

LIBRARY FOR ARTISTS

MAKE SPACE FOR
HOW YOU REALLY FEEL
(+ MAKE GREAT ART)

free pdf

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how to
MAKE SPACE
for how you really feel

(and make great art)



MAKE SPACE FOR HOW YOU REALLY FEEL
(+ *MAKE GREAT ART*)

This downloadable guide is a fast-track to taking everything you are feeling and turning it into something beautiful. The truth is that nothing about your experience needs to be off-limits or denied. Everything you feel and everything you experience is grist for the mill.

The more you tap into how you really feel and let that be fodder for your art, the more authentic and deeply satisfying your work will be.

Make Space for How You Really Feel (+ Make Great Art)
is an 8-Step Process that will help you navigate this territory and alchemize your experience.

Be brave my friends, *be brave.*

xx jessica



PAY ATTENTION AND NOTICE

When you find yourself feeling triggered, or uncomfortable or can tell that something is trying to get your attention, notice this. Maybe you are feeling numb, or disconnected. Maybe you feel tired, irritated or bored. Maybe you are feeling downright crazy or simply sensing that more is possible. Whatever it is, notice that *something* is trying to get your attention. This is your sign that it's time to dive in.



BRING AWARENESS TO YOUR BODY + YOUR BREATHING

Take a few deep breaths and be in your body. Still your mind and drop into your heart. As my beloved professor Charles used to say, see if you can, "*Just be curious about that,*" and breathe into whatever feelings, thoughts or sensations are there. No judgment, just curiosity.



STOP, DROP + FEEL

Whatever is coming up is coming up for a reason. Give it your undivided attention and stop doing whatever you are doing. I personally like to lie down. The goal is to drop all resistance. It might take time, it might be really hard, but ultimately it's your resistance that is causing most of the pain, not the feeling itself.

See if you can feel the actual feelings. No stories. No psychoanalyzing.

Just feeling.



NAME THE FEELING

Can you name what the feeling is? Unnamed feelings hang out in the dark recesses of our psyche. A named feeling is one that gets brought into the light to be loved and examined. *Are you feeling sad? Angry? Irritated?* Or it might be a combination of these. Whatever it is, see if you can give it a name.



BE GRATEFUL

Assume that whatever is happening is the best possible thing that could be happening. The moment you switch into gratitude is the moment when the experience becomes a viable, tangible and beloved part of your experience. Love it up. Say to yourself, *“Thank you! Thank you! Thank you! This is the best possible thing that could be happening to me right now!”*



BE CURIOUS

+ ASK A GREAT QUESTION

Great questions are powerful. They let the Universe know that you're ready to receive - be that answers, insight, inspiration or manifestations. The more open ended your question is the better. A great go-to question is: *“What’s right about this that I’m not getting?”*



WAIT FOR AN ANSWER

Once you've asked the question it's time to wait for an answer... or an Aha, insight, download, inspiration or desire. One always comes. The trick is to be still enough to listen, watch and stay open. You might have a revelation, or get a phone call, or see a sign. Whatever it is, trust it.



TAKE INSPIRED ACTION

Once the inspiration has come it's important to act. It's really lame if the Universe gives you an answer and you do nothing with it. *What are you feeling called or inspired to do? Is it time to paint? Or make a phone call? Or go visit a certain gallery? Are you meant to put together a blog or start a new project?* Whatever it is, do it! You know that famous quote, believed to be written by Goethe,

“Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now.”

ARE YOU READY TO SHINE?



I'm Jessica! Hi.

I'm of the firm belief that being fully engaged with the totality of our experience makes for the best art.

I also believe that as artists we have to be willing to show up and be seen - to get our work out there and to speak powerfully about what it is that we do. This means having exhibitions, speaking about your art and taking a stand for what you believe in. How to do this befuddles many.

I've put together a plethora of resources to support you in doing this.

Ready to write about your art effortlessly?

The Effortless Artist Statement is a Step-by-Step Guide to writing an Artist Statement that you love – one that cuts to the heart of what matters: the artist behind the work; what moved you to create, and the gems of insight that aren't obvious from the work itself. This Step-by-Step Guide to writing about art will help you describe your art (in no time) and give your art-loving audience exactly what they need – a no-bullshit, heart-centered connection to what they're seeing.

LEARN HOW IN THE ACADEMY