

Synchronicity

a collection of poems inspired by the Artist's Way.



Written by the
Wellspring House Artist's Cluster

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This collection of poems is inspired by Julia Cameron's Artist's Way. A small group of women meets as an Artist's Cluster. Gathering each week at Wellspring House to support each other on this spiritual and creative journey.

The Artist's Way is about getting in touch with your creative energy and group members have chosen to share their poems, drawing and crafting.

The following poems were produced as a collective, creative writing exercise. We each started with a blank sheet of paper and wrote an opening line. Then each person folded their paper, so what they had written was hidden, and passed the sheet on to the next person to add a line. This continued with the papers circulating, each of us adding a line and folding over the paper, until the page was filled. When the finished poems were revealed, we were all amazed by the results.

Doing the Artist's Way at Wellspring House has been an inspirational journey and has forged some lasting friendships.

Please email karen.nolan@solce.org.uk if you would like to know more about groups and events taking place at Wellspring House.

For more information about the Artist's Way visit Julia Cameron's website juliacameronlive.com



The Artist's Way 1

Letting colour flood into scenes of black and white.
Crisp white paper, pens and glue
await.

Why do you worry about the sun and
rain? Why do you? Why do? Why?

What can I say about the Artist's Way
– it's a fun, fab way to spend a
Tuesday afternoon.

The winter sunlight generous today as
bugs fly, glistening around the brown
flower heads. Winds of change
blowing open the doors.

A woman fully alive – is she who she
knows she is

And so, to close this lovely piece a few words to my friends: thank you for
your gentle support, kindness and encouragement.



The Artist's Way 2

In the woods, I stopped ...still... and listened to the trees breath.

Sitting in the warm glow of friendship, inspired by the kindness and
compassion of my creative companions.

Sitting in companionable silence, listening in turn to another's point of view.

Such extravagance, what fun!

And in the silence of noise be
happy my child.

So, we sit in comfortable, peaceful
community, quietly writing down our
thoughts. Opening up our senses
to the full and looking beyond them
at our lives.

Batteries restored.
Connections made.
All is well.



The Artist's Way 3

Luxury of time stretching out.

I heard the animals speak ... and they said... "Enjoy."

Colours muted as the sky fades to dusk, I noticed the lights of buses rumbling past and the heavy sound of the tram.

Ambience of comfy chairs and squashy cushions relaxing our bodies and minds.

Time tipping past, new worlds and possibilities appearing.

The wisdom of the forest is for you to read.

Excited now to reach the end of the page, the close of this collective poem, the big reveal

Carrying away with us shared friendship, care and kindness for our fellow travellers on the Artist's Way.



The Artist's Way 4

Happy to be here in the fading winter light.
From each ones perspective go a given task,
Heart opens, the every day fades,
Joy of self emerging.

Listen to Brother Sun and Sister Moon - they shed their light just for you.

Galleries, old churches, stationery supplies, self-care.
Shared experiences and creative joy.
A creative pause in a busy week to be ourselves.

Listen to Brother Sun and Sister Moon - they shed their light just for you.
Fires of imagination relit. For the child was born so that you may know you are adored by God.