



SKETCHBOOK STUDIO

Jawrie ♡

WELCOME TO SKETCHBOOK STUDIO!

Where you explore and discover the creative life force that heals, transforms, and elevates your mind, body, spirit and life.

DISCOVER YOUR CREATIVE SELF



THE BENEFITS OF HAVING A CREATIVE PROCESS

Medical research continues to grow in support of **creative process / journals** having curative benefits and the ability to improve well-being. Healing emotional, physical, and spiritual pain and suffering, as well as constructive growth, can all be worked out and altered through **regular engagement** with a creative journal.

Engaging creatively has been shown to unlock parts of the subconscious offering safe outlets for the excavation and release of deeply held hurt, pain, and trauma. Sketchbook journals combine **creative expression and intentional healing** with excellent **therapeutic value** in order to move past difficult experiences to a place of newfound wisdom, peace, comfort, joy, health, and healing.

Finding peace in the midst of emotional turmoil may sound a bit like finding the proverbial needle in the haystack, but, truly, it is much more available than that. Peace, calm, and resolve are often found in the present, quiet moments during creative journaling. It's an environment that allows for real and honest reflection in a private space. This seems to nurture tranquility. It's as if a healing balm is concocted from your own creative well, or life force, and applied not just to paper but to your heart and soul.

Your sketchbook doesn't need to be coherent, presentable, or even finished. It only needs to be **honest**. The pages, colors, elements, words, symbols, and writings you choose need only resonate with you. Being honest and vulnerable without judgement opens your heart, invites you in, and **heals wounds**.

There can be no knowledge without emotion. We may be aware of a truth, yet until we have felt its force, it is not ours. To the cognition of the brain must be added the experience of the soul.

Arnold Bennett

To make a decision carries both **risk and potential**. This is art imitating life at every turn. Your creative journal becomes a haven to explore your choices, make your moves, and contemplate an end result, be it payoff or pitfall.

Depression, shame, disappointment, despondency often correlates to an unmet standard of perfection. Healing through this begins with **admission**, often privately at first in the shelter of a creative journal for there is no one to please or accommodate in this space. By moving through the shadow of withdrawal, embarrassment, or guilt we can begin untangling depression and inviting understanding, illumination, acceptance and supportive action. A creative journal allows us to pour out feelings without restraint.

By placing our self-examination upon a surface that can be seen often, its message is likely to be considered more often. In seeing our life experience outside of our head, it reorganizes, in order to rebirth. Our head can't do that. A surface intended as a **Sacred Altar for alteration** can.



And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.

ANAIS NIN



Working with tactile mediums is therapeutic because it provides a way for us to **release energy** and **embody something more serving**.

Numbing pain simultaneously numbs passion, vision, motivation, and life. A creative journal assists us in transmuting pain so we maintain access to our Life. A sketchbook celebrates the therapeutic medicine of creativity that help us move through emotions and pain.

Truth, like gold, is to be obtained not by its growth, but. By washing away from it all that is not gold

Leo Tolstoy

Facing on a surface/page outside of ourselves that which we fear and dread is excellent practice for facing them in our lives. Inventory worries and fears, then correlate how your life will improve if those fears and worries were removed. Visually separating the fear on the left (side of a creative journal) from the freedom on the right side allows us to gain insight through **contrast and self-compassion**.

There is no greater agony than bearing an untold story inside of you.

Maya Angelou

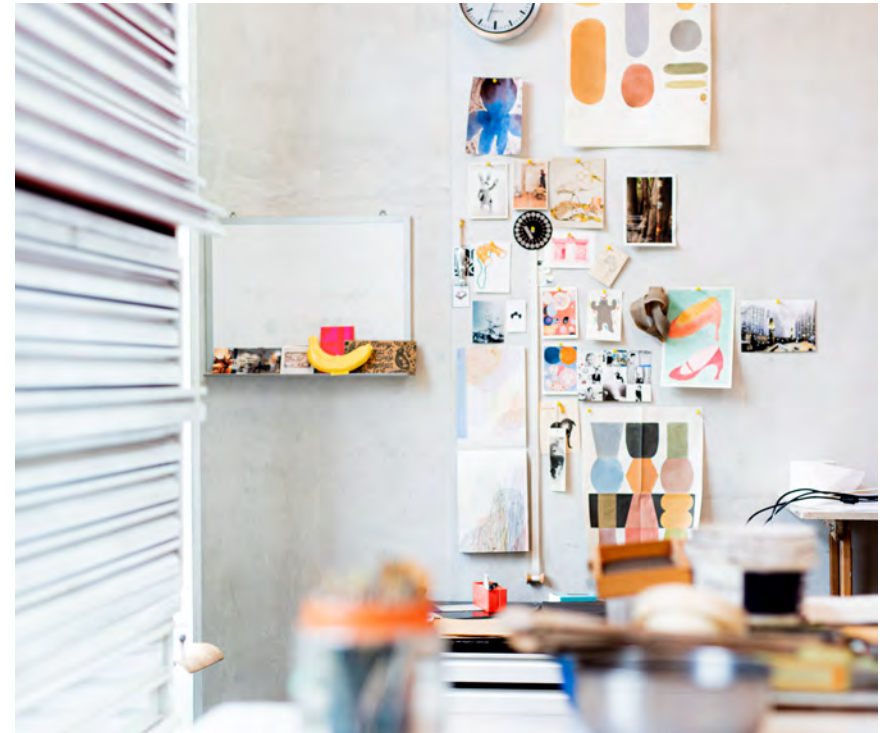
Liberating oneself from an emotionally painful past is key to having a healthy happy present. Self-awareness through a creative journal helps to keep us from perpetuating the past or repeating old programming, which actually wishes to be laid to rest. Keeping track of the evolution of our Soul along a path that started out dark and scary, up a mountain trail to its peak is incredibly empowering. There is a beauty and a reward when dedicated to consistent, frequent journal keeping. Epiphanies are noticed and every step along the ascent is honored.

The rewards for having the courage to take a hard look at ourselves are a heart **overflowing with gratitude** and a healthier mind, body, and life.

When you record and reflect on the past, you create a lesson book for your future. Becoming a student of yourself allows self-love to emerge. Even if that seems to come and go, your sketchbook is constant.

I am convinced that, except in a few extraordinary cases, one form or another of an unhappy childhood is essential to the formation of exceptional gifts.

Thorton Wilder



The point is to let what's going on inside **come out**. To let what's true on the inside match, at least in this small corner of the world, what's going on outside.

For some, a creative journal is more like a 'coping' journal. For overcoming an illness, going through treatment such as chemotherapy and/or radiation. For overcoming a loss, betrayal or big life changing event. For facing loneliness or the mortality of oneself or another. Both the harrowing and the mundane are given the same regard. A page can be **a place to unload** and a sanctuary from political agendas or social decorum.



As the external bar for beauty and perfection is impossible, gathering strength and beauty of character through an imperfect lens changes how we perceive life. There's freedom in that. No longer do we strive for the unattainable but we garner beauty, wholeness, and acceptance from the imperfection of daily life. Even in the midst of brokenness, we can be made **beautiful**.

This is the very perfection of a man/woman, to find out his/her own imperfection.

Saint Augustine

Repression is a tool of the psyche to block something too terrible to contend with. When an innocent child is the victim of a grievous act, her psyche can act to protect her by concealing things from her conscious mind. The memory usually comes up to the surface at some later day requiring earnest processing and healing. A creative journal can be a **nonthreatening, non-judgmental recipient of admissions** that may still be raw and inexplicable. Pages that are a safe shelter for the most vulnerable disclosures helping to unleash repression.

The honesty of a self-monitored creative journal is an **accountability partner** to keep you from falling back into old attitudes, patterns, habits, and prevents those skeletons from pulling you back into the dark recesses of isolation.

So, like a forgotten fire, a childhood can always flare up again within us.

Gaston Bachelard

Taking an objective look at the predicaments into which we get ourselves can be freeing and healing. While our 'predicaments' may not be catastrophic, might they be getting our attention for the purpose of evolving beyond them? Must we forever run late? Is it really necessary to say everything on our mind? Is this obsession really serving me? Sometimes we get caught in falsehoods and foolishness and a lighthearted inventory might be just the remedy.

When we employ **creative reflection**, we can learn to better align the priorities of our choices with the priorities of our heart. We can engage this process to both **restore and reinvent ourselves**.

The irony of spiritual growth is that our losses and hardships can lead us to a **deeper reality**. They can lead us to a place where our souls can be touched. This life and growth must be seen, felt, acknowledged, and grieved if necessary. They also must be honored. A creative journal is a private place to house all these treasures.

The body has an enormous ability to repair, regenerate, and heal. This mechanism tends to work best when we do the **necessary inner work**. Creative journaling has only upside benefits, and no side effects, such as resolve, resilience, wisdom, courage, and inner strength. The body can draw on all these resources to create physical restoration and vitality.

Faith is an aspect of any journey, it's also the least tangible, sometimes the most difficult, and yet is honestly the most important. Stepping into the unknown via your visual journal gives you **comfort and company through unknown territory**.

Natural forces within us are the true healers of disease. Hippocrates

A visual sketchbook is a great platform to celebrate the **mysterious and miraculous**. To honor the birth of new things, it's as if the sketchbook is a womblike environment in the safe and protected pages to foster something new while summoning strength, conjuring courage, and activating wisdom as you walk into the unknown regions of your life.

Whatever force tries to impose devastation in your life, foster and nurture formidable beauty in the pages of your creative journal, and, in the end, your enduring and everlasting beauty will remain unscathed. **Beauty is a medicine**.

Finding the path to optimal health is a journey of discovery. Creating new brain tracks in the areas of shopping, cooking, and eating can take us into unknown territory. It can be both **exciting and overwhelming**. It's trial and error for each person. A creative journal can help define health objectives and document the experimentation into new health practices and your body's response to them. As you find solid footing on your new lifestyle, you may also find the energy and joy that comes from such balance.

Your illness doesn't define you. Your strength and courage does. Even laughter is medicine. We are truly more than our bodies can contain.



The poets did well to conjoin music and medicine, because the office of medicine is but to tune the curious harp of man's/woman's body.

FRANCIS BACON

When an illness leaves you feeling betrayed by your body, a sketchbook can accompany you on your quest toward befriending it again. Making an alliance with your body is how the battle is won. A creative journal willingly receives these conflicting feelings and helps you process what's going on inside. There's always the option of being a partner with your body to battle the odds and 'overcome the science' and helping to see the sunnier days ahead.

Science may set limitations to knowledge but should not set limits to imagination.

Bertrand Russell

Let your creative journal be home to words that elicit grace and courage from you. Whether at the beginning or end of your journey, your constants are you, your journal, and your faith, acting as loving wayfinders through your expedition.

It is sometimes the most fragile things that have the power to endure and become sources of strength.

May Sarton



CHOOSING COLORS FOR ACTIVATING DIVINE QUALITIES VIA RAYS OF LIGHT

Whether you're choosing your clothes for the day, pillows for your couch, or working in your sketchbook, consider these colors to intentionally amplify qualities that matter to you.



Sapphire Blue

Divine Will and First Cause of Perfection
Illumined Faith
Power
Protection



Ruby Gold

Divine Grace
Healing
Peace
Devotional Worship
Manifestation of I AM



White

Immaculate conception
Purity
Hope
Restoration
Resurrection
Ascension



Sunshine Yellow

I AM Presence, Ascended Master, Buddha, or Christ Consciousness
Enlightenment
Wisdom
Illumination
Understanding
Perception
Constancy



Violet

Mercy
Compassion
Forgiveness
Transmutation
Liberty
Justice
Freedom
Victory
Infinite Perfection from the Source of Life



Magenta

Harmony
Higher Self Confidence
Balance
Assurance



Crystalline Pink

Transfiguring Divine Love
Adoration
Tolerance
Oneness
Reverence for All Life



Opal

Transformation
Transfiguration



Emerald Green

Illumined Truth
Concentration
Inner vision
Healing
Consecration



Gold

Eternal Peace
Prosperity
Abundance
Supply of ALL Good Things



Peach

Divine Purpose
Enthusiasm
Joy



Aquamarine

Clarity
Divine Perception
Discernment
Understanding

If there is a quality or qualities that you'd like to cultivate in yourself and/or your life, know that colors carry the essence of these qualities and by your intention you can awaken, activate, and strengthen a quality in yourself. You can choose paint colors (as close as possible depending on the brand you use), pens, pencils, clothing, flowers, textiles in your home, paper etc. to amplify the qualities around you.

This color list was adapted from the work of Patricia Cote-Robles.

From Daily OM Course Spotlight. 

“The wondrous displays of color that define the world around us are manifestations of light and, as such, each possesses a unique frequency. The attraction we feel to certain colors is not a matter of pure chance -- we experience the beneficial effects of color even while blindfolded. We are naturally drawn to those colors that lift our mood, expand consciousness, and restore health. Color therapy, also known as chromo therapy, allows us to harness the power of individual color frequencies to heal the body, positively influence our emotions, and achieve a renewed sense of inner harmony through sympathetic resonance. Colors do not directly affect the composition of our physical, mental, or aura, but they noninvasively alter the vibrational characteristics of diverse elements of the self so that each resonates at its proper healthy frequency.”

It is easy to overlook the colors that saturate our personal and professional environments. Yet these, whether in the form of the paint on our walls or the clothing we wear, can influence our thoughts, behaviors, and feelings to an extraordinary degree. The colors we like best are often those that we need most in our lives, and there are many ways we can utilize them. Basking under a colored lightbulb or gazing at an area of color can stimulate or calm us depending on the color we choose. For example, red stimulates the brain, circulatory systems, and first chakra, giving us an energy boost, while blue acts on the throat chakra, soothing the body and mind. And when we do not feel drawn to any one color, we can still benefit from the healing effects of white light, which is an amalgamation of all the colors of the visible spectrum. It is a cleansing color, one that can purify us on many levels.

Human beings evolved to delight in vivid sunsets and rainbows, to enjoy the sensations awakened by particularly eye-catching color, and to decorate our spaces and ourselves with bright colors. In essence, we evolved to love the light because of its harmonizing influence on every aspect of the self. When we pay attention to the potential effects of individual colors, we can modify our spaces, wardrobes, and habits to ensure that we introduce the colors that speak to us most deeply in our everyday lives.”

Experiences from around the globe...

Like a string of daily surprises, life gives us a glistening bead of unexpected joy one moment and an unusual store of difficulty the next. But strung together they represent a rich, disparate, multifaceted, and beautiful life. I wouldn't know this if it weren't for my creative journal practice which has taught me to ride the waves of life with more grace than I knew I had. My journal brings me revelation, calm, solace, and circumspection. A work-in-progress journal is the perfect complement to a work-in-progress life, bringing me continuous, work-in-progress restorative health.

S.S.

This is a way I can put words and color to my emotions, if I'm not honest in my sketchbook, I'm robbing myself of the healing it can bring. So, I'm committed to being as raw and open as I can and not pretend everything is ok. Unless it is. I'm learning that free flowing expression gives way to life-altering epiphanies.

R.D.

Medication helped, but it had side effects and limitations. I had to find something else to help, and Sketchbook Studio was what I was looking for. It doesn't require a huge investment of time and I could finish a small project in a short time with incredible return. Yes, I needed medication, but medication alone couldn't heal me. I need to be part of the healing journey, and reading my own words, seeing images that mean something to me allowed that healing.

J.H.

Because of a near drowning as a child, I've had a fear of water even as I love the ocean. Although, it is still a challenge, I have nurtured the ability to kayak with my family to the degree that it outweighs my terror of water. My creative journal has been the inspiration to overcome more the fears that come between me and meaningful experiences.

S.S.

I was conditioned to not express my emotions or give myself acceptance, love, and healing. As an adult, I realized that to find any measure of peace, I had to face these hurts, grieve for my lost childhood - at least parts of them. I needed to find a way to live my life, not as a victim, but as a strong, loving, healthy woman who was able to overcome a harsh beginning and create a new life on purpose. A life filled with love, family, expression, and health. My creative journal isn't about wallowing, but about learning from my past, embracing it for the strength it has forged in me. Mine is a story of living, overcoming, and healing.

R.B.

Healing truly began when I focused on the gifts I could take away from a damaging situation. Through a creative process I learned to love myself and be thankful even for the painful times. They become lessons that I take with me moving forward to a new, clearer place of understanding. This is where love really lives.

K.S.

My creative journal is truly what keeps me going, it's the one thing that I enjoy and look forward to - a bright spot in my life (better this than ice cream). Making a book a place to record my feelings, thoughts, and worries turned out to be more beneficial than I expected. I feel less discouraged lately and have been a better person.

M.H.

Striving for perfection never strengthens anyone, it only makes us feel inadequate. My sketchbook journal allows me to see how my Spirit has been strengthened by facing the trials of life.

J.S.

My pain was turned into words of hope. My hope lies in telling my story. I couldn't see what I hoped for but getting it down in my journal made it real. In this way I feel like I've left my mark. While I cannot change the world, I can take a piece of myself and share my journey through my creative process. It seems impactful.

T.K.

Discovering how to thrive in a feast or famine profession has been trying. What I really came to own as an entrepreneur is all the intangible wealth, things that money can't buy and my deep gratitude for those blessings. My creative journey helped me process money management and helped me learn that my profession and money don't define me.

S.B.

My journal is a living, breathing testament that things happen for a reason. Even a heartbreaking event doesn't have to define me. My journal has been like a translator helping me decipher the cryptic and unfamiliar. It's been a dependable companion and able guide into the foreign places that life has taken me.

M.K.

I have suffered from a debilitating disorder all my life. I started my creative journal to express my fears about this disorder. Even as I finally put the disorder to rest, I often worry that it will return, and my journal helps me make sense of my anxiety about it and reminds me not to panic. It's my safety net and a process that works wonders for me.

S.L.

I had cancer and only I could save myself. Thankful isn't generally a word one associates with cancer, but I am thankful for all the people I met on this journey of highs and lows. Cancer is a strong word, but I have found my inner strength through it, and creative journaling helped me uncover that strength. I feel stronger in body, mind, and spirit.

G.D.

I wanted to get healthy and stay healthy. Where to start? When the road to health is long, with no instant gratification, how would I get and stay motivated? This creative journal was my answer. After writing in it, I was able to see what was stopping me. I used my journal to learn about my behaviors and what would work for me. It was amazing how simple the process became, not the work, but the decision to just do it.

J.H.

I guess in a way my creative journal is my friend, my cheerleader, my policeman, my solace, and my life documented. I was literally healed through mine.


H.A.

I can hardly summarize how much this creative journal means to me. It's a written and visual document of personal metamorphosis - a transformation in my thinking, an acceptance in my heart, and the realization that what I'd first thought of as my greatest tragedy might turn out to be one of God's greatest gifts to me.

N.K.

LINKS TO IMPORTANT PAGES.

Creative Journal - Visual Journal - Sketchbook (all the same thing) Creative Healing Research.

<https://createtohealstudio.com/creative-healing-research/>


Learn more about Sketchbook Studio.

<https://createtohealstudio.com/sketchbook-studio/>




THANK YOU FOR BUILDING YOUR CREATIVE
MUSCLE WITH US, SEE YOU IN THE STUDIO!

Oh, and bring a cup of tea if you'd like, I'll have mine too.

In Creative Love & Wholeness,
Laurie Morse
www.CreatetoHEALStudio.com