

# Journal Doodling

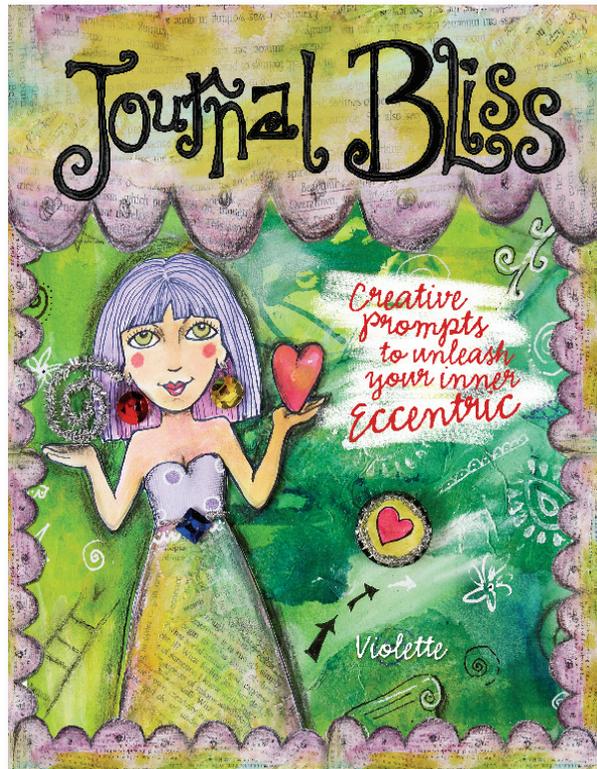
Sometimes a doodle is more than a doodle. In this excerpt from *Journal Bliss*, author Violette shares how doodling is part of your artistic journey.

Violette, journal artist and author of *Journal Bliss*, believes that doodling, along with more traditional journaling, can be a transformative experience. Here, she not just tells you how but she shows you how doodling can be a viable part of your journey. You'll be inspired by both her words and her pictures.

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To learn more about or purchase *Journal Bliss* by Violette, [click here](http://www.CreateMixedMedia.com).  
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# Doodling

*“When my daughter was about seven years old, she asked me one day what I did at work. I told her I worked at the college—that my job was to teach people how to draw. She stared back at me, incredulous, and said, ‘You mean they forget?’”*

∞ Howard Ikemoto

**Who doesn't love to doodle?** How many times have you sat at your desk or kitchen table during a long phone call, pen in hand, and wound up with some pretty phantasmagorical doodles? Now don't tell me you can't draw or doodle—of course you can! Your doodles can be windows to your soul.

When I went back to college in my mid-thirties, I couldn't decide whether to major in psychology or art, so I took classes in both. The notepad for my academic subjects was peppered with so many faces, arrows and other doodles that there was barely room for writing. The arrows were shooting off in every direction. In Harry Nilsson's epic song "Land of the Point," he says, "A point in every direction is like no point at all." So my point is—ha!—that I didn't have any direction! Eventually I realized that art was my true love. You will note, however, that psychology has crept into my work as well. Visual journaling for me has been a vehicle to move toward my bliss, and a totally transformative and life-affirming experience.

When you doodle absentmindedly, you relinquish control of your left brain and

allow your right brain to take over. That's when the magic happens. Doodling while you are sitting in a classroom or meeting, talking on the telephone or waiting in a waiting room is a good start. Now, if you must watch TV (and occasionally I do), grab a pad and a pen or pencil and, while watching your program, aimlessly begin doodling—anything. I've found that often my doodles relate to the subject matter of the program, whether they're patterns, objects or even faces. The trick is not to judge yourself at all while you draw. Just have fun and play! It's all about exploring your creativity.

The following pages are designed to inspire you to let go and doodle to your heart's content. When you're ready to move on from mindless doodling to *mindful* doodling, begin by practicing drawing anything that you find yourself drawn to. Eventually you will notice that your own symbology or imagery will emerge. In my artwork, you'll notice that I love using spirals, hearts (both flying and stationary), stars, moons, columns, faces and flowers. Begin sketching without judgment, and let your inner world have a voice!

# Waiting at the Airport

I love watching people get excited to see their relatives and friends arrive



girl waiting for relatives to arrive.

it feels like I've been practically living here. I'm drawing this standing up so it's a wee bit messy.

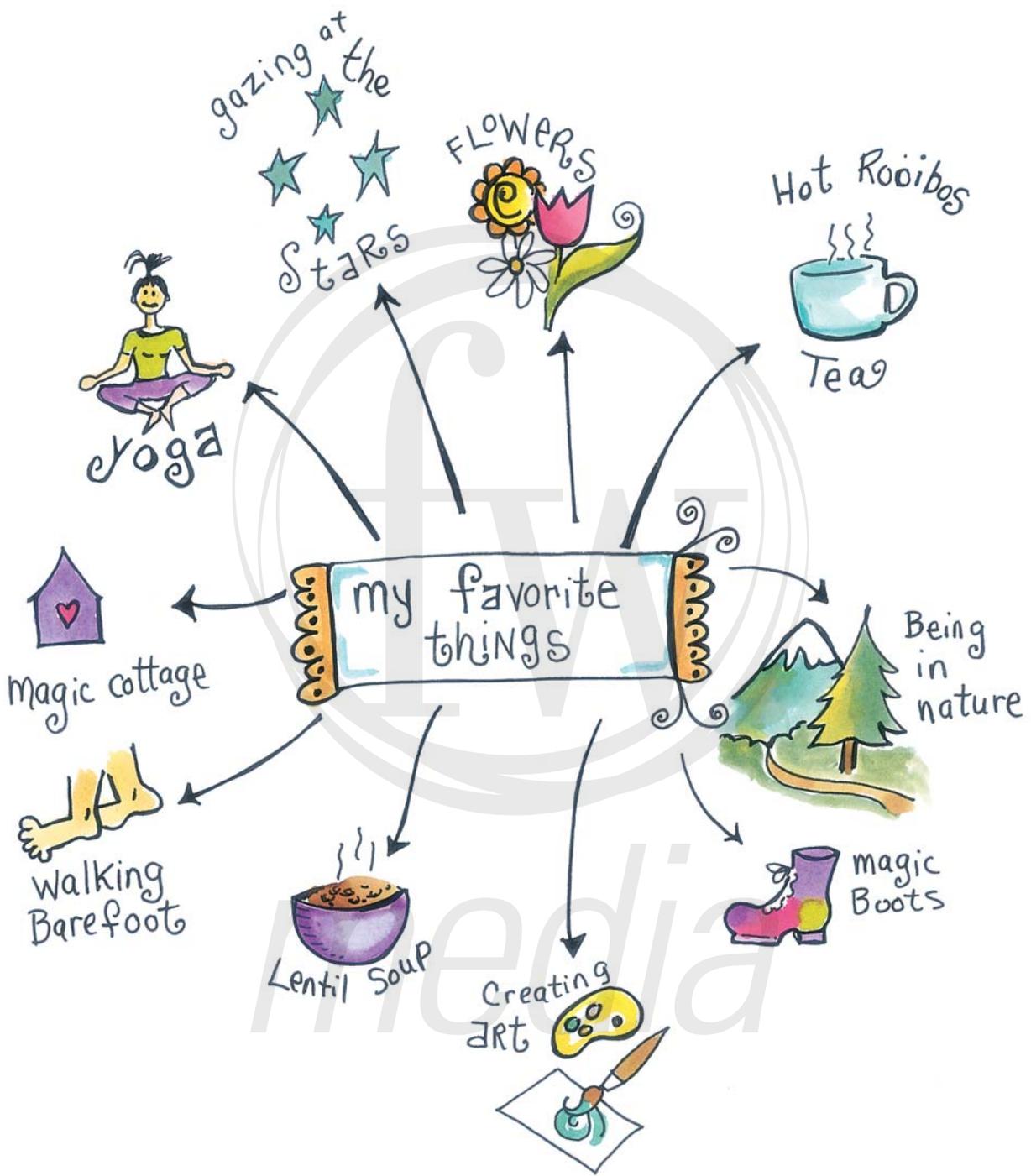
← I lost my Subject. Sometimes you have to

Draw quickly.

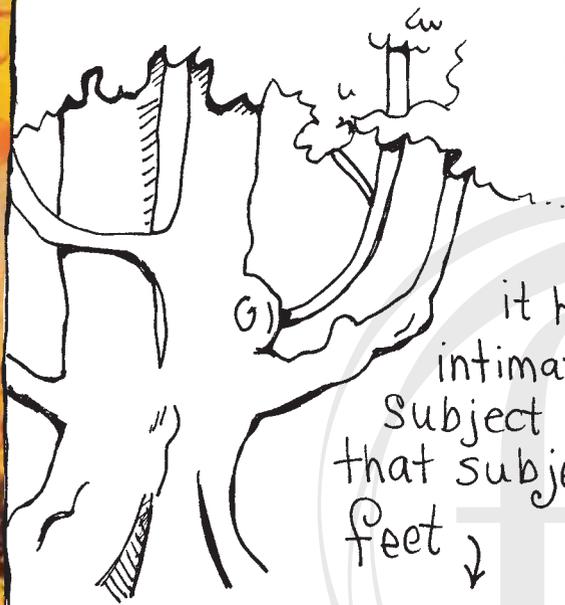
- Lots of Planes coming in from Asia
- it Doesn't matter what nationality you are - you are always joyful to see your loved ones after a long absence

Love is the same everywhere

okay... now I'm getting Really BORED!!!



# Drawing in Nature



grab your journal OR a clipboard and some paper (like I'm doing right now)

and draw outside - it helps you to become intimate with your subject - even if that subject is your feet



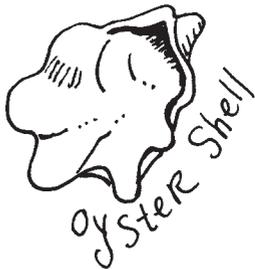
Drawing from life is a very Zen thing

Benefits:

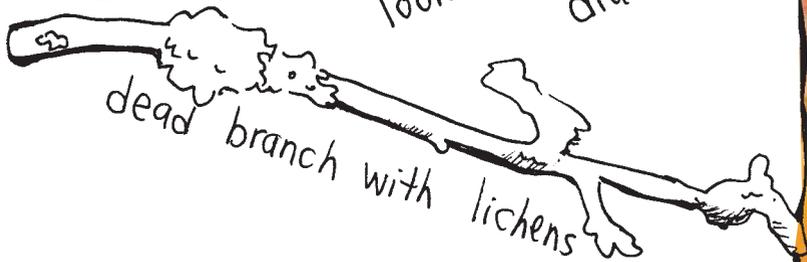
- Vitamin "D" from the Sun
- it's fun
- meditative
- peaceful



drawing a dusty miller helps me "be in the moment" I notice things more readily like the fuzziness and delicate quality which is easy to overlook if you're not drawing it.



Oyster Shell



dead branch with lichens



# Artful Choices