

# Notes From My Watercolor Journal

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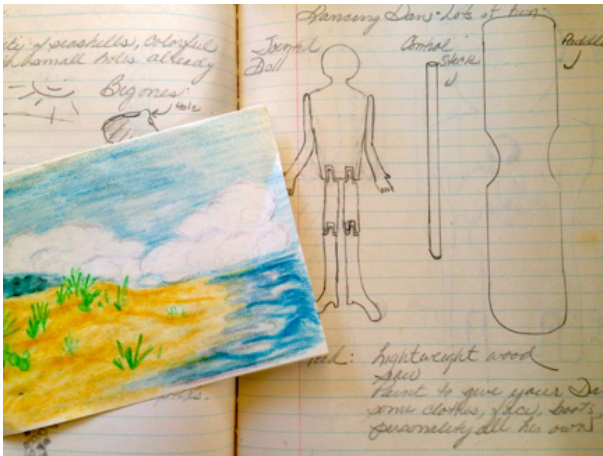
Journaling is a constant in my life. I began using a journal to record my travels, thoughts and adventures in the summer of 1972 - when I was 23 years old. My first journal was a NO. 1130 Composition Book, which cost 77¢.

In it I kept track of what I loved, how I felt and who I found to be interesting -- addresses, recipes from friends, directions for crafts, like the Dancing Dan wooden toy. Beginning watercolors, poems and old letters are stuffed inside. This still amuses my children, grandchildren and me.

My 1974 Journal is a hand-made leather work of art. It was gifted to me by an artist friend who saw my love of writing and drawing my memories. I journaled my travels to Del Mar California where I was exposed to New Age Thought, learned ESP (Extra Sensory Perception), meditation from Esalen workshops, and Touch by Ashley Montague. I have notes from seminars with Eric Erickson and Eli Wiesel. From then on, I kept recordings of the loves of my life, my children's stories, my losses, my loneliness, and my growth rings.

My journals are a gift to me. My interest in watercolor was supported when I returned to school for nursing in 1981. When scheduling my classes, I used three credits for a life supportive skill -- Watercolor - Susan Abbott. Check out her Travel Journals - [www.susanabbott.com/paris-2014!](http://www.susanabbott.com/paris-2014!)

My watercolor journaling is now my pleasurable meditative practice. Using my watercolor time as my practice of centering, contributes to my appreciating the Beauty around me and making time to allow BEAUTY to interpenetrate me. Wow! What a lovely way to spend my time.



Dancing Dan wooden toy

I keep watercolor journals as a record of nature's restorative places and of honoring the time for my meditation. By using thumbnail sketches, I can record what I love that surrounds me.



I actively work to capture the energy of persons who are speaking their passion, their truth! Adding "sound bytes" crystallizes the integrity that I see before me.

My watercolor journaling practice supports my healing practice – allowing me to receive the discipline of creative expression from each venue. I get to be at peace with Beauty and Truth! I am always grateful for the importance of self-care and the happiness I have found from keeping these journals. €

Notes from my Watercolor Journal have been published in other issues of Energy Magazine. Reference the following articles:

- December 2008 - Jean Watson's Caring Consortium
- April 2009 – Summit on Integrative Medicine and the Health of the Public
- July 2009 – Lisa Oz, East Meets West



This photo is from Del Mar Ca, when I started Journaling -- Perpetually 20 Something!



A recent shot during an August show!