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artist's life adventure

FORGE
www.forge-forward.org

THIS ZINE BELONGS TO THIS ARTIST:

use this zine

however you like!

there are no rules

that's what's so great
about it

And you -

how long will you listen to
these colours before you
hear the language of light?

- Frida Kahlo

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CON

CON

CON

prisoners; any restraint of liberty by force or other means; or necessity; as, the confinement of a debtor or criminal in a prison, or of troops to a besieged town.

2. Voluntary restraint; abstinence; as, the confinement of a man to his house, or to his studies.

3. Voluntary restraint in action or practice; as, confinement to a particular diet.

4. Restriction from going abroad by sickness, partiality by children.

CONFINER, *n.* He or that which limits or restricts.

CONFINER, *n.* A hinderer; one who confines.

5. He or that which is near to; as, the confinement of the watch is adjacent.

6. Confinement in art; confinement in style, as in letters.

CONFINING, *ppr.* Restricting.

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frida kahlo

darling
don't forget
to fall in
love with
yourself first.

THEARTICSOUL

Paste a
picture of
yourself that
you like
here

THIS IS YOUR LIFE

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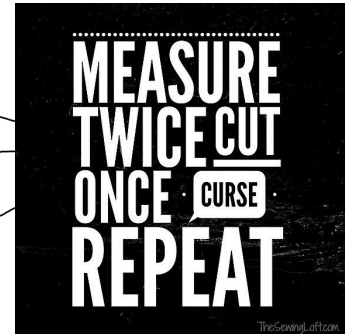
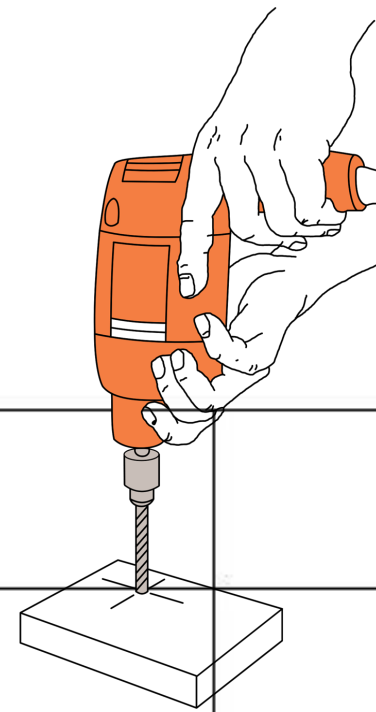
a few ideas for
your artist life calendar

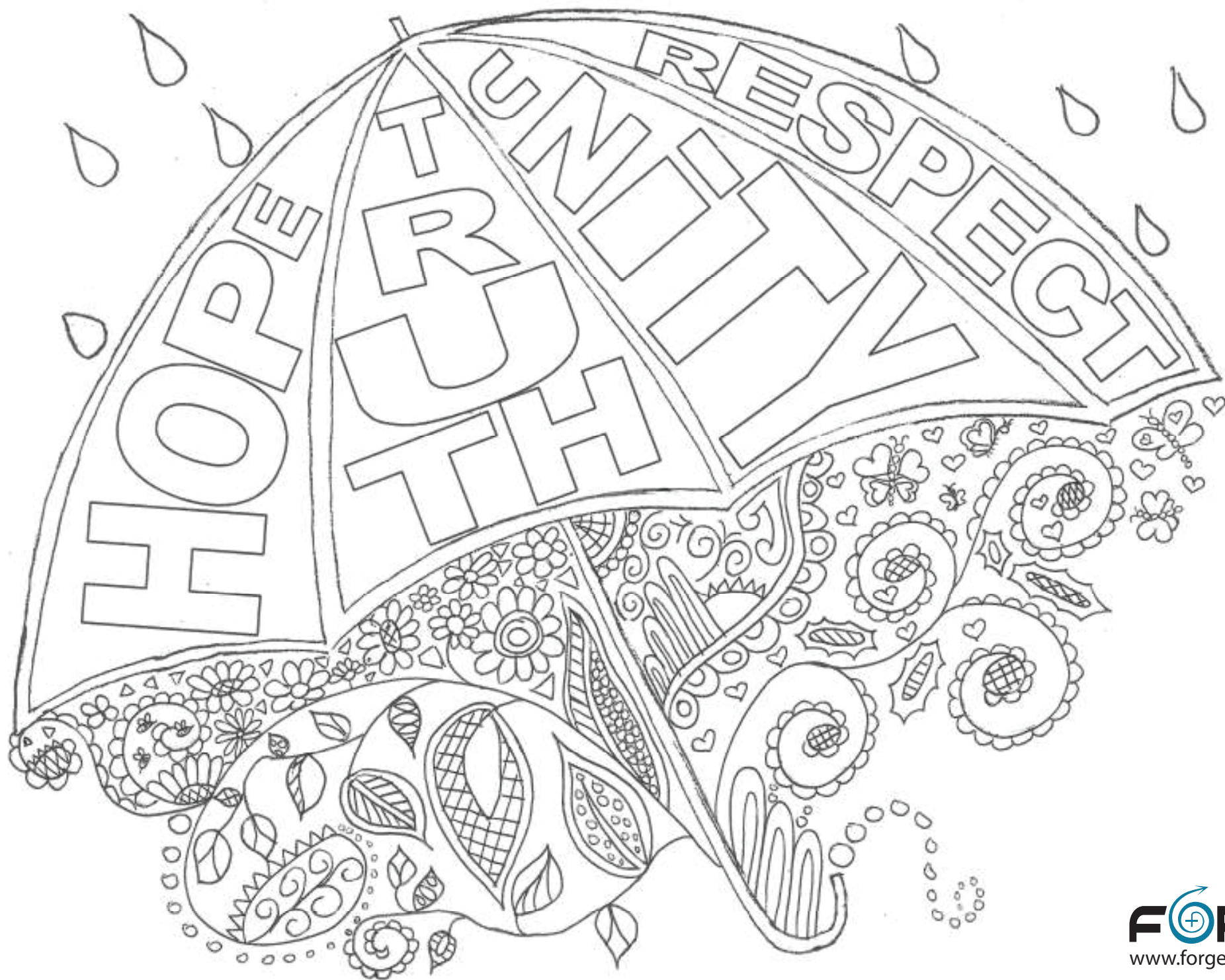
Sign up for a class: poetry reading, pottery, bird watching, nature hike, knitting, graphic design course, glassblowing, etc	attend a festival	learn something musical			
		sign up for a community garden bed			
buy myself flowers	make a paper airplane	Sign up for a Groupon art event	MAKE DINNER WITH A FRIEND		
Paint a mural outside someone's building (with permission)		go to volunteermatch.com and sign up for a volunteer event	GET A FUN MANICURE		
	Go to a concert or play one of my own	read two chapters of a book		DANCE	
journal before bedtime	Add color to my outfit	create a collage	GO TO THE MUSEUM		

Now.....

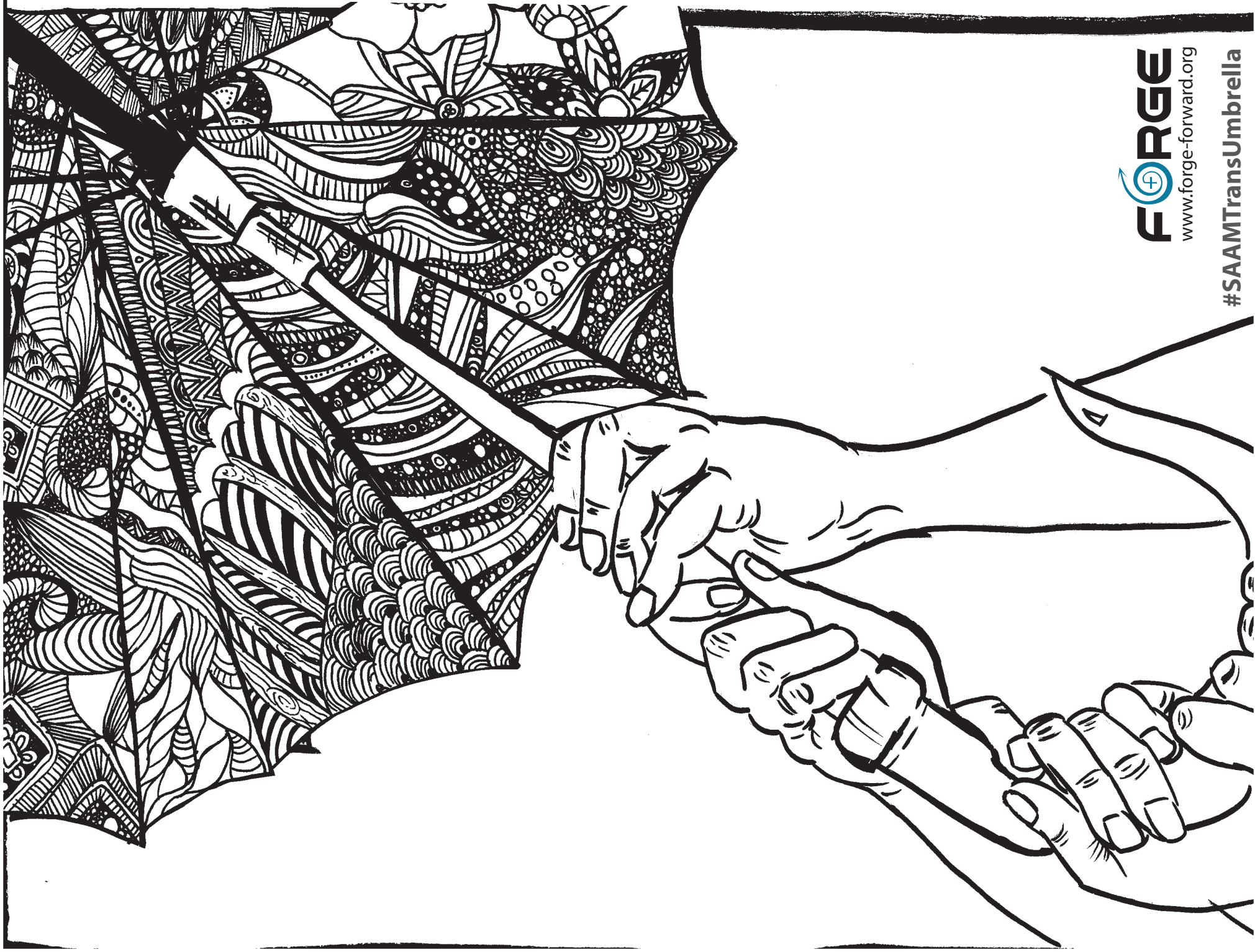
Your Turn

Fill in your art ideas





tape or glue
trinkets
of things that inspire you
to this art board



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#SAAMTransUmbrella



mark out or "color out" poetry/art is an inexpensive way to create beauty with someone else's words as guidance. here's how: buy a used book at a thrift store and mark out a poem or design on each page.

try it for yourself on the next page!...

we are made of a synchronistic union of (mental and emotional), physical, and spiritual energy. Our senses bind these energies.

6

SIGHT

use more than other senses. When we think of memory is filled images and symbols from the past. Since our mind center is active, it is natural that our corresponding psychic vision center would also be the most active. We only to our minds a little more than usual to awaken our psy-

I am a clairvoyant, when I see things or pictures in my mind's eye. My mind's eye is my third eye center.

I see them with third eye vision as if looking inside. Most psychics use this type of sight. It is possible to see an image or a vision outside the mind's eye, as in "seeing" there have been cases where a person has seen a vision. It is rare. Mostly I see through my third eye. I am an impressionist, like a moving picture.

Dreaming is a way to develop our psychic visioning. When we dream, our mind's eye is trying to relay messages from the mind. These messages have to do with everyday

CHAPTER 1

Down the Rabbit-Hole

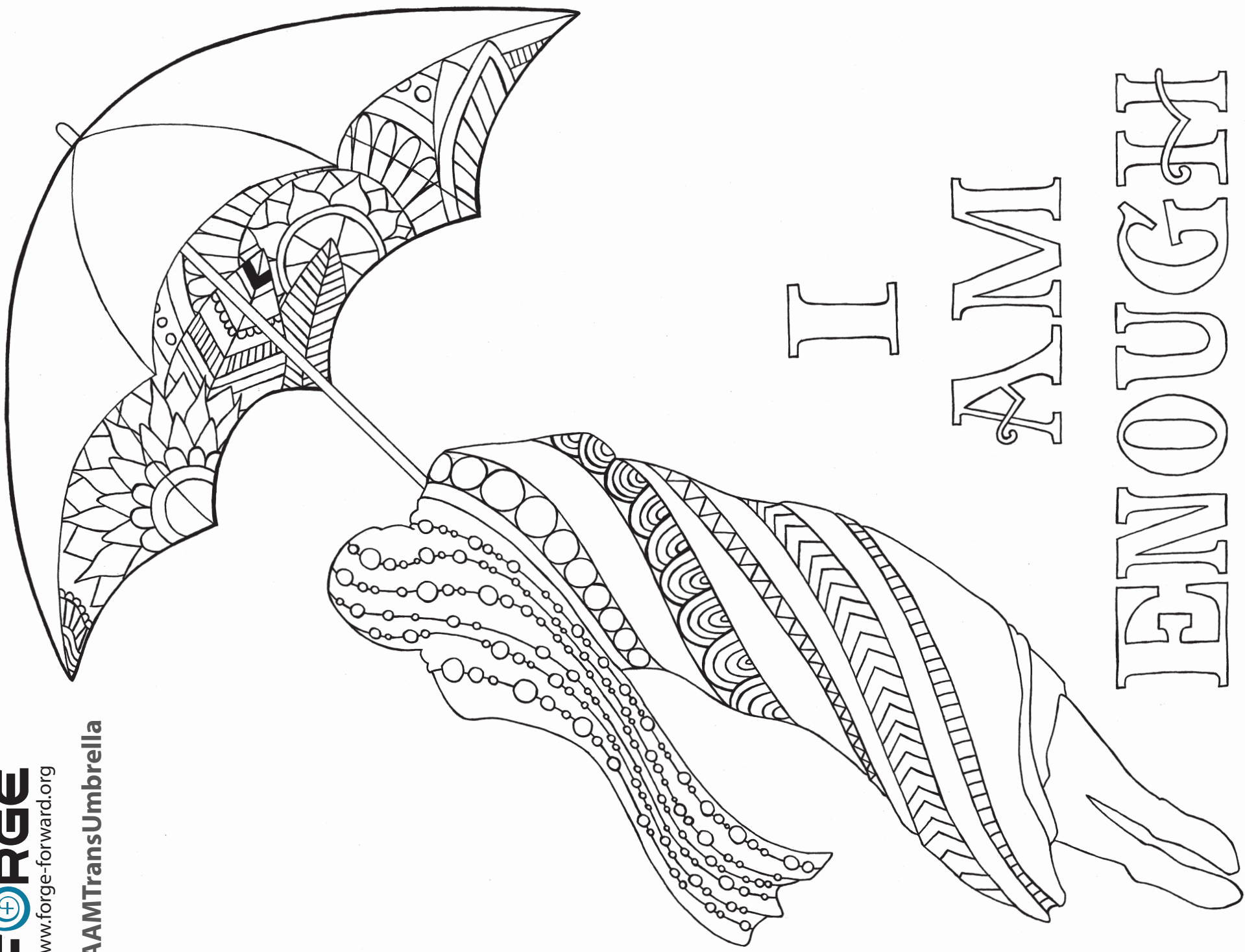
Alice was beginning to get very tired of sitting by her sister on the bank, and of having nothing to

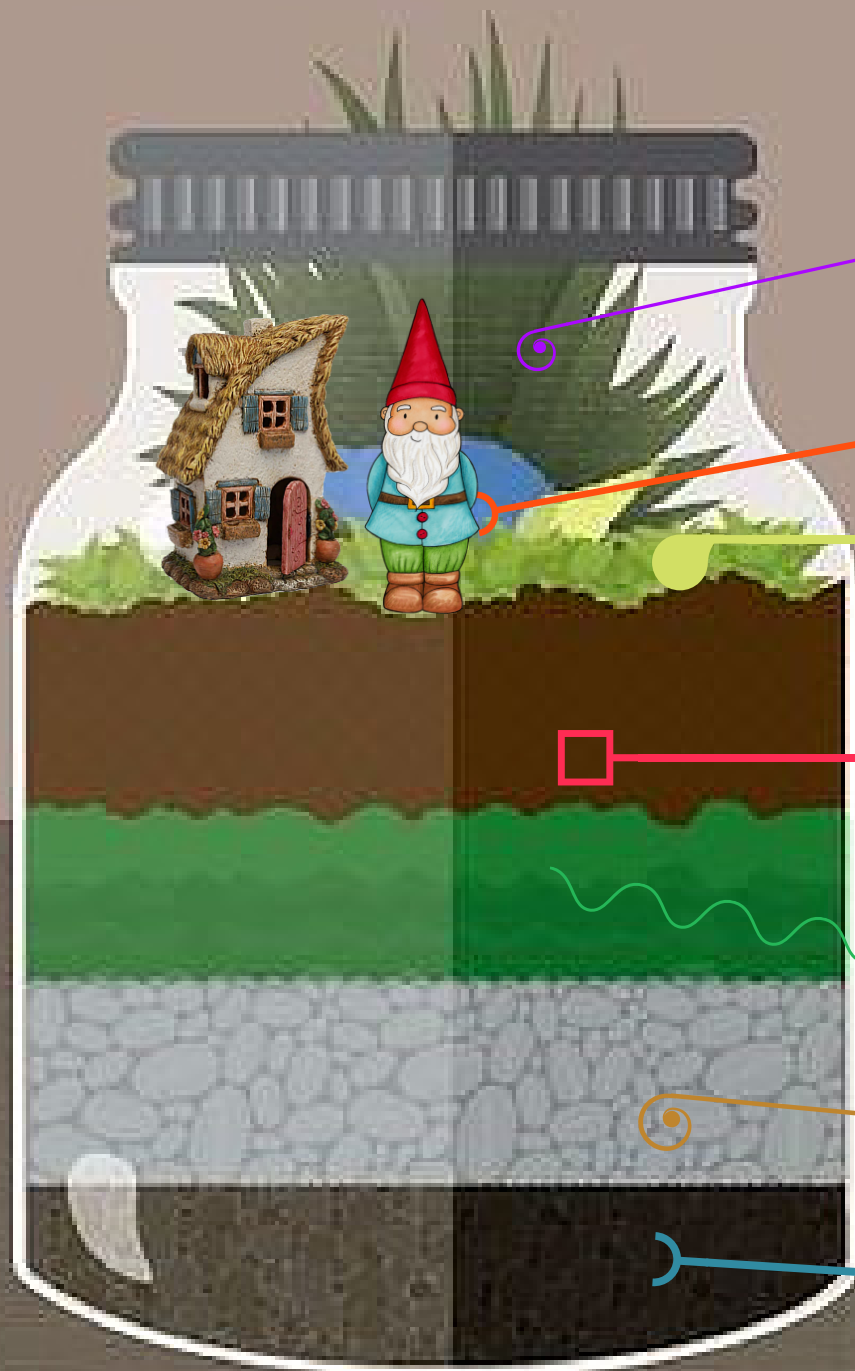
do: once or twice she had peeped into the book her sister was reading, but it had no pictures or conversations in it, 'and what is the use of a book,' thought Alice 'without pictures or conversation?'

So she was considering in her own mind (as well as she could, for the hot day made her feel very sleepy and stupid), whether the pleasure of making a daisy-chain would be worth the trouble of getting up and picking the daisies, when suddenly a White Rabbit with pink eyes ran close by her.

There was nothing so *very* remarkable in that; nor did Alice think it so very much out of the way to hear the Rabbit say to itself, 'Oh dear! Oh dear! I shall be late!' (when she thought it over afterwards, it occurred to her that she ought to have wondered at this, but at the time it all seemed quite natural); but when the Rabbit actually *took a watch out of its waistcoat-pocket*, and looked at it, and then hurried on, Alice







sometimes it's hard to make a change because you're scared you won't have enough support. so let's think through that a minute. here's a terrarium. terrariums have lots of layers in order to make the little ecosystem thrive (plus gnomes help obviously). label each part of the terrarium with people or things about yourself that you know will help you make the artful changes you'd like to make.

WHAT IS ART TO YOU?

use this space to write, draw, or collage what hobbies, interests, etc. that you consider to be YOUR ART.

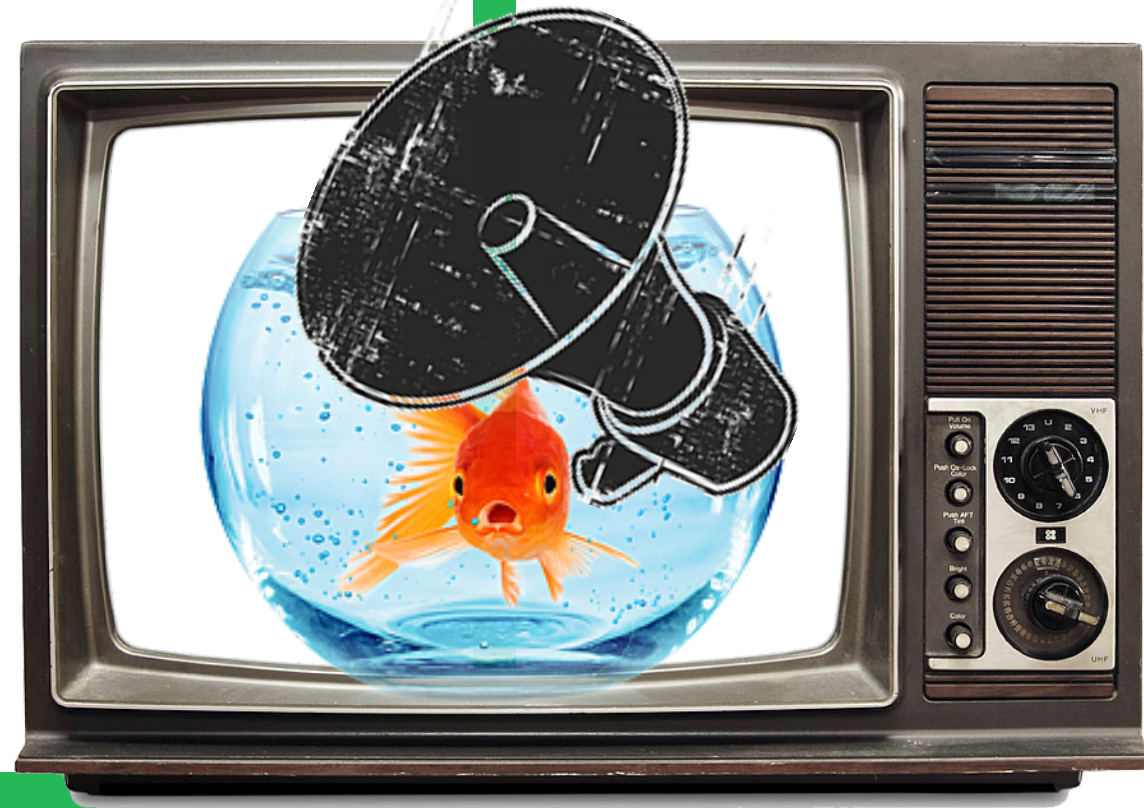
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Where are you
spending time on
things that keep
you from ART or
being present?

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write ways you can have more art in
your home or environment





draw what relief looks like or feels like



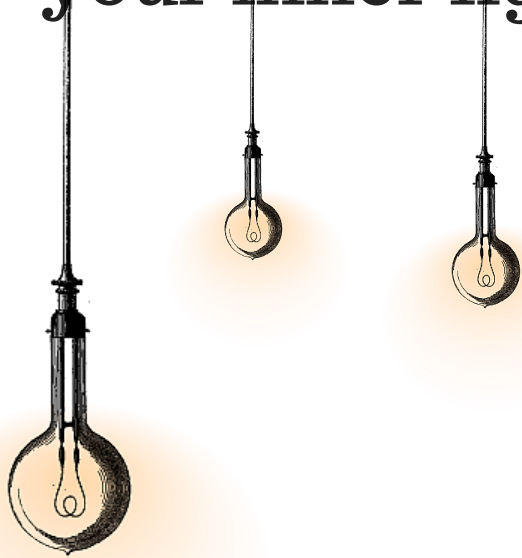
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What does your
energy look like
when you feel
whole?



Write a poem about
your inner light.







FORGE's Self-Help Guide:
www.forge-forward.org/sv-selfhelp-guide

FORGE Radical Reliever Blog:
www.forge-forward.org/2015/11/blog-radical-relievers/

FORGE's Espavo Project: www.forge.zenfolio.com/

Coloring pages from the FORGE #SAAMTransUmbrella Project:
www.forge-forward.org/2016/04/saam-trans-umbrella-coloring-page/

Get another copy of this zine here:
www.forge-forward.org/event/trauma-informed-artists-life-pthc/

OTHER COOL RESOURCES

Honest guys meditation on YouTube
www.youtube.com/user/TheHonestGuys

Find these at a bookstore or online:
Wreck This Journal
How to Be an Explorer of the World

American Art Therapy Association
www.arttherapy.org

Art Therapist Locator:
www.arttherapy.org/upload/LOCATOR2.15.11.pdf

