

Girl Quirky™

No.1

Cup of Quirky Love

them

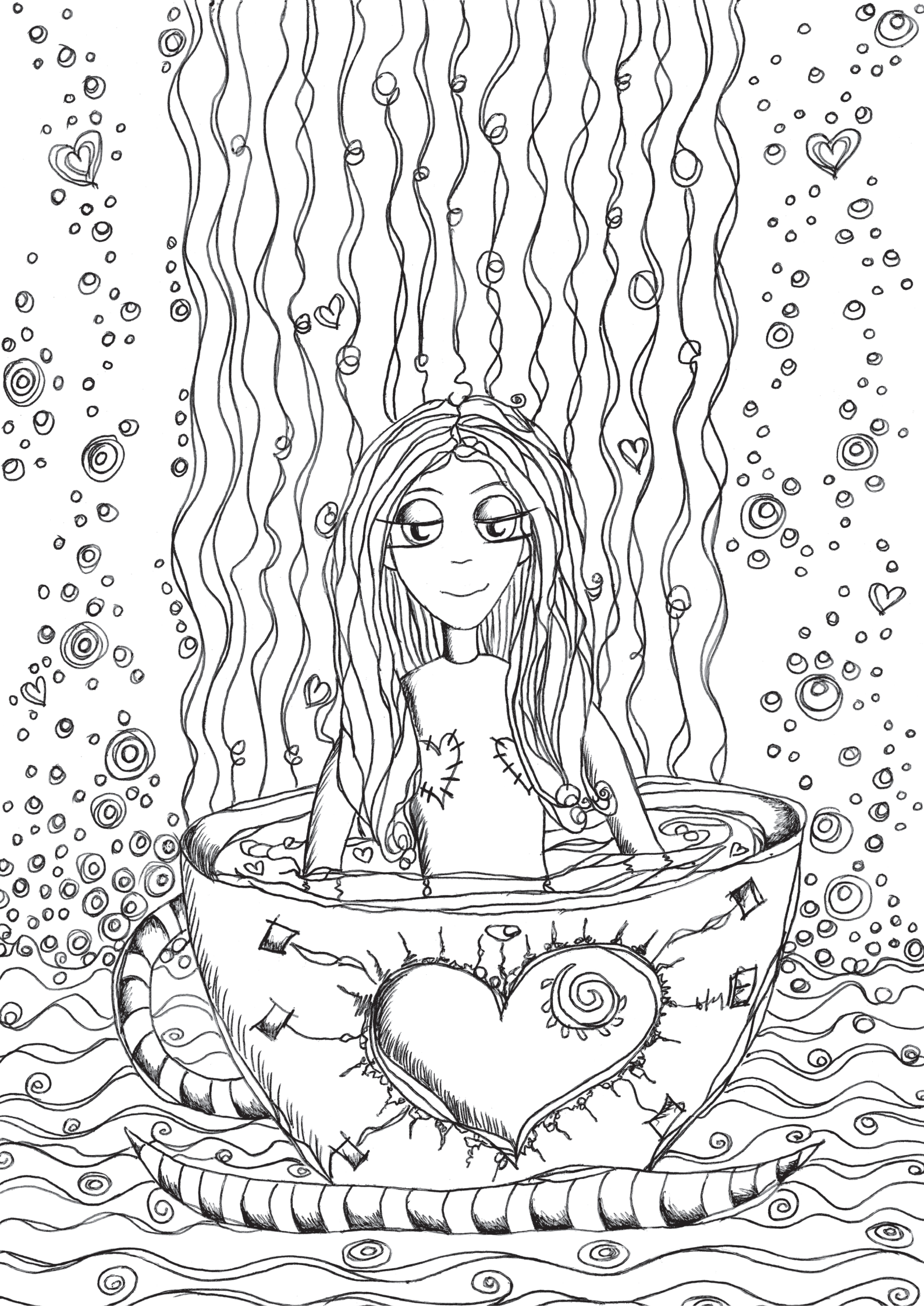
You were born,
an original.

Don't be afraid

against the

current.

"Big Kids" Colour and Collage



Cup of Quirky Love.

Welcome to the World of Girl Quirky or GQ as I call her. This magazine features one of my original art pieces for you to play with using colour, collage and intention. *The Cup of Quirky Love* is all about filling yourself with love in each moment. A chance to ponder and create while letting more unconditional self love grow. So grab your supplies, it's time to take a journey to explore the wondrous, already perfect YOU.



What will you find here? :

- 1: A full page Cup of Quirky Love for you to print out and colour.
- 2: GQ in her Cup of Love to print out, colour and cut ready for your collage.
- 3: A mini intentional meditation/visualisation to get you ready for your collage.
- 4: Fun, playful, creative ways to explore your collage once it's created.
- 5: Colouring your Intentions inspired by 1.2.3 and 4.
- 6: An on-line space to share your creations with me and other Quirkies.

←● 1: Print and Colour

2: Print, Colour and Cut Out.

cup of quirky love

Some Quirky words you may choose to cut out and add to your Collage.

PERFECT

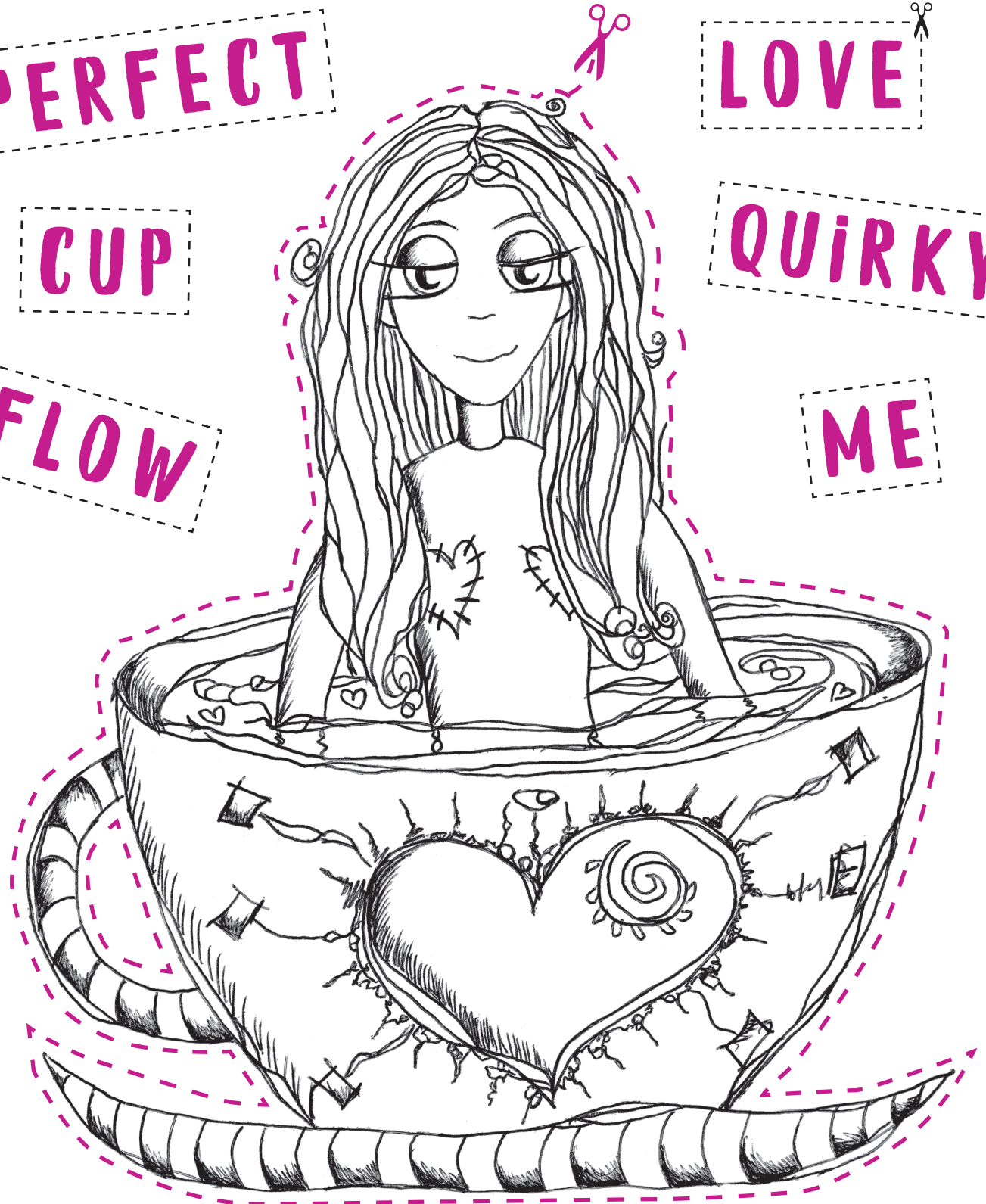
LOVE

CUP

QUIRKY

FLOW

ME



These are my cheeky lumpers and a cloud who are happy to be in your collage if you choose to use them.



→ 3: Colour and Collage.

What Materials do you need? :

Tip: Treat yourself to a special magazine to cut!

- 1: Your coloured GQ in her cup of love from the opposite page.
- 2: Magazines and coloured papers for the collage background (or you can paint your own).
- 3: Glue stick, scissors and any other embellishments you want to use.
- 4: A large sheet of paper to glue everything on to. (I suggest A4 or A3)

Your Special Space :

Set yourself up in a special “YOU” space where you won’t be disturbed. Mark out this time as just for YOU. Make yourself cosy. Light a candle. Make a cup of your favourite brew. You deserve this time and space!



KEEP OUT IT'S ME TIME!

Loving You as you Create:

As you journey into your creations notice any JUDGEMENTS about yourself that may arise. Let those thoughts simply slide by like clouds in the scene and return back to your creating. There is no need to engage with them instead just lovingly release.

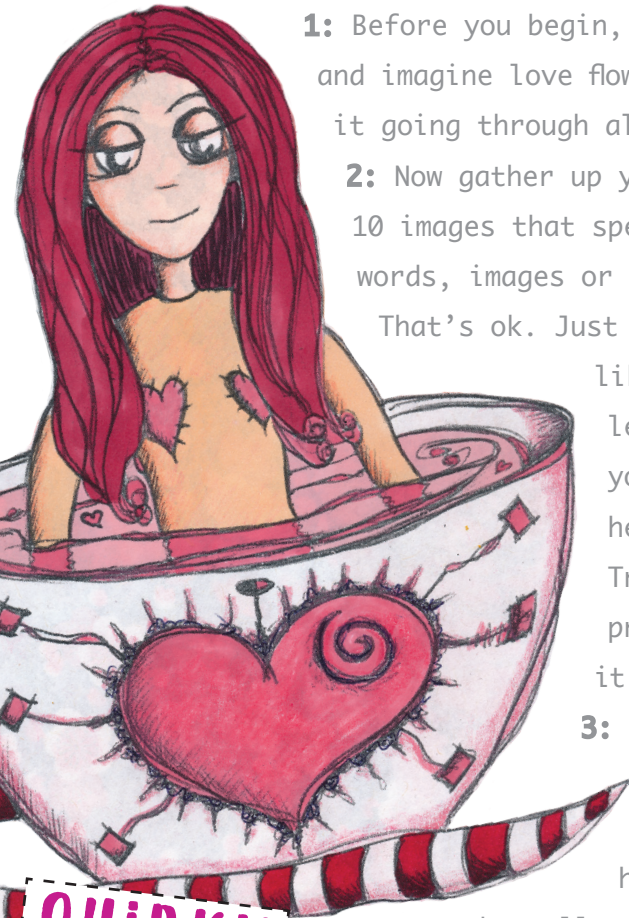
Self Love Imagineering :

Tip: Reach for images AND high vibe feelings.

Before you begin, close your eyes and allow your coloured Girl Quirky image to pop into your mind. Then imagine it's YOU in the cup of quirky love instead of Girl Quirky. What's around you? Where will the cup take you? What will you do? Anything goes! Watch what unfolds in your mind's eye as you gently allow the words “ME loving ME” to float into your awareness. Feel them flow through you as you float through your imaginary scene. Let it unfold any way it desires. No censorship! Set your imagination free. In your imagination there are no ties to your everyday life. In your Quirky World EVERYTHING IS POSSIBLE. The only limitations will come from within you. Allow the words “ME loving ME” into your awareness again. Allow any emotions to flow in and through. Allow your imagination to flow in and through. Take as much time as you wish and then when you are ready slowly open your eyes ready to begin to collage.

Creating your Colour and Collage :

Tip: Put on some
Loving music



- 1:** Before you begin, take an intentional sip of your favourite brew and imagine love flowing through your body with the tea. Imagine and enjoy it going through all your cells. See the love energy in your minds eye!
- 2:** Now gather up your magazines and take some time to pick approximately 10 images that speak to you of your self loving adventure. They could be words, images or colours. You might feel drawn to them with no idea why. That's ok. Just let your intuition guide you. If you get any thoughts

like "this is silly", "waste of time", "all wrong"... let those go. And please don't judge you for judging you. Keep coming back to self love. There is no wrong here only your journey.

Trust yourself and follow your instincts. You can do this process as many times as you choose so you don't have to get it right (whatever that is)! Use it as a chance to play!

- 3:** Now take your coloured GQ and your background papers (I love the special Japanese papers but use whatever speaks to you.) Next gather the words and images you have chosen from the magazines. Take some time to lay them all out on your sheet of plain paper. Move each piece around until it "feels" in the right spot. Let the "feeling" lead and not the mind. Feel free to draw your own images or words too if something comes to you.

Images may be discarded as you move them around or you may "feel" to choose a few more. Once you are happy with how it "feels" stick it down. Do it your way!

Celebrate! Yay! you have now created your first *Cup of Quirky Love* collage.



EVERYTHING IS POSSIBLE



4: Journal, Time to Play :

Now you can play some games with your collage to open your creativity and ability to be in the unknown. If you look back on your life you'll probably find the most magic happened in those moments where you couldn't predict the outcome.

These games open you up to more of this magic.

One of the most loving ways to do this part is in your own special journal. An intentional space where you can write your innermost thoughts just for you and you alone. A place to really BE YOUR true self and let your creative instincts out!



Using your Collage to Open Creativity and Intuition :

1: Give your Collage a Date and Title. Go for the first thing that pops into your head! If you do these processes again having the date is great as you can see where you have been and where you are now. A signpost as you change and grow.

2: Does your collage have a feeling or many feelings? What are they?

3: Set a timer for 5 mins and write a quick "stream of consciousness" story using all the symbols and words you have pasted onto your collage. DON'T stop to think. Just keep writing from image to image. Follow the images in your collage like stepping stones. It doesn't matter if it sounds like nonsense. Nonsense is perfect for opening up creativity and side stepping the rational mind that can very often take the fun and MAGIC out of our lives. Most important is simply to play and not judge yourself if it does feel uncomfortable. We are told as adults that we should "grow up" so sometimes it takes a little practise to let that go. Just try to push a little further beyond your boundaries and self imposed rules. You'll surprise yourself in the best possible way. You can always do another.

4: Write a one or 2 line paragraph that sums up your collage. Your own *Cup of Quirky Love* fortune cookie.

5: Remember that fortune cookie mantra each time you drink your favourite drink today. Feel it moving in and through you. A physical intention to embody that love.

6: Are there any messages in the collage that point you in the direction of more ways you can Love you. If yes make a choice to do something each day to move you in that direction or more if that feels good. And do it! You could write it in your journal too.

7: Stick your collage up or take a photo and keep it on your phone as a reminder.

8: Know that you can do this collage again in future and it will give you new insights into where your Quirky Self Love will take you.

My own Quirky Cup of Love Collage:

It is my hope that sharing my journalling will inspire you to dive into the creative games on the previous page. My way of doing it is just to get you started and I encourage you to do things your way. As always please follow your own impulses and instincts.

Date and Title:

Love is being YOU said the Birds.

Feeling:

My collage feels juicy and like it's telling me add more "colour" to your life. Get brighter, livelier, more joyful!

5min Stream of Consciousness:

Amidst the cherry blossoms of Japan and the flashing colours of paint Girl Quirky in her magical cup of love told herself don't be afraid against the current... and the birds went YAY! Their enthusiasm lifted her up onto the waves of pink flowers and one called out "you were born an original" so damn well be one! Girl Quirky laughed at his boldness and the birds laughed with her. She lifted her arms and felt the colours and textures trickle through her fingers. Quietly watching were the cheeky lumpers way below. Smiling to herself she knew now how to fill herself up with Quirky love. It was time to not just break the rules but transcend them altogether. It was time to break her own rules and really love herself up! To float off into brand new stories.

Fortune Cookie Mantra:

I realise I completely missed the dove of peace in my story. Often what you miss is of importance so I take that as a reminder. With that in mind my mantra/fortune cookie is *Be peaceful in your Journey as you go with a different tide.*

What message might my Collage have towards Self Love:

I think it's a reminder to hang out with my birds more because they always bring me joy and peace. Also make time to break one of my rules and do something in a different way each day, no matter how small. For me the magic happens in the unknown. Also maybe go to Japan!

Don't just break the rules,
transcend them



You were born,
an original.

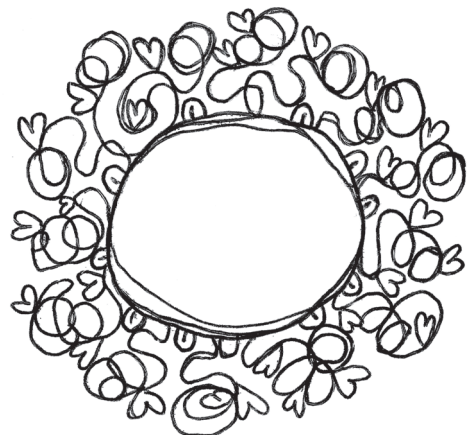
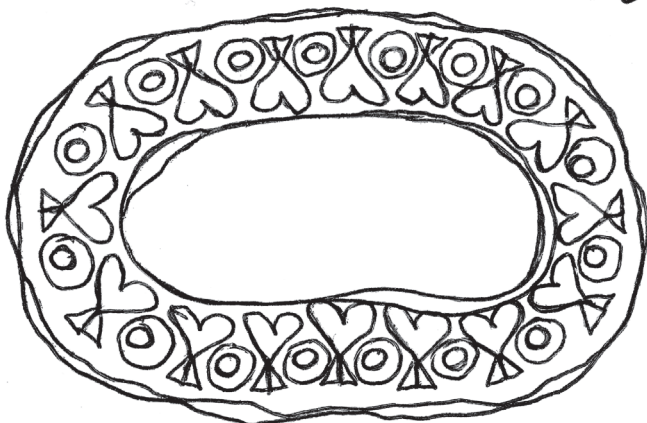


Don't be afraid
against the
current.



5. Colour your Intentions: Print, Colour and Cut Out.

Now you have insights into your Quirky Love for yourself why not colour one of the symbolic reminders below. You can write your own or use one that's already created and put it up to remind you to love you more each day. As you colour each heart in the design hold your intention in your mind.



Colour & Collage No.2: Quirky Big for your Boots!

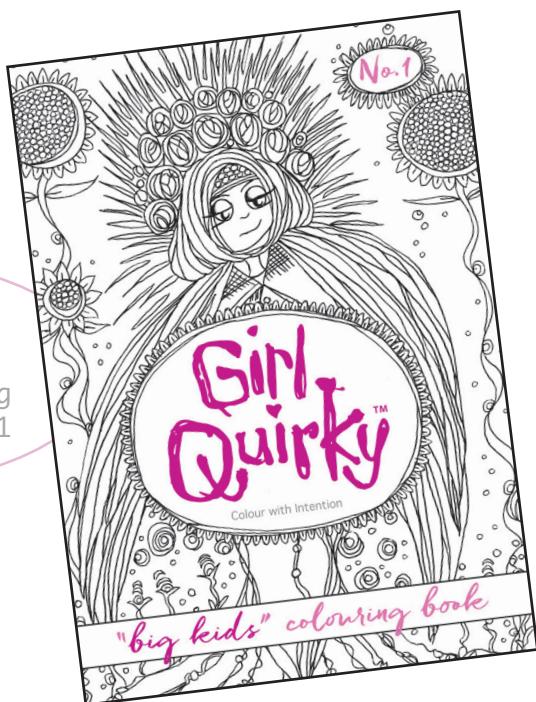


NO.2

Sometimes we all
need to get too big
for our boots!
Colour and Collage No.2.
Set your big self free!



Where to buy GQ:



GQ
Big Kids
Colouring
Book No.1

CLICK
IMAGES
TO BUY



Where to find me:

SARAH@SARAHBARON.COM.AU

© sarah baron

Click for *Girl Quirky* web links.

FACEBOOK

INSTAGRAM

PINTEREST

Sarah Baron the vessel through which Girl Quirky flows.

Sarah has always believed life is meant to be easy. She never understood as a child why adults make it so hard. She has always known EVERYTHING is POSSIBLE and that imagination, intention, being curious, embracing the unknown and letting go into all that brings is key. (Sounds easy right!?) Those beliefs have led her to create surprising magic in her own life. And she is excited to share the tools she uses with those who are courageous and curious to give it a try.

Sarah owns that she is perfectly imperfect and deliciously human but she dives deeper each day into living and exploring how to be true to herself. And she looooooves playful company. Friends to get nude (in a symbolic if not physical way with). Friends to get messy and loud and “care less about what other selves may think” with. Friends she can share time with as they dance their own dance and sing their own song. And she will laugh with great guffaws of Joy to see you do that.

If you would like to be the creator of your life. If you're ready to embrace mistakes, misadventures and dance in the unknown. If you are ready to be surprised by what unfolds and can try not to control it. Then stick with Sarah and GQ because they are always evolving with more surprises around each bend!

The logo for 'Girl Quirky' is written in a light grey, hand-drawn, bubbly font. The word 'Girl' is positioned above 'Quirky', and a small 'TM' trademark symbol is located to the right of the 'y' in 'Quirky'.

Thank you for supporting my independent business and my art.

This magazine is © for your PERSONAL USE ONLY but please feel free to share the link to my website with those you love.

That is always greatly appreciated.

Much love Sarah x