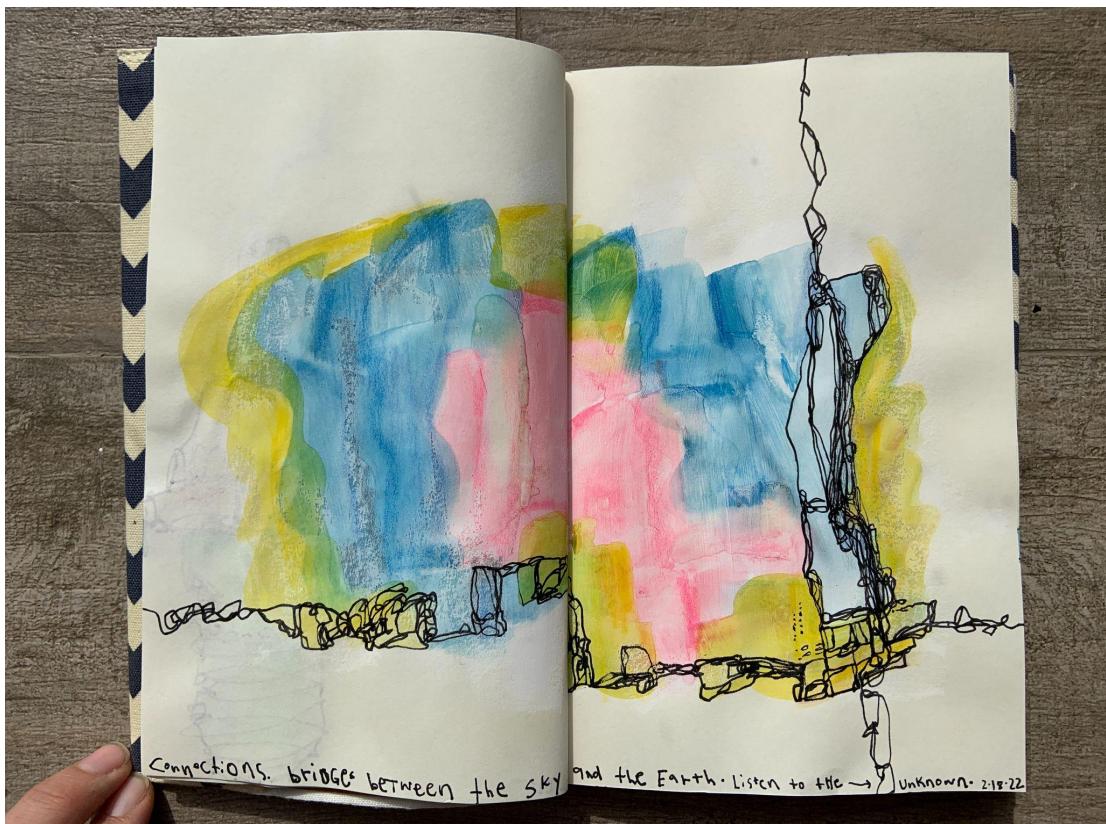




CREATE THE WAY ARTS

slow & steady

moving through the rhythms of life...



2/22/22

A recent trip to Kanchanaburi (north of Bangkok and near the Myanmar border) inspired this art journal entry. There is nothing more therapeutic and healing for me as communing with nature and... creating art! Living in Thailand and in the heat year round has forced me to search for the subtle nuances in the changing seasons. The seasons here include, hot, hotter, hottest and... hot and rainy. 😊 Currently we are moving out of the hot season (which is the cool and nice time of the year) into the hottest season which leads up to Songkran, the Thai New Year on April 13th. This time of year is also when the *tabebuia rosea* flowers fall from the trees and paint the sidewalks a beautiful pale pink color, a favorite time marker of mine.



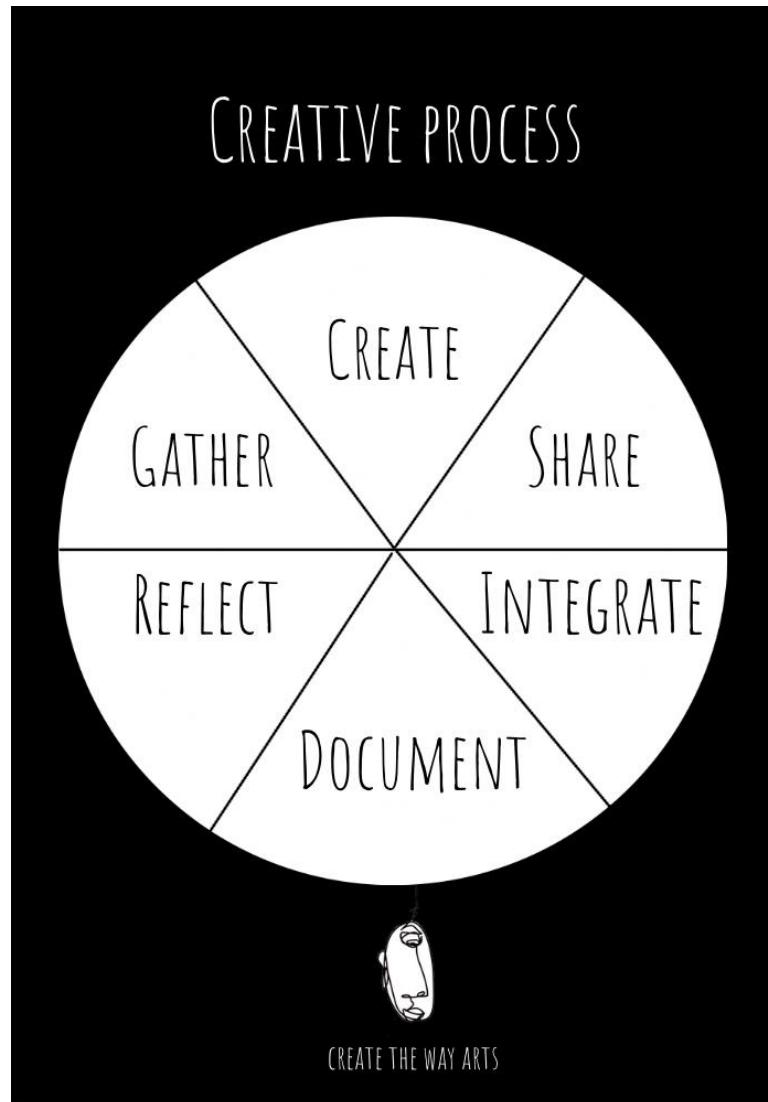
Sarah Lovato Wolfe Bailey

What consistently fascinates me about living in tropical weather year round is that regardless of the tropical seasons and lack of traditional seasons (warm spring, hot summer, cool autumn, cold/possible snow in the winter) there is still a constant seasonal shift in my emotional and energy body. The winter months, regardless of what the weather is doing, tells me to slow down, hibernate, reflect and be still. This is a challenging practice for me but I am really trying to embody what I believe which is to honor the rhythms and cycles of life and moving slowly through this season of winter (in the tropics 😊).

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creative phases

understanding your creative process



Did you know that there are 6 phases that make up your creative process?! 6! 😊 It's not all about create, create, create and share, share, share (on social media. 😝) We all have different rhythms and recipes that make up our own creative processes. For example someone may be really into gathering and documenting while another person is more heavy in creating and reflecting. Your recipe is how much time and energy you invest and spend on the different parts of the creative process.

Sarah Lovato Wolfe Bailey

Whatever ratio of ingredients you use within your creative process, cool. 😎 Your recipe is what makes you, uniquely you! The important thing is to know is that all of the phases are a part of your process and that all of the phases are needed to support your process. We can't only create and share without taking time to reflect and integrate as well as document and gather.

Just like the seasons, our creative practices and creative processes have their own unique rhythms and even these rhythms fluctuate.

For me, that feels like slowing down in the winter months and honoring my unique rhythm and recipe in order to sustain a healthy and nurturing creative practice that balances my energy.

What parts of the creative process are the main ingredients in your special recipe?

Which areas of the creative process might you need to acknowledge and honor a bit more?

THE PRACTICE OF HONORING CYCLES, RHYTHMS AND PATTERNS IS VITAL TO SUSTAINING OUR NATURAL ENERGY SOURCES. HONOR.

SARAH LOVATO WOLFE BAILEY

SAHLOVATOWOLFEBALLEY

I wrote this back in 2020 in connection not only to what we think of as Earth's energy but also our Human energy. Think about it.... Isn't there a beautiful connection and relationship between the Earth and our Human physical form and Energy?! 😊

How do we sustain our energy?

How and what do you fill your space, time and energy with?

What drains your energy?

What gives you energy?

What can you do to honor your personal energy today?

Here are some ideas...

Take a nap, have a cup of tea, laugh with a friend, scribble with crayons, snuggle...other thoughts?! 🧑

Sarah Lovato Wolfe Bailey

connection

rippling rhythm

Do you know someone who would vibe with my work & Create the Way Arts? 🤗

The more YOU share and spread the love, the more I can share! ❤️🙌

Invite a friend to join my email list and enter to win a print of 'queen'. 🤴

Here's what to do...

Ask a friend if they would like to join my mailing list and share the link below to have them sign up. You can easily copy, cut and paste the link to an email or text.

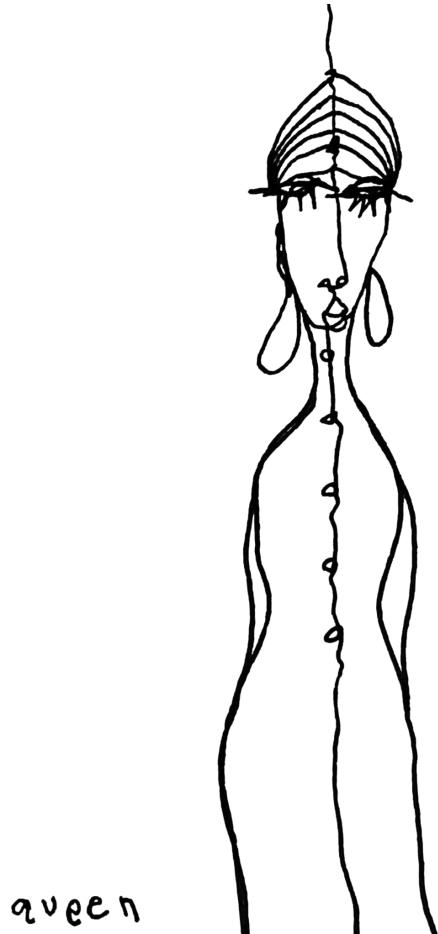
[Join Create The Way Arts Email List](#)

Then, shoot me a quick email letting me know you've connected a friend and I will add your name to the lucky draw for 'queen'

sarahlovatowolfe@createthewayarts.com

Please invite people who you think would be genuinely interested in my shared thinking on creativity and my creative offerings. 🙏 Thank you so much for your support and connecting our global web with other like minded humans.

I am grateful to be able to create more creative content and art in the future. 🙏



Sarah Lovato Wolfe Bailey



Mutable Earth Nov. 2021

"EVERYTHING TURNS IN CIRCLES AND SPIRALS WITH THE COSMIC HEART UNTIL INFINITY. EVERYTHING HAS A VIBRATION THAT SPIRALS INWARD OR OUTWARD – AND EVERYTHING TURNS TOGETHER IN THE SAME DIRECTION AT THE SAME TIME. THIS VIBRATION KEEPS GOING: IT BECOMES BORN AND EXPANDS OR CLOSES AND DESTRUCTS – ONLY TO REPEAT THE CYCLE AGAIN IN OPPOSITE CURRENT. LIKE A LOTUS, IT OPENS OR CLOSES, DIES AND IS BORN AGAIN. SUCH IS ALSO THE STORY OF THE SUN AND MOON, OF ME AND YOU. NOTHING TRULY DIES. ALL ENERGY SIMPLY TRANSFORMS."

-Suzy Kassem



CREATE THE WAY ARTS

Sarah Lovato Wolfe Bailey