



Hello,

lilSOPHIE here with the
May lilNEWSLETTER

sniff sniff

Let's jump into this months lilNEWSLETTER, to see what we've got cooking :)

Life Drawing, more Super Cute *Inspirational Artwork* and a bit about *The Mind* is what's on the menu this month *sprinkles in salt*

Hope you find it tasty :)

The complete list of ingredients is -

ART

- LIFE DRAWING

INSPIRATIONAL ARTIST

- TASIA M S

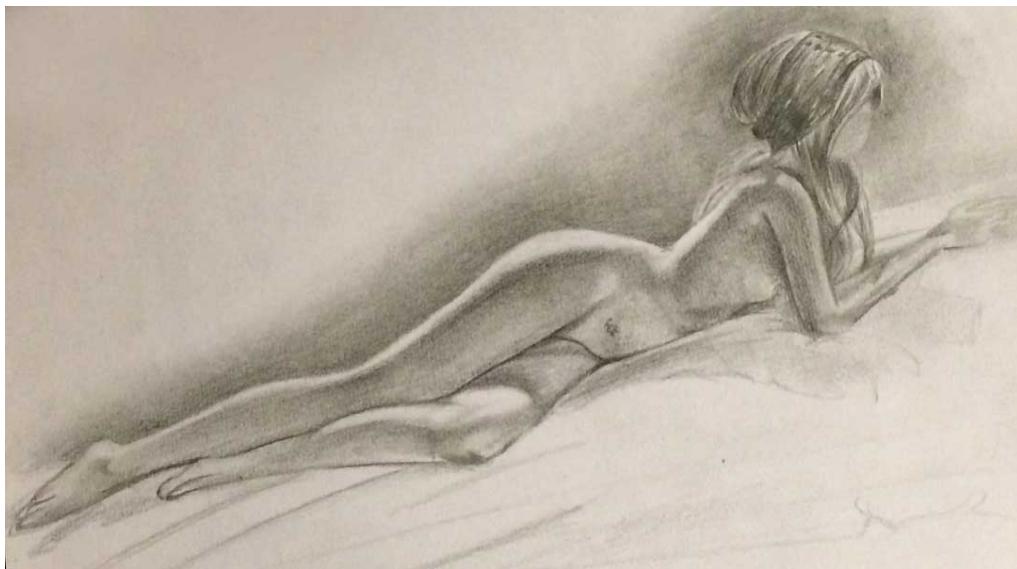
INSPIRATIONAL ARTWORK

- PANDORA, by Artist KAROLINE PIETROWSKI

TRANSITIONING

- THE MIND IS KEY

Art



LIFE DRAWING

YES, YOUR BUM DOES LOOK BIG IN THAT

Big Sophie's no longing got the fattest arse in town, as the bums on display at Life Drawing Class recently, have most definitely been fatter than hers lol

Life Drawing is where you sit around a nude model *eek* and try to capture the essence and shapes of the various poses.

Ian Barlow teaches the class, and he is pure amazings :) Big Sophie's constantly scribbling down notes, because Ian speaks with a beautiful rhythm, just like his paintings.

One of the cool tings about going to a class like this though, is that you not only get to level up your seeing and art skills, but your social skills too *licks lips*

Life Drawing class really is where the magic happens.

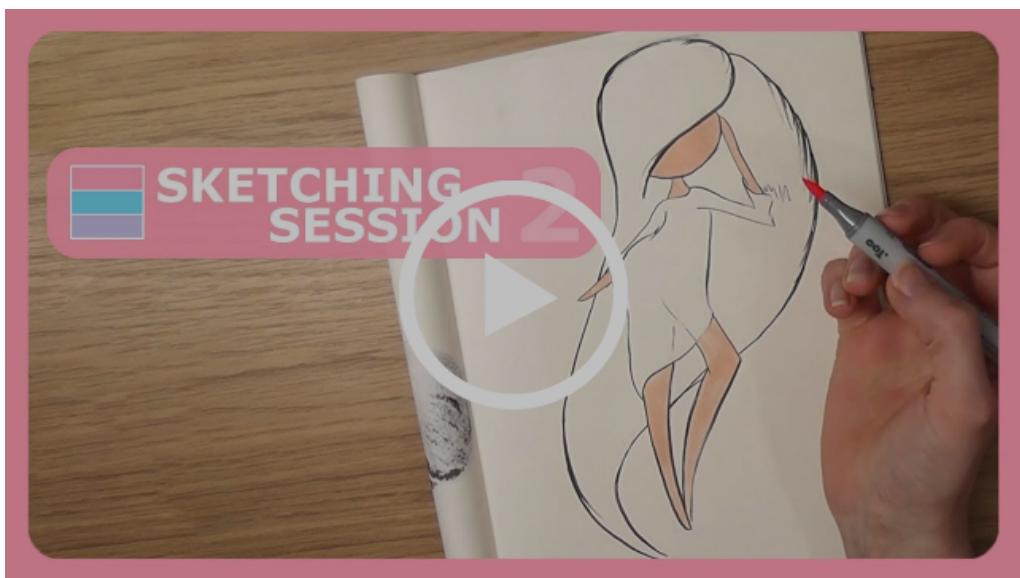
FIND OUT MORE ABOUT
LIFE DRAWING



“ WE ALL GO WRONG, IT'S THE WAY DRAWING WORKS ”

- Ian Barlow

LATEST VIDEO
SKETCHING SESSION 2 - **lilSOPHiE**



SO FREE ART PODCAST

LATEST EPISODES since the last liiNEWSLETTER

- ♥ 053 SVSLEARN CREATIVE COMPOSITION ♥
- ♥ 054 FAMILIES REACTION TO TRANSGENDER
- 055 STRUGGLES OF CURATING INSTAGRAM
- 056 INSECURITIES & SELF ACCEPTANCE



ARTIST
• TASIA M S
a future **Inspirational Artist**

“ Characters full of Yumminess :) ”
- Sophie Lawson

Paintings above entitled
• LAGOONA BLUE • and • DRACULAURA •

You can find out more about *Tasia*, via her Instagram

@ TASIA.M.S

**“ NO MATTER HOW UGLY
YOU THINK YOUR
DRAWINGS ARE, DON'T
THROW THEM AWAY ”**

- Tasia M S



PANDORA
by Artist Karoline
Pietrowski

Part of the
Inspirational Artwork Section

*“ Lil Pandora is so cute, just look at
those shapes :) ”*
- Sophie Lawson

You can find more of Karoline's work,
via her Instagram

@KAROLINEPIETROWSKI

Transitioning



THE MIND IS KEY

Wednesday the 1st of May

I'm a bit busy cooking right now, so I'm going to hand you over to my creator big Sophie :)

"I've been trying to write a nice little concise piece about the mind for a few days now, but it's proving to be super hard ... so to keep this brief, I'm just going to say

One: CHANGE IS A MESSY PROCESS

Two: THE MIND IS KEY

The Mind is Key to Change, but because of the complexities and memorised bad habits of the mind, it leads to Change becoming a Messy Process.

Rachel, my Reiki healer, did something at the last session, because ever since, lifelong Fears and Limiting Beliefs like: Caring What People Think of Me, how I default back to my old self around Family Members and issues with Self Acceptance have all bubbled up to the surface.

You can learn all this stuff about how the mind, and what to do to stay in control, but when you're in the middle of a negative spiral of self talk, everything goes out the window.

The old habits take hold as if you're possessed.

I find it easy to beat myself up in these moments: Why am I still making these same mistakes?, Why can't I change?, Why this?, Why that? ... but when I stopped and looked really closely this last time, I saw something.

I saw things were different this time.

It was very settle, but just enough to give me hope ... it's messy though. Very Messy.

Change really is a Messy Process."



You can listen to the slightly fat arsed one talk more about this, on episode 56 of
The So Free Art Podcast

**“ BE CAREFUL HOW YOU
ARE TALKING TO
YOURSELF, BECAUSE YOU
ARE LISTENING ”**

- Lisa M. Hayes

If you have any feedback on this months **lilNEWSLETTER**, 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 **lilNEWSLETTER** will plop into your inbox on the **1st of June, 2019**

Bye Bye for now,

♥ **lilSOPHIE** ♥



“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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