



Hello,

lilSOPHIE here with
Januarys lilNEWSLETTER

It's time for another one of these lil tings to plop into your inbox *eww*

This one's about stuff :) Stuff like **Art Experimentation**, **Fun Drawing Challenges** and **Loneliness** ... hmm, so we have both Fun and Sadness together?

Well, it's not sad really, plus we have Inspirational tings to help put a smile on your face, and honestly, the Inspirational Art this month is delicious! *yummy*

Happy 2019, and I hope you like this lilNEWSLETTER, where we have -

ART

- 8 MINUTE DRAW
- EXPERIMENTING

INSPIRATIONAL ARTIST

- ALEKSEI VINOGRADOV

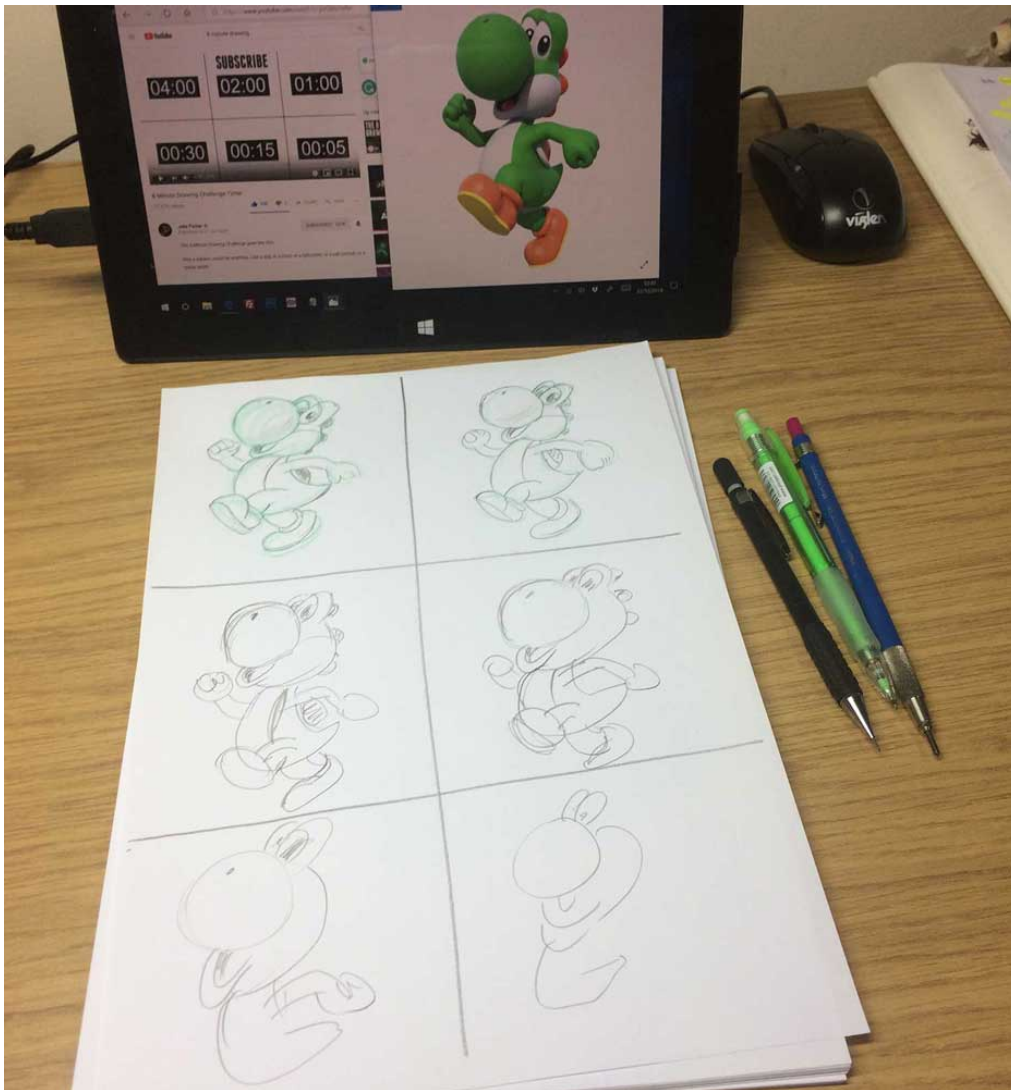
INSPIRATIONAL ARTWORK

- WAVES, by Artist VIORIE

TRANSITIONING

- LONELINESS

Art



8 MINUTE DRAW A FUN AND FUNNY DRAWING CHALLENGE

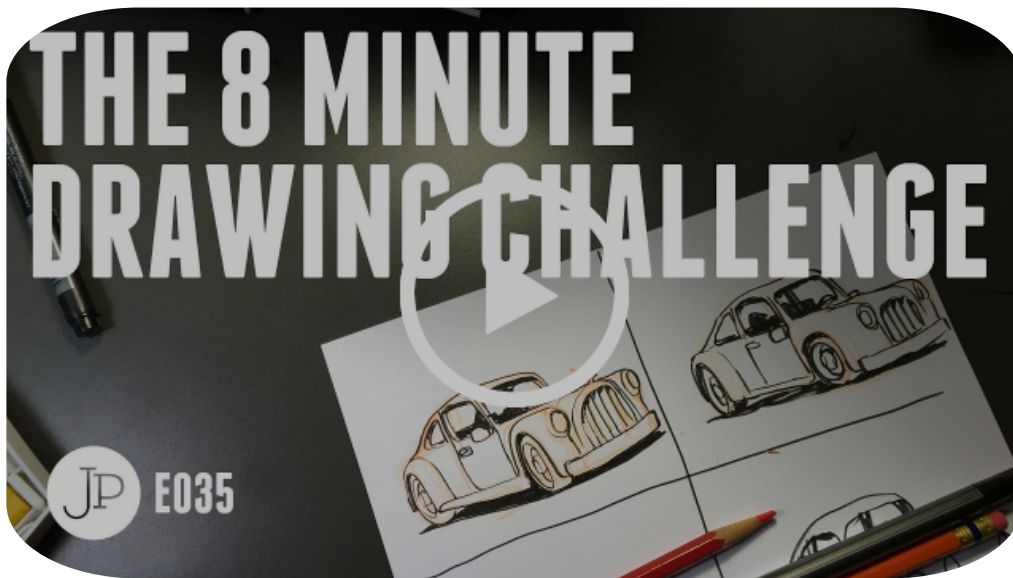
Bob the Builder became Blob the builder a few weeks back lol, after big Sophie started doing this fun lil drawing exercise, called the *8 Minute Drawing Challenge*.

Funnyness is guaranteed, because what happens is, you pick something to draw, start the timer, and than have 8 minutes to draw it six times: firstly in 4 minutes, than 2, than 1, than 30 seconds, 15 and finally, 5 lil teeny weeny seconds *eek*

That's the funny bit though, because while at first big Sophie tries to draw it nice and accurately, by the end she's frantically throwing scribbles all over the place, creating some, umm, rather odd looking creatures in the process lol

It's a super fun and funny drawing exercise, that only takes 8 minutes
**yippee* :)*

The following video, by **Jake Parker**, shows
HOW THE 8 MINUTE DRAWING CHALLENGE WORKS :)



***“ IT'S A GREAT EXERCISE FOR
GETTING FASTER AND BETTER
AT DRAWING.***

***A SIDE BENEFIT, IS THAT IT
LAYS A FOUNDATION FOR YOU
TO FIND YOUR INDIVIDUAL
STYLE. ”***

- Jake Parker

lil SOPHIE



EXPERIMENTING

I'M STILL A WORK IN PROGRESS

The fat arsed one, aka my creator Big Sophie, decided to experiment and stretch my body parts recently **ouch** naa, it didn't hurt really lol

While I'm still very much a work in progress, I am liking these nice long leg upgrades; they allow for way more expressive poses, and it's way more fun squeezing into my lil dresses now too **woohoo**

She's also experimenting with Brush Pens, thanks to the fun she had with **Inktober**, and experimenting with Copic Markers too, bringing some much needed colour into my lil world :)

All this experimenting makes me want to cosplay a scientist, and conduct my own mad experiments **mwwahahahaaa**

doubt she's got round to updating it yet, but soon you'll be able to find new sketches and stuff in the

SKETCHBOOK SECTION



**“ CREATIVITY IS INVENTING,
EXPERIMENTING,
GROWING,
TAKING RISKS,
BREAKING RULES,
MAKING MISTAKES,
AND HAVING FUN. ”**

- Mary Lou Cook

SO FREE ART PODCAST

LATEST EPISODES since the last liINEWSLETTER

039 **SOCIAL MEDIA AS AN ARTIST**

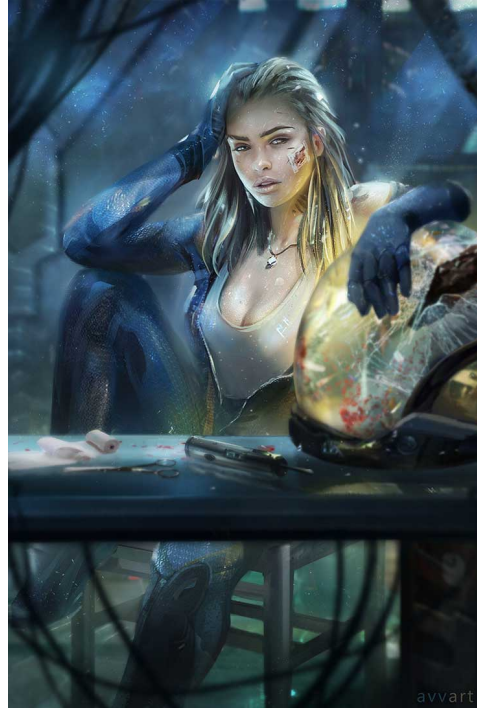
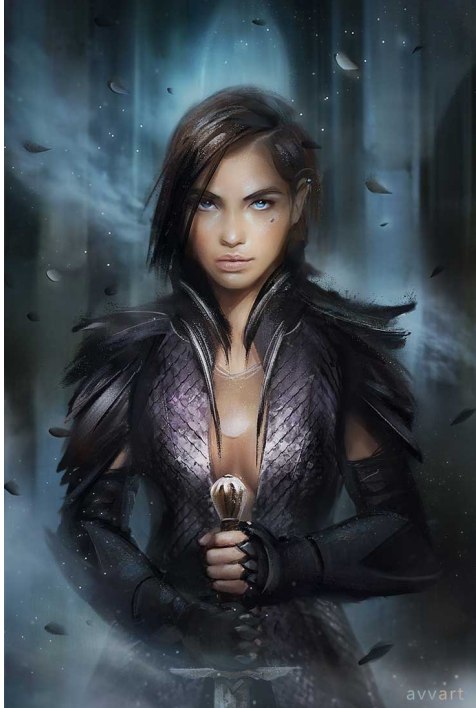
040 **INTERPRETING DREAMS**

WITH AUTOMATIC WRITING

041 **PODCASTING, GOALS AND LONELINESS**



Inspirational



ARTIST
• **ALEKSEI VINOGRADOV**
part of the [Inspirational Artists Section](#)

“ Being Inspired by Aleksei's Amazing Artwork, is probably the best way to start the new year :) ”
- Sophie Lawson

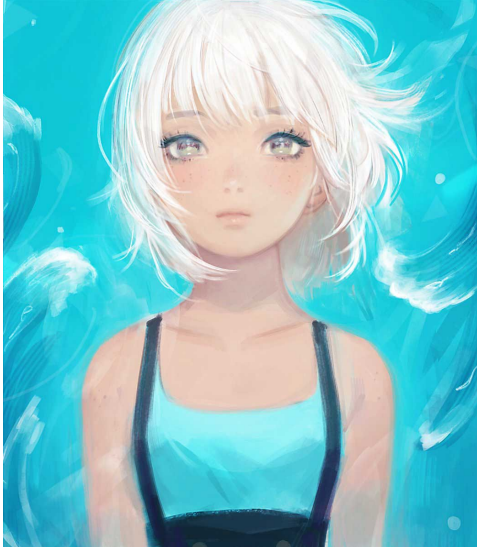
Paintings above entitled
• **ICE** • and • **ON A SPACESHIP** •

You can find out more about *Aleksei*, via his

[INSPIRATIONAL ARTIST PAGE](#)

**“ NOW IS THE TIME TO
CREATE SOMETHING
UNUSUAL, INNOVATIVE ... I
WISH TO TRY TO INVENT
AND NOT STOP AT
FAILURES. ”**

- Aleksei Vinogradov



WAVES

by Artist *Vioriie*

Part of the

[Inspirational Artwork Section](#)

*“ I think we may have a future
Inspirational Artist on our hands here
:) ”*

- Sophie Lawson

You can find more of *Vioriie's* work,
via her twitter

[@VIORIE](#)

Transitioning



LONELINESS

Tuesday the 1st of January

passes keyboard to big Sophie

"This time of year is a bit weird. I love being on my own, I'm an introvert by nature, but for some reason, Christmas always seems to be a time of

loneliness.

I saw my Reiki Healer on December the 20th and opened up to her about how I was feeling. After that session, I felt different. No idea what she did, but she did something, because the loneliness no longer had a hold on me.

*Episode 41 of the So Free Art Podcast was recorded on Christmas Eve, and I talked about Loneliness at the **37 minutes and 14 second** mark.*

There's a lil story I share on the podcast from 2017 too, where I found myself laying on a pavement in the middle of the night, watching my tears form a puddle, as these lil ants marched back and forth across the path in front of me.

What happened that night I can't explain, but it was powerful. One of those moments that puts everything into perspective ... and I think that's what you need sometimes.

You need something to Break the Negative Thought Cycle, and there's two things I've found great for doing this

- 1. Talking to People**
- 2. Being with Nature**

Talking about tings somehow helps remove all the energy from any negative thoughts, while Nature seems able to Heal Anything.

Nature really helps you see that ... You're Never Alone."



You can listen to big Sophie talk about Loneliness, via

EPISODE 41 OF THE SO FREE ART PODCAST

**“ YOU'RE ONLY LONELY, IF
YOU ALLOW YOUR
THOUGHTS TO SAY
YOU'RE LONELY,
BECAUSE...**

...YOU'RE NEVER ALONE. ”

- Sophie Lawson

If you have any feedback on this months lil**NEWSLETTER**, feel free to **send me a message**, or hit reply to this email, and I'll pass it on to big Sophie.

She'd love to hear from you :)

The next lil**NEWSLETTER** will plop into your inbox on the **1st of February, 2019**

Hope you have a really nice 2019 :)

Bye Bye for now,

♥♥ lil**SOPHIE** ♥♥



“We must let go of the life we have planned, so as to accept the one that is waiting for us.”

- Joseph Campbell



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