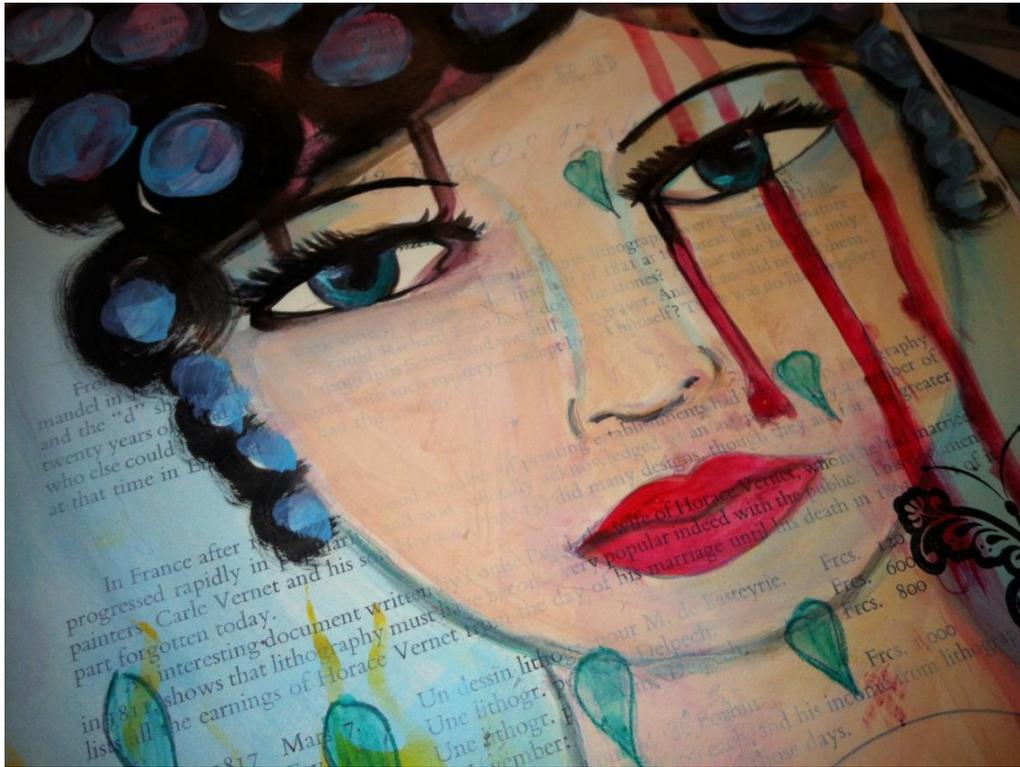


# Letting Go of the Pretty Page Syndrome



From week 2: Grief, Healing the Mother Wound Course

For this course and most of my courses, you'll need to let go of the pretty page syndrome. The desire to make things look pretty. Now that doesn't mean you can't create a pretty page, but you need to be willing to make an "ugly" page, or a page that represents an emotion you are not comfortable with.

You need to be willing to muck it up, to get dirty so to speak. To take a beautiful face and give her blood tears if that accurately represents the feeling you are trying to convey like I did above.

The work we are doing is healing work through art. Healing is messy and hard and your pages will reflect that. We are going into the feelings of grief, anger, frustration, overwhelm, love, beauty, abundance, light, hope...and so some of it will require a dark page and some of it will require a light page. When I say "ugly" page, I don't really mean ugly, I mean that it will be a page that accurately represents your pain. Be willing to go there and show that to yourself, to face your own truth. Be willing to go beyond the pretty page into the grit and growl of the truth and make room for what you truly deserve in life.

### Ways to let go of the pretty page syndrome...

focus on expressing your deepest emotions, some may not be so pretty

take a nice looking face and add something grungy to it, or a mark to her, experiment with this

let yourself make a messy background

make some crazy hair

make scratchy marks and texture on the page

make a pretty face in your other journal, then make a darker face..its okay to have both.

let go of being perfect, healing is messy, two steps forward, one step back, there is no perfection in healing

look at your art healing pages as ways to let out steam, ways to release your pain

be authentic and truthful to the prompt...if the prompt is about something like grief, anger, frustration, disconnect etc, be accurate to that

let go of being too neat

let go of having an idea of how it "should be"

approach your page more intuitively, what do you feel like doing, be in the moment, make a mark here, put a circle

here, put a color here, what does your hand want to do.  
Get out of your head.