

SEW WHAT'S DIFFERENT

A monthly newsletter from ARTSEWDIFFERENT, LLC

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SEASON OF THANKFULNESS

Here in the United States, the month of November has become synonymous with a time for giving thanks, and as Douglas Wood said, "The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

I express my gratitude for all that I have in my life every day, but this time of year is extra special. May you be filled with love, happiness, and joy this November and always.

Happy Thanksgiving to you!



CREATIVE HANDS

As the golden sunlight streamed through the windows during morning coffee, John and I talked about the importance of the sun and sunshine in our lives.

The villages of Viganella, Italy and Rjukan, Norway are in valleys so deep that during the winter months the sun cannot reach the towns because of the angle of the light and the height of the surrounding mountains. Both towns built and installed giant mirrors at the top of the mountain to reflect sunshine onto the town squares below. We all know how important it is to get outside into the sun when we are feeling low (remember when John Denver sang about how sunshine on his shoulders made him happy?), and scientific research in psychology and physiology supports this. These towns in effect created their own sunshine and brought physically and emotionally healing sunlight into their shadowy cold valleys.

There is also another aspect to creating one's own sunshine, internally. Thich Nhat Hanh discussed in

his philosophy that when we feel stressed or unhappy, one of the ways to dispel that unhappiness is to breathe in and then smile as we let our breath out. (To see a short meditation video about this, click [here](#).) The more we do it, the longer it lasts and becomes part of us. More colloquially, even Colonel Potter on MASH knew this when he said: "See this smile? You're all going to wear one just like it...Boy, will you feel dandy." Now, new research in western psychology has finally acknowledged that smiling, indeed, can improve our emotional health and increase our happiness. (Check out [this Guardian article](#) that has links to the research.)

When you are feeling low or stressed, remember that indeed some days you have to create your own sunshine.



QUILTATIONS

I am not a passive person. If I am intrigued by something, then I can't be stopped.

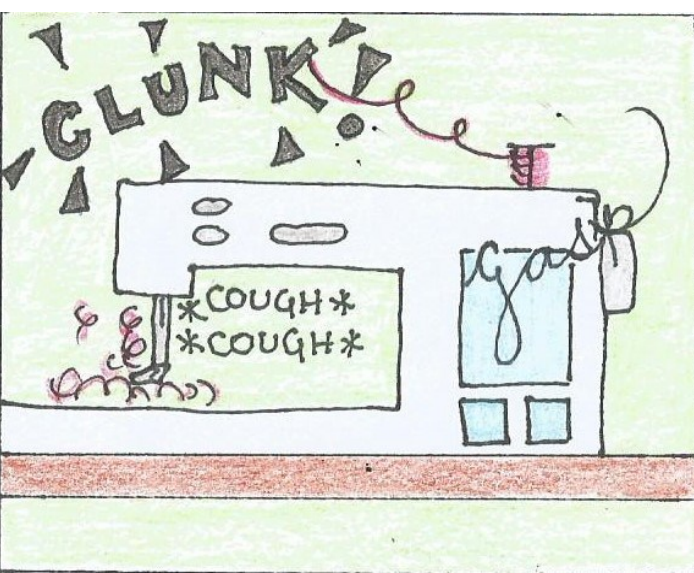
-Paul Sand

INSPIRATION



Architecture

FLAMINIA AND THE MACHINE



[Episode 13:](#)

["Quilting Fever"](#)

Oh no! The Machine is unwell. Can Flaminia help?

ART TALKS

Being a professional artist means participating in the professional social sphere. That can be a challenge for introverted creatives. (Some uninformed people think that introverted equates to shy, asocial, or antisocial. But this is an ignorant and irresponsible misconception. Introverts often enjoy a rich social life with close friends but find their energy drains very quickly at social events, especially when they are surrounded by strangers.)

Here are some tips to help introverted creatives prepare for social art events, particularly when you are interacting with inquisitive people:

1. When participating in a group showing, you are one of several artists whose work is on display. Therefore, your time in the "spotlight" will typically last an average of three minutes or less whenever anybody asks about your work. If it is your own show, a short, prepared presentation is often expected.

2. Whether you are in a solo or group showing, review your thoughts beforehand (e.g., the night before) and jot them on a short list. The act of writing can help put certain key ideas to memory.

3. Practice your speeches, whether it's a 30-second blurb or a 20-minute talk. Actors do it, professors do it, trial attorneys do it... Why not artists? Practicing helps streamline comments, organize thoughts, and reduce redundancy.

4. At times it can be difficult to figure out what someone wants to know about your art when they don't know which questions to ask. I suggest beginning by asking whether they want to know about the physical creative process or the metaphysical meaning.

5. Knowing yourself and your work is key. As the creator, you are the expert on it. That breeds confidence and can help you respond appropriately to people who are inquiring about your work. Sometimes it only feels like their questions are aggressive when they are simply excited.

ARTSEWDIFFERENT, LLC

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UNIQUE QUILTED
AND FABRIC ART

As an artist, my passion is to create unique quilted and fabric art. I was always drawn to sewing as a child, and now I am able to live my dream of artistic creativity through fabric. I am inspired to use materials and techniques that range from the traditional to those I make up as needed.

That's what makes it ArtSewDifferent!