

# Art Journaling with Maya Hum

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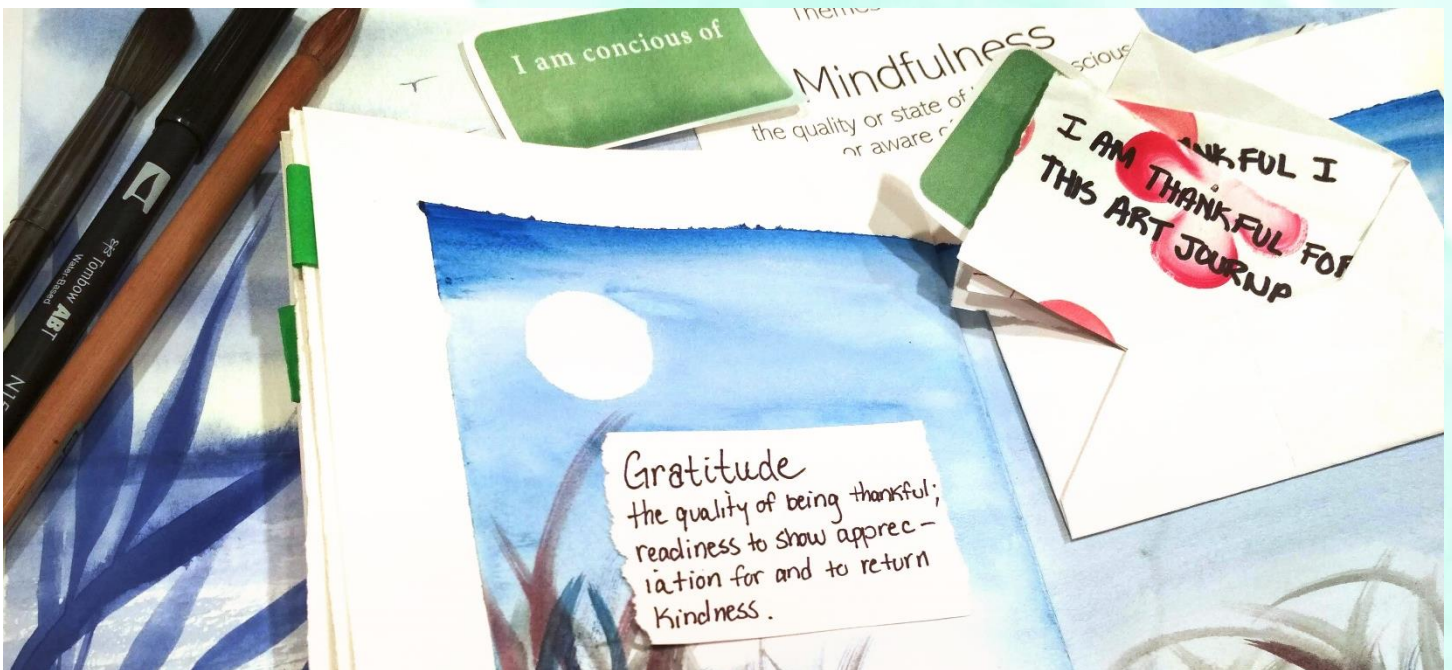
How is an art journal different from a regular journal?

- It contains visual elements, with or without text.
- This could be photos, clippings from magazines, scribbles, drawings, paintings, ephemera etc.
- It is a place to chronicle ANYTHING (current, past, present events, memories, thoughts, or experiments.)

Most importantly...It is a NO PRESSURE creative activity. Try not to go for perfection or second guess. Your art journal is just for you!

There are so many ways to fill your art journal. Here is an exercise you might want to try:

## Mindfulness Landscapes



Materials:

- Art journal or paper
- Something to paint, color, draw, or collage with. For my demonstration I used one colour from my watercolour paint set. Have no paint? You can use a dark tea or coffee!

Mindfulness: *The quality or state of being conscious or aware of something.* – Oxford languages

Landscape: *All the visible features of an area of countryside or land.* – Oxford languages

# Mindfulness landscapes are landscapes that you get to design !

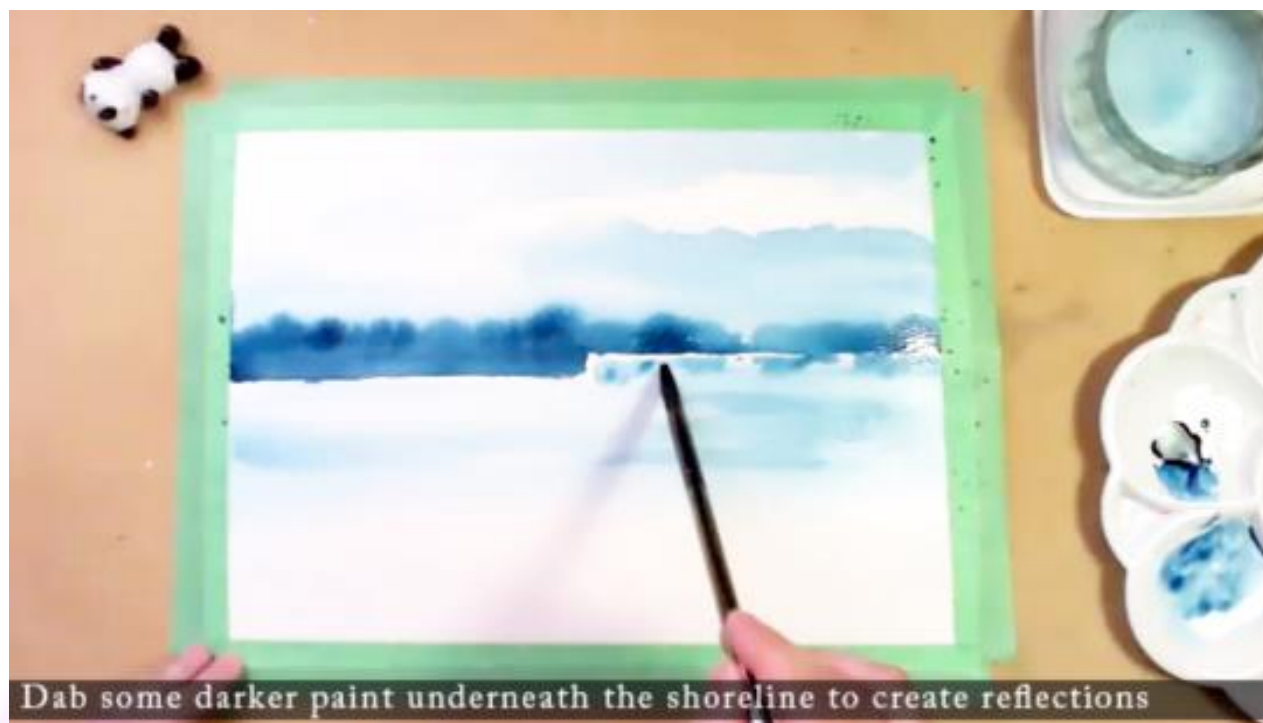
The *inner landscape*. Think of the landscape your imagination takes you to. A place that makes you happy that it is in your mind's eye. Take this time to be mindful and aware of it. Is it a place you have been? Or want to be someday? What does it feel like there? What is the air like? Are there plants and flowers? What time of day is it? Is it peaceful? Warm? Quiet? Draw, paint, or collage how this place looks in your art journal. And if you wish, accompany your image with your written thoughts. I sometimes adhere an envelope with notes or a letter to myself (see previous photo on first page.)

Need some extra guidance? Please check out my prompts and printable I've provided on the last page of this document.

For the image, a great place to start is with the background. Then the mid-ground. Then the foreground – this is what is closest to you and is usually where more details are placed. Anything goes though, it is your landscape!

To watch my quick video demonstration on an easy mindfulness landscape painting, click here:

<https://vimeo.com/514500392>



The materials I use in the video are: Watercolour paper, round paint brush, painter's tape (optional), watercolour (you can use different colours, I just used one to keep it simple), water, paper towel, glue, and scissors.



# Prompts and Printable for your Art journal!

I am thankful for

I am conscious of

extra! ↴

What I have learned

My inner landscape today is...

## Art journaling prompts to get you started!

- How would you describe your inner landscape? Or
- How you are feeling at this moment. Or
- What am I thankful for? (from your past, present, or something that has not happened yet -show the universe you are ready for good things to happen!) Or
- What am I conscious of right now? Or something I should be more conscious of? Or
- What is something I have learned? Or am learning about now? Or hope to learn more about? Or
- Write down a quote that speaks to you today.

Have fun creating your inner landscape!