

# **READY, STEADY... TIME FOR CREATIVITY**

**AN E-ART THERAPEUTIC WORKBOOK—  
THE FIRST OF ITS KIND!**

**INTENDED FOR HEALING... SUITABLE FOR ALL AGES**



**FEELINGTHEHEALING.ORG**

**ARCHITECTURE, LANDSCAPES, POETRY AND A FEW  
“SUGGESTIONS” INCLUDED**

**FEEL FREE TO COPY, PASTE, PRINT, & CREATE—**

**DOWNLOAD AND/OR COPY A PICTURE, PRINT IT OUT  
AND USE IT AS A GUIDELINE**

# ART THERAPY

ALLOW YOURSELF TIME TO RELAX

FOR ME, I FIND PEACE AND COMFORT WHILST CREATING ART. NATURALLY THERAPEUTIC, IT FORCES ME TO FOCUS ON THE TASK AT HAND, RATHER THAN WORRY ABOUT MYSELF AND/OR PLEASING OTHERS. THIS BOOK WAS DESIGNED WITH HEALING IN MIND—TO PROVOKE ONE'S IMAGINATION TO THE FULLEST EXTENT. THERE IS NO RIGHT, NOR WRONG WAY TO EXPRESS YOUR FEELINGS VIA ART. HAPPY HEALING MY FRIENDS... AND PLEASE DON'T HESITATE TO SHARE YOUR CREATIONS WITH OTHERS!



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\* *This workbook is not for sale; it's a promotional gift— designed to assist others therapeutically with their own healing process. Intended for instructional and educational purposes only; it is illegal to sell or recreate this book in its entirety.*

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# EVERYTHING IS A PROCESS...

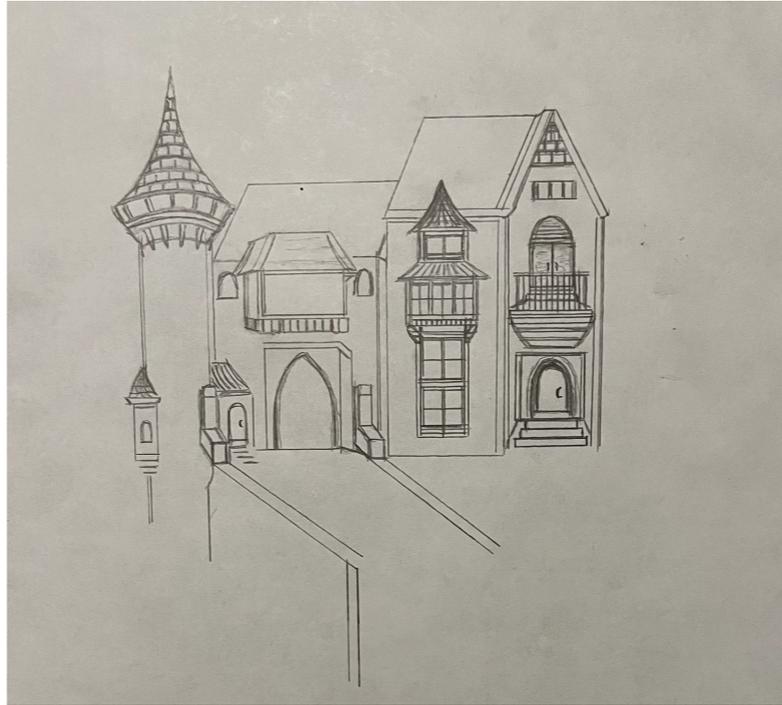
Feel free to take a screenshot of any image, print it and then do whatever you want. You can click on an image or section, copy, paste then transfer it to your notes or wherever. Keep in mind, I used an iPhone 13 mini to create this book. I took screenshots of drawings (typically from start to finish)... making sure to save them. I hadn't a clue why I was doing what I was doing, I just did it.

In retrospect, things make sense... I was following my instincts (artistic intuition). Oblivious at the time, I now realize these screenshots were intended for a specific purpose. That purpose was to create an innovative and compelling, interactive e-workbook intended to assist others with their healing process.

You can use my artwork for inspiration, or as a guideline. Feel free to follow my lead, and create whatever you please. There are no limits when it comes to creating— your imagination is limitless.

I suggest finding a spot where you can create without interruption. You can take this workbook with you wherever you go. I encourage you to follow your own creative intuition. Remain open to creative possibilities and the potential benefits of healing via art therapy.

That's my backstory, and I am truly grateful that I unknowingly created something both inspirational and therapeutic. If it worked for me, it can work for you! Now... it's your turn to unleash the healing, by allowing the freedom of artistic expression to guide you along the path of creativity. Happy healing...



Look familiar? This is the same drawing from the previous page... just further along in the creative process. Believe it or not, I first learned how to draw by tracing a picture I found online. I printed it out, then flipped the sheet over and began tracing what I could see through the paper. When the paper was thin and the image dark, this approach works well. It taught me how to create my own images over time. Nowadays, I can create all sorts of imagery. However, it took years of daily practice to find out what techniques work best for me.

**COPY, PASTE, PRINT &  
CREATE YOUR OWN  
VERSION. YOU CAN EVEN  
ADD SOME TREES OR  
CLOUDS... MAYBE  
MOUNTAINS IN THE  
BACKGROUND? DO  
WHATEVER YOU WANT.  
BUY SOME FINE-TIP PENS  
& MARKERS, ADD A BIT OF  
COLOR TO YOUR ART, OR  
TRACE THE ENTIRE  
DRAWING USING A  
PENCIL.**



# TRY AND CREATE AN ILLUSTRATION USING WORDS AND PHRASES FROM MY POEM, *ARIZONA GHOST TOWNS*—



**Remember that this Pagoda is perched upon a barren  
landscape somewhere near the mountains of Sierra Vista, AZ.**

## **Arizona Ghost Towns—**

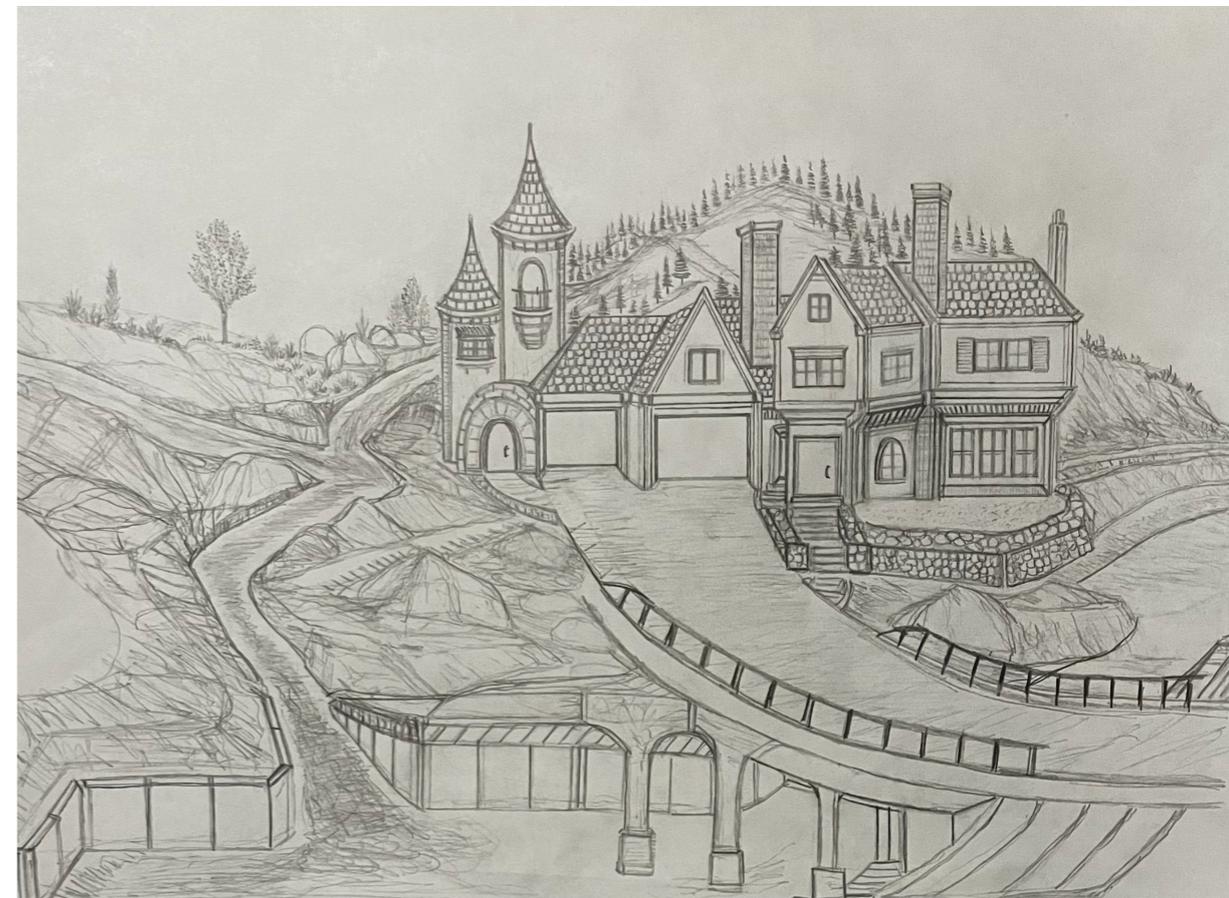
Canyon rocks gather like polka dots  
sparse populations, rugged shrubbery  
crisscrossing the parched river banks  
pink dust, tones of unsettled scenery  
copper miners—turquoise enterprise

Warm day, cool night, brisk morning  
birds congregate, chirping in unison  
as raptors soar high above... gliding  
like road runners, kicking up sand  
sound the alarm, coyotes on the prowl

Elevated paths— unknown destination  
vacant land in between sprawling hills  
six months, not a trace of precipitation  
soon enough, as provisional rain falls  
ushering in another monsoon season—

Just woke up, high mountain noon  
3 pm perfection, 33 degrees celsius  
a crisp blue sky amid the glaring sun—  
tales of gun smoke linger like clouds  
Arizona ole' ghost towns etched in stone

**-Pence Calicó-**



## HERE'S MORE...

More unfinished projects for you to personalize... making them your own. If you prefer to be environmentally conscious, you can always print up these images on the backside of old letters, or school work... really any type of paper will do the job. You'd be surprised how many of these drawings I created using scrap pieces of paper!





# ALLOW YOURSELF TIME TO HEAL KEEP CREATING—

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In all honesty, I haven't been drawing very long. It's been about 3 or 4 years since I started working on illustrations rather than writing. As a trained journalist, writing was always my primary passion in life. It was the only way I knew how to escape from reality by means of artistic expression. However, as I got older, writing no longer worked as well from a therapeutically. That's when I picked up a pencil and began to draw. At first, I would trace pictures until I got used to the creative process of drawing. I still draw on a regular basis... for me, it's the best way to redirect my thoughts away from stressful anxiety by focusing all of my attention on creating art.



# **HOW MANY STATES IN THE US DESIGNATED THE CARDINAL AS THEIR OFFICIAL STATE BIRD?**

**2 pages below, the house with a turret, is technically classified as an English Tudor design...**

**What's your opinion about that particular home... would you live in an English Tudor?**

**If you haven't noticed, now you will... English Tudors and French Eclectic designed homes are my favorite! I really love when an architect blends styles together. Perhaps, you can blend different images together... give it a try! You might come up with something spectacular.**



**Life is unpredictable. There are no guarantees in this realm... and unfortunately, successful living didn't come with instructions, nor a survival manual. For the most part, we must learn to figure things out ourselves. Sure— parents, siblings and friends help, but what about when we lie in bed at night... left to ponder whatever comes to mind? Overwhelming feelings, thoughts and emotions, can sometimes lead to over-thinking. For some of us, this can create unpleasant anxiety. Then, before we realize it, health problems and/or mental issues may arise. That's why I'm offering a truly simple, yet effective approach to the healing process. Before delving deeper, make a list of everything peculiar you happen to notice about this drawing. For example, I see the letter "E" located in the middle of the far right chimney.**





# TRUST YOUR PROCESS

**There is no wrong way to approach this form of art therapy. Just keep practicing, and before you know it... you'll be wondering how you were able to create something so incredible.**

**Healing (like art) takes time. None of us heal old wounds overnight. Truth be told, we are all different, and depending upon circumstances (which may vary greatly), genetics, past experiences, etc... everyone's healing process is unique to their own situation. Rather than focus on complicated issues, it's important that we keep it simple.**

**Acceptance is crucial when dealing with our feelings and emotions. Once we accept our situation, it's much easier to understand what need be done. This concept applies to self as well. By accepting ourselves just as we are, we can learn how it applies to healing ourselves, and those around us. We cannot change people, but we have the ability to influence others via power of example. Ralph Waldo Emerson once stated, "Your actions speak so loudly, I cannot hear what you're saying."**

**Acceptance also leads to forgiveness (pertaining to both self and others). Forgiveness of self and others allows us to let go of past mistakes and/or painful experiences. Once we truly forgive... *the real healing begins*. Acceptance & forgiveness go hand in hand like a pen and paper.**

**I hope this information is useful. And, if no one else has told you they love you, We will... we love you (battle scars and all) exactly the way you are in this very moment! Share some good vibes... tell someone how much they are loved. Happy healing friends— *Ebipade & Pence Calicó*.**



**AN ARIZONA  
DOUBLE  
RAINBOW ...  
THEY DO EXIST**