

BECOME AN ARTIST/NATURALIST

Notice your Gifts from Earth

Artist/Naturalists are people who pay Wakeful Attention to Earth:

We Notice the gifts we receive every day from Earth.

- **We receive the gift of Energy [nourishment]**
 - **our bodies receive packaged sun energy**
 - **our spirits receive the gifts of Beauty and Wonder and Curiosity**
- **We receive gifts of Laughter and Surprise**
- **We receive the gift of Learning, which is sometimes painful, but is a joy delayed.**
- **We receive the gift of Story**

Note Your Gifts from Earth

Artist/Naturalists are people who Note, digest and share our gifts from Earth:

- **We filter the gift through our perceptions**
- **We celebrate our response by sharing the gift as art**

**OBSERVATION has two parts: NOTICING and NOTING.
NOTICING is Paying Attention, keeping your senses wakeful.
NOTING means making a note or record of what you noticed.**

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Celebrate Your Gifts from Earth

Artist/Naturalists are people who Celebrate their gifts from Earth:

- **by transforming them into Art (poems & paintings, sculptures and drawings, dances & songs)**
- **by sharing the Art, which transforms self & others**

Keep the Earth Journal

The Earth Journal may begin as a simple notebook or scrapbook, or a computer file.

- **Your journal may contain writing, sketches, sound maps, photos, found objects, etc. It may look like a book, or like a scrapbook.**
- **It can be as simple or fancy as you want—but the Form of the Journal is not where the energy should go**
- **The energy should go into the Process of the Journal—getting the entries made.**

The Earth Journal is the Artist/Naturalist's Way to:

- **Note: record, keep track of everyday 'yes' experiences with Earth**
- **Interpret what we have Noticed by connecting it with other experience**
- **Celebrate what we have Noticed by transforming it into poem or story or play; sketch or painting; dance or song.**

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