

## Soul ART - Project #6 "Dressed in Grief"

### Steps:

1. Prepare work surface, gather supplies and print PDF.
2. Doodle some scribbles, words, thoughts about grief on your base.
3. Cover base with white gesso. Let dry.
4. Paint background with black/darker grey on the left growing to lighter on the right. Make top right brightest corner.
5. Cut out image of girl's body, crown and heart. Cut a base for the skirt out of any paper. Plan placement on base.
6. Tear tiny strips of assorted papers. Identify with each tear lost dreams, struggles and triggers of grief you are carrying. Use these strips and Mod Podge onto base to form bottom of dress.
7. Attach girl's body on top. Choose if/where to place crown.
8. Attach balloon and draw a string coming from bottom. Colour balloon red and write any names of lost loved ones inside.
9. Add quotes that resonate and any extra detailing.
10. Sign your name.

Hold space for grief. Feel it.  
Name it. Accept it.

When sitting in the dark night  
of the soul, choose to at least  
face the Light.

Layers of grief build up over  
our lifetime. They don't go  
away. They simply become part  
of our story.

Grief expands the soul if you allow it. It helps you  
see more, appreciate more and love more.

Though I walk through the valley of the shadow of  
death, I will not fear. Jesus wept. John 11:35

I am not broken. I'm breaking through.

You don't get over it, but you can get through it.

"Grieving is not an event. It's a  
lifetime of absorbing the reality  
of multiple losses". Shirley Thiessen  
"Death is merely a door from one  
life to another". Shirley Thiessen

"The degree to which we grieve our own losses  
is the degree to which compassion flows from  
our lives." Henri Nouwen

He will wipe every tear from their eyes, and  
there will be no more death or sorrow or  
crying or pain. All these things are gone  
forever. Rev. 21:24 The LORD is close to the  
brokenhearted and saves those who are crushed  
in spirit. Psalm 34:18 We may never know why,  
but we can know who and Whose we are. Find  
rest for your soul knowing you are a daughter  
of the King. God sees. God knows. God loves.

