifer will help you out.

She checks and responds to email Monday-Friday.
Week 5

The following link will take you to the web page for this week’s lesson.

Note: this page is password protected. The password is: presence please type in password all lower case, exactly how it is written.

http://www.lisasonora.com/cpwk5/

On this page you will find the all the info in the .pdf and have the opportunity to participate in the comments.

Enjoy!

Welcome to Week 5 of Creative + Practice!

Portability + Presence

This week’s lesson includes video tutorials on incorporating more imagery into your sketchbooks with greeting card pages and post card folders.

Both techniques make it easy to add even more writing and source material directly into your sketchbook.

Check out the videos to see tutorials, and how I use these techniques in my sketchbook.

Included below are more ideas for going deeper with the quick writes, and this week’s quick write prompt is my “go to” prompt for all situations.

Full text of this week’s lesson (the material on the .pdf) follows:
Topics this week include:

Quick Writes: Developing An Ear for the Inner Voice

How to create more space for writing in your sketchbook (video tutorial)

You Can Take It With You: Keeping Creative + Practice Portable while Roaming Around the World (video show & tell of my stuff)

Right Now... (or...you might like to say: Write Now) This is the "presence" part.

Where the Magic Happens

Here's what we’re doing this week:

1. Sketchbook Activity: Greeting Card Sections and Postcard Pockets (video techniques)

2. Daily Quick Write for Four Minutes (see video from week 2 if you missed it or want to refresh your memory on the technique)

For the duration of the course, you will continue:

3. Harvesting: Use your sketchbook to document your creative practice process, and

4. Collecting: Continue collecting your source materials (there is a video in week 2 on Collecting source materials)

Quick Writes: Developing An Ear for the Inner Voice
What we are developing with the Quick Writes is a way of accessing the “still, small voice within”.

We often don’t easily hear this inner voice simply because we’re not trained to access our inner voice (I like to call it our inner knowing or intuition).

Quick Writes provide a vehicle for both looking inward and listening, because we are using the prompts to ask potent questions.

Our minds love to solve problems. When we give it a prompt to respond to, both our conscious and unconscious mind are activated to search for the “answers” to the questions that the prompts evoke.

These are your answers. Tailored just for you, by you. Isn’t that cool?

Another reason we don’t easily access our Inner Voice/Inner Knowing is because we’re taught to look outside of ourselves for advice or guidance, rather than looking within.

Most education trains us to seek out the right answers. To deliver what the teacher wants or what is expected. To learn how to take tests to get good grades.

Instead of turning inward to access other ways of knowing, we are taught to look outward for examples of how to do it right and how to succeed.

There is nothing wrong with looking outward. But we are missing an entire universe of potential when we don’t have the tools or ways of looking within for information.

New ideas, inspiration, and the answers we are looking for, dwell in that inward looking space.

Quick writes provide access points for tuning in to these inner dwelling places and turning up the volume on the still, small voice so that we can hear it.
Sketchbook Activity: Greeting Card Sections and Postcard Pockets (video techniques)

In these videos, I show you how to create more space for writing in your sketchbook by adding greeting card pages to house folded letter-sided copy paper notes.

Keeping some colorful copy paper on hand to use for Quick Writes and note taking while away from your sketchbook, add another dimension to writing and storing notes in your sketchbook for future reference.

With a couple of post cards and package sealing tape, you can easily create a pocket folder type page in your sketchbook for storing loose clippings.

Four Minute Daily Quick Write

In Week 2, the idea of the Daily Quick Write was introduced.

This week, we will continue working with quick writes, setting the timer for 4 minutes, and keeping the same guidelines.

We’re stretching out into a longer writing session. If you feel like the writing isn’t flowing after a minute, or if it’s hard to get started, simply write out the prompt over and over again until something emerges.

If you find yourself wanting to write for longer than 4 minutes, go for it!

The idea is to establish the rhythm of creative practice right now simply by showing up at our sketchbooks for several minutes each day.
Week 5 Quick Write Prompt:

Right Now...

Right Now is one of my favorite Quick Write prompts. It is my “go to” prompt whatever is happening and wherever I am.

Hints for working with this prompt:

Describe your environment. What do you hear, smell, see? What’s happening around you?

What’s going on Right Now?

What are you concerned about?

What were you doing before you sat down to write? Where are you going next?

What inspired you to write at this moment?

Have fun!

Remember the guidelines / suggestions for doing the Quick Write:

- Write the date and the prompt at the top of your page
- Set a timer for two minutes
- Keep your pen moving
- If you can’t think of what to write, keep writing the prompt until something emerges
- Forget about spelling, punctuation, grammar
- The writing doesn’t have to be prose, sometimes the writing will take the form of a list

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Harvest: Use your sketchbook to document your creative practice process

Part of the creative practice is documenting what you are learning. Take a little time each week, before you start on the current week’s activities, to Harvest.

This helps to develop the observer mind, which is a powerful way to notice what is happening in your experience without criticism or judgement.

Either write the following prompts directly in your sketchbook (you can use colored pencils or markers if you have them and like to play with color) or print out the questions and then cut them out and glue them down in your sketchbook. If you have colored copy paper, use that to begin adding some contrast to the blank paper. If you like to play with fonts, make the prompts larger and put them in a font that pleases you. The idea is not to get it perfect, but just to get the questions into your sketchbook in a way that pleases you.

Then answer the questions longhand, in your own handwriting, with your favorite pen or pencil. Important: avoid the temptation to use the computer to type your answers. There is alchemy and magic when you make your own marks in your sketchbook.

Harvest Prompts:

1. My experience with creative practice last week was: (tell a little about your experience) Did you do the practice? How many days? Did you not do it? Why? How is the Pairing working out so far?

2. How I felt about doing my creative practice (or not doing it):

3. In last week’s course material, I learned...

4. This week, regarding my creative practice I’d like to...

5. My intention for doing this class is... (write your intention from week 1 here)
Next: Share Your Learnings:
One of the easiest ways to integrate new learning is to look for what I call a "take-away".

A take-away is something new you learned about yourself, an ah-ha moment, or a new concept or technique offered in the course content. *You'll find these easily, if you do the Harvest activity.*

Please share your take-aways in the comments, below.

*What are your take-aways this week?*

If you have more than one, and I hope you do, simply put a number in front of each so I know it's a different take-away.

*What there something I said in one of the videos that resonated?*  
Please share that in the comments. This counts as a take-away!

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*Do you have questions for me?*

I want your questions as you participate in Creative + Practice. As you can see, there are some really good questions to be asked.

I'm open to questions as you participate in Creative + Practice. Due to the size and format of the course I kindly ask for two considerations:

1. Please submit your question as a separate comment in the comments area beneath the lesson that you have a question about. To help questions stand out from comments, please include the word "Question" in front of your question.

2. I won't answer questions personally, but instead will answer questions in the context of the course material, for the benefit of everyone's learning.
Where the Magic Happens

Remember to check out the videos that go along with this week's lesson.

A friendly reminder that the visual techniques of this course are presented in the videos.

What makes this workshop (and process) unique, is the ability to integrate image-making with writing in the sketchbook.

Doing only the writing portion of the workshop won't offer the full effects.

Writing keeps us within our known realms, because we are using language. Language is centered in the logic areas of the brain. Image takes us out of language and over to the other side of our brain. Image brings us into our imagination...into truly new, intuitive, unfamiliar territory.

Image + words together is where the magic happens!

Next week, we’re going to play with paint in our sketchbooks. I’ll show you my favorite, low cost supplies and quick and easy techniques for adding paint to pages - even you have never painted anything before.

Look forward to being delighted by paint play!

With deep respect for you and the power of creative practice,

Lisa Sonora
To help you easily access the course materials and web pages, here are the links:

**Link to Week 1 Materials:**

http://www.lisasonora.com/cpwk1/

Note: this page is password protected. The password is: wonderful please type in password all lower case, exactly how it is written.

Week 1 is where you’ll find the Pairing video, discussed above.

**Link to Week 2 Materials:**

http://www.lisasonora.com/cpw2/

Note: this page is password protected. The password is: stick please type in password all lower case, exactly how it is written.

Week 2 addresses How to Create with Courage and Confidence and includes the videos about Collecting Source Material and how to do the Quick Writes.

**Link to Week 3 Materials:**

http://www.lisasonora.com/cpw3/

Note: this page is password protected. The password is: journey please type in password all lower case, exactly how it is written.

In Week 3, I loaded you up with about a half hour total of videos - including the tutorials about beginning to add full page images to your sketchbook and a look at my current sketchbook demonstrating these techniques.
Link to Week 4 Materials:

http://www.lisasonora.com/cpwk-4/

Note: this page is password protected. The password is: recap
please type in password all lower case, exactly how it is written.

No new videos in Week 4, a chance to catch up and review...plus a
whopping 17 page pdf with juicy topics!

Link to Week 5 Materials:

http://www.lisasonora.com/cpwk5/

Note: this page is password protected. The password is: presence
please type in password all lower case, exactly how it is written.

Adding more room in your sketchbooks for writing, plus ways of keeping
your practice portable. Developing more presence through the Right Now
Quick Write.