

# LIFE BOOK 2013

## Basic Course Outline for Life Book 2013

Hello beautiful people, this is the basic course outline for Life Book 2013 – please note, this outline is tentative and can change depending on what happens throughout the year, but is more or less as firm as it can be! Once you sign up to Life Book, I'll be sending out a weekly time table with all the weekly happenings throughout the year! Exciting, no? :-)

Month	Theme	Teachers & Lesson Plans
<p><b>Jan 2013</b></p>	<p><b>Celebration &amp; Journey</b> <b>Lift Off!</b></p> <p>We will celebrate the new journey you've begun. Looking positively at the year ahead and at yourself.</p>  	<p><b>Teachers:</b> Tamara Laporte, Christy Tomlinson &amp; Kelly Hoernig</p> <p><b>Tam's Lesson:</b> Using photo collage &amp; drawing we will create a page that includes a form of transport (like a plane/ train/ car/ boat etc) and ourselves (drawn or with a picture) that symbolises us starting a new journey. We may or may not include setting some gentle goals for this year. Also, some colour theory will be added to this lesson.</p> <p><b>Christy's Lesson:</b> A new year reminds me of new blooms, on tiny buds starting to emerge from the wet cold earth. Starting as a seed and growing into something beautiful, unique and wonderful. Through paints, pastes and layers we will build a flower collage that will be what we see for our future this year and the person we want to nurture and blossom into. Our collage will also include words that will inspire us for this coming year.</p> <p><b>Kelly's Lesson:</b> We will create a game piece and game board outlining where we would like to go and be at the end of the year with a few goals and how to avoid obstacles along the way. Technique will be mixed media perhaps including a fold out. Map background, playing cards with goals and achievements, It will be a game piece of yourself.</p>
<p><b>Feb 2013</b></p>	<p><b>Celebration &amp; Courage</b> <b>You are Brave!</b></p> <p>We will be celebrating any events in your life where you've had to be brave and courageous. These could be small or large(r) events where you had to face some kind of fear, think: dentist appointment to sky diving to facing a conflict with the neighbour to facing your inner demons.</p> 	<p><b>Teachers:</b> Tamara Laporte &amp; Jane Davenport</p> <p><b>Tam &amp; Jane's Lessons:</b></p> <p>A collaboration between Tam &amp; Jane Davenport! February is for figuring it all out...Figure drawing that is! Jane 'Danger' Davenport and Tam 'Snugabugs' Laporte collude and collaborate during this month of Celebration and Courage!</p> <p>Focusing on including a fully drawn body (learning basics of body shape/ dimensions), we will create a page that captures the courage you've had to have in certain situations in your life.</p>

<p><b>March 2013</b></p>	<p><b>Celebration &amp; Connection</b> <b>You are Loved!</b></p> <p>We are going to celebrate all the connections you've made in your life. These could be people connections (friendships/ relationships) or these could be cognitive connections &amp; realisations (like: have you recently figured out how to deal with a particular problem you have, have you 'connected' the dots?)</p> 	<p><b>Teachers:</b> <b>Tamara Laporte &amp; Mindy Lacefield</b></p> <p><b>Tam's Lesson:</b> Based on the 'advent calendar', we will create a page that celebrates the people/ connections you've made in your life. Central will be a photo or drawn portrait of yourself around which we will place photos/ print outs of people/ ideas/ connections you've made. They'll be hiding behind little doors like on an advent calendar.</p> <p><b>Mindy's Lesson:</b> We will be creating a page that is directly inspired by words from your magical connections of people. It could come from a note or poem that they wrote or from a song that reminds you of them. Together with words and raw, child-like energy we will paint, draw and write. Paint free....paint loose....love the process!</p>
<p><b>April 2013</b></p>	<p><b>Honouring &amp; Grounding</b> <b>You are Enough!</b></p> <p>We are going to honour our situation here-now and focus on grounding and being ok here-now.</p>  	<p><b>Teachers:</b> <b>Tamara Laporte, Aimee Myers Dolich &amp; Dawn DeVries Sokol</b></p> <p><b>Tam's Lesson:</b> Based on a song, poem or prose that speaks to you right-now, we will create a page around the lyrics of your chosen song, poem/ prose. We will draw imagery from your song and look at lettering including some of the lyrics in your page honouring where you are in your life <i>now</i>.</p> <p><b>Aimee's Lesson:</b> "Bottoms Up": What's in your Personal Cup of Life? Let's find out! Using worksheets (they'll be fun, I promise!), collage, doodling, writing, and my colourful inkpads technique, we'll create a journal page (or two, or three...) celebrating the things within and around us that fill us up and keep us grounded -- right here, right now. Cheers to you!</p> <p><b>Dawn's Lesson:</b> We'll create a page of affirmations: Sometimes we just need a good pep talk. Using a large dominant image, we will write positive quotes, thoughts, and words around it in order to remind ourselves that we are something special.</p>
<p><b>May 2013</b></p>	<p><b>Honouring &amp; Divinity</b> <b>You are Divine!</b></p> <p>We will be honouring 'the divine spark' in us, in whatever way you interpret that divine spark to be.</p>  	<p><b>Teachers:</b> <b>Shiloh Sophie McCloud &amp; Dion Dior</b></p> <p><b>Shiloh's Lesson:</b> Messages from the Muse: You are invited to a journey to have tea with the Muse guided by the artist and poet Shiloh Sophia. You will hand the pen, the paints and the glitter over to your Muse and allow her to send you a message in image and word. Composed of midnight tea, rose petals, stardust, bits of poetry and wisps of dreams, a letter from your Muse to you will reveal to you something you have been wanting to know....solve...heal....what is the question of your heart right now? Through a simple step by step process you will create an image of a face, inspired by your Muse, and receive a message right from her. But we must warn you - this kind of exploration could be dangerous to old stories and patterns.</p> <p><b>Dion's Lesson:</b> Centring around the connections we have to colour as an anchor to our soul, we will be working with seeing ourselves in colour We will use nature as a way to represent our journey, emerging from the seed/ground and stepping into our beautiful being.</p>

<p><b>June 2013</b></p> 	<p><b>Honouring &amp; Emotions</b> <b>You are Wise!</b></p> <p>We will focus on honouring our emotions. How they guide us, help us and how they tell us what is going on for us.</p>	<p><b>Teachers:</b> <b>Tamara Laporte, Mitsi B &amp; Joann Loftus</b></p> <p><b>Tam's Lesson:</b> Focusing on expressing ourselves in a more abstract way, we will be honouring our emotions that guide us in life. We will create a page that is predominantly abstract in nature exploring abstract shapes and colour.</p> <p><b>Mitsi's Lesson:</b> We will connect to our emotions and feelings so they sing freely in our work. We will create a page that represents the true you, exploring a vast mixture of supplies and using them in a totally new way producing very 'raw' imagery.</p> <p><b>Joann's Lesson:</b> We will be honouring our emotions by using intuition and positive affirmations as our guiding light, illuminating our inner wisdom. We'll create a journal page using a variety of mixed media techniques incorporating acrylic paint, ink, found papers, stencils and masks.</p> <p>Main Technique: Mixed Media – Stencils, Masks and More</p>
<p><b>July 2013</b></p> 	<p><b>Healing &amp; Authenticity</b> <b>You are True!</b></p> <p>Honest self expression and self connection can be a great aid to healing. This month we will focus on honest self expression/ authenticity.</p>	<p><b>Teachers:</b> <b>Tamara Laporte, Danita &amp; Jeanette House</b></p> <p><b>Tam's Lesson:</b> "Facets of You" - We will be creating a tapestry/ quilt of all your facets and embrace them all. The 'good' the 'bad' the 'ugly'. Unwanted behaviour, wanted behaviour etc. We will express ourselves honestly and truly mix media in this lesson, we will use found objects/ paints/ collage/ fabric etc to represent all the pieces of us and combine them in one tapestry of a page.</p> <p><b>Danita's Lesson:</b> "Design your own key". If we understand the design of the lock we are able to design our own key to freedom. (Tara Brach). We will make a mixed media piece using a key as our main theme.</p> <p><b>Jeanette's Lesson:</b> Using a colour palette based around the relevant Colour Therapy principles and Chakras, we will create and paint a face which [hopefully!] evokes a feeling of centred-ness [self awareness] and calm. Imagine a Buddha-like face; or if a Buddha does not resonate, people can do a woman (or man)'s portrait with eyes closed and a soft smile.</p>
<p><b>Aug 2013</b></p> 	<p><b>Healing &amp; Empathy</b> <b>You are Whole!</b></p> <p>Empathy is one of the greatest gifts and can aid great healing. This month we focus on creating self-empathy/ self support to all facets of ourselves to help us heal. We will work on radical self acceptance this month.</p>	<p><b>Teachers:</b> <b>Effy Wild &amp; Lauren Nash</b></p> <p><b>Effy's Lesson:</b> "Heart Sight, Heart Light" - We will start with a video meditation in which the artist meets his/her 'heart sight' and then a mixed media art journal spread that includes using a heart template to paint the 'heart light'. We will use papers, stamps, stencils, acrylics and pan pastels to make a spread about having empathy for *ourselves* as well as others.</p> <p><b>Lauren's Lesson:</b> "Your Symbolism"- We will use symbolism to recognize your self and your life. 'What am I needing/feeling/observing right now?' Starting with a painted landscape we will add elements to represent the things about ourselves collaging using acrylics, papers, pencils, and inks. (PDF to include printable graphics for personal use).</p>

**Sept 2013**

**Healing & Mindfulness  
You Know!**

Focus is on making conscious decisions to aid our healing process. We will look at identifying and solidifying our decision making process through our art. We will seek to heal unwanted behaviour in ourselves through making conscious that which is often done more habitually.



**Teachers:**

**Tamara Laporte, Erin Faith Allen & Rachelle Panagarry**

**Tam's Lesson:**

We will be creating an intuitive page working with encaustic (and other) wax in a meditative way. We will focus on creating more consciousness/ awareness & mindfulness through the meditative process of working with wax.

**Erin's Lesson:**

Each participant will use one photographic self-portrait, an assortment of found imagery, and any other form of creativity (illustration, writing etc) they feel drawn to. I will guide them through the steps of contemplative / meditative deepening as they connect with their purest essence of self, as well as technique. They will create a self portrait that is a representation of what they \*feel\* like in their deepest truths, at a soul level, not what they \*look\* like.

**Rachelle's Lesson:**

We'll be making a mixed media girl 'self' that's made up of moveable layers and pages (incorporating text, photos and drawn images) that reveal her inner self. She will be taught using mixed papers and ephemera, acrylics, watercolour, and pencil crayons. Rubber stamps and rub-ons as an added extra.

**Oct 2013**

**Celebration & Earth/ Life  
You are One with Life!**

Focus is on connecting with the richness of the earth/nature and/ or different cultures and all it brings and inspires in us/ belongs to us/ contributes to us both physically and metaphysically/ spiritually



**Teachers:**

**Tamara Laporte, Julie Fei-Fan Balzer & Monica Zuniga**

**Tam's Lesson:**

We will learn how to carve our own stamps and carve natural patterns and/or elements that represent other cultures which we'll stamp and combine in a mixed media art page celebrating the beauty of earth, its nature and diverse cultures.

**Julie's Lesson:**

We will use found items from nature/our environment to create art.

**Monica's Lesson:**

We will use simple art tools to express our connection with the souls that share this world with us. That we are all one is a fact but it will only be true to you when you, yourself realize this awesome universal truth! You will create an artwork with mixed media techniques that express this deep connection with all beings along with the earth, our mother, a living, nurturing and sacred place were we are all growing to understand more of the Universe, more of ourselves. Collage and acrylics will be the main focus and we'll do a guided meditation previous to our work to connect with our inner higher guidance while we work on this unique project!

**Nov 2013**

**Celebration & Inspiration  
You are Uplifted!**

This month we look at who/ what has inspired us this year and we will celebrate these people/ philosophies/ books/ painters/ experiences/ music etc. We'll also look at how these inspirations have helped us/ enriched us.



**Teachers:**

**Tamara Laporte & Jane Davies**

**Tam's Lesson:**

We will create a page in honour of or in the style of the person/ muse/ painter that inspired us. If your chosen form of inspiration is music or a book/ film story etc you work with those. Art wise we will combine traditional drawing (graphite only) with doodles in an interesting way.

**Jane's Lesson:**

After doing a series of colour studies, we will create a page celebrating colours that inspire us. We will learn several techniques for making colour sing, and explore its evocative potential.

Dec 2013

**Celebration & Gratitude**  
**You are Enriched!**

This month we will celebrate all the positive things that have happened to us this year. We will look at what choices we've made that have enriched our lives. We will focus on celebration and gratitude.



**Teachers:**

**Tamara Laporte & Dina Wakley**

**Tam's Lesson:**

Decorating & Creating the cover of your Life Book + binding your Life Book together – if time left I may do another lesson on celebration & Gratitude.

**Dina's Lesson:**

We will create a layered masterpiece! I will walk you through layer by layer, always considering colour and composition as we go so we don't make mud. We will start with abstract backgrounds, each layer imparting meaning and working with the rest. Then we'll draw our focal image. We will choose an image that represents gratitude, a personal image that is meaningful to you. Even if you can't draw, I will show you how to get the image onto your page. Then we'll finish by adding top layers.



I myself will be providing 10 lessons throughout the year, note, I'm taking May and August off from doing lessons, but I'm – obviously – around the whole year! The extra filler weeks will be filled with additional bonus lessons from your teachers, give aways, ATC swaps, personal development exercises and artist interviews. You are sure to be inspired throughout the year with something happening every week!! :)

Lots of love and hope to see you on Life Book 2013!

Tam x

registration begins: 8th Oct 2012

**LIFE BOOK 2013**

course starts: 1st Jan 2013

*an honouring and celebration of you!*

www.willowing.org

The poster features a decorative scalloped border at the top. The background is a collage of artistic illustrations, including a woman's face, a hand with colorful patterns, an owl, and a girl's face. Text elements include the registration date, the main title 'LIFE BOOK 2013', the course start date, a celebratory tagline, and the website URL.