



The Athena Wellness Podcast
Episode 090 – The Beauty of Everyday Life as a Wellness Practice
with Stephanie Weaver
November 17, 2021

00:05

Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

00:30 Kathy

Hello and welcome to Episode 90. Thanks so much for joining me for this shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

00:41 Kathy

Today I'm joined, once again, by artist and teacher Stephanie Weaver, who shares simple ways to add more beauty to your everyday life.

And now onto the show. I hope you enjoy the conversation.

00:58 Kathy

Well, once again, I'm joined by artist and entrepreneur Stephanie Weaver. Welcome back, Stephanie, thanks so much for being here.

01:04 Stephanie

Thank you for having me.

01:05 Kathy

So Stephanie, I think there are listeners who could certainly identify with wanting to create something or bring more beauty into their lives, but it may not be time for them to start painting. How might somebody add more beauty to their everyday life?



01:21 Stephanie

Well, it depends on kind of two areas. If you're wanting to physically create something, and it doesn't have to be painting, it can be a drawing. And drawing is as easy as picking up a piece of paper and a pencil. I think sometimes we all make it a little bit more complicated than it needs to be. But that's where it starts. So if you want to physically create something, paper and pencil.

If you want to visually see something and be surrounded by beauty, I think all you really need to do is step outside in the woods and sit. I know a lot of times when I get really overwhelmed, I literally go outside, sit on the ground and just put my hands on it.

And then once I feel like I'm a part of it, I'm part of the world and the beauty that is the world, then sometimes I'll just fall back and look at the sky, like you did when you were a kid. And you start to see those clouds. And then you start imagining what the clouds are. And then suddenly you're just relaxed and you finally see the beauty of the world.

When I started painting, I actually started seeing more of the beauty in the world, because I started seeing colors differently. I would drive down the road and I'm looking at all the trees in all the various shades of colors that they have. The world is actually really, really beautiful. All you have to do is step outside and look.

03:02 Kathy

Mmmmm. I think that is very striking that you started to paint and it informed how you were taking in information. And so, that's an interesting wellness practice of - How can you take something that's right before your eyes and see it differently? Almost doing like a little bit of a shape shift to say, "Okay, you know, I'm holding up a coffee cup. This is a coffee cup. Well, what else could that be? What does it remind me of?" - much like you do with the clouds, kind of letting that go?

And I wonder, when you paint do you feel that same sort of... the image that's coming to my mind is almost like, like your defenses go down? Like there's a lowering of whatever it is that makes us functional in the world, to open up to some of these things? Do you feel that opening when you create?



03:56 Stephanie

I love everything that you just said. Because yes, you do. You feel that.

I've never been able to convey what you just conveyed. It is an opening, like a removal of the veil that we all have on us. And then you suddenly see everything for what it is, not what you think it is.

I taught these kids how to draw clouds and how to paint clouds. And I asked them, "So, what colors do you see in the clouds?" And the little kids raised their hands, you know, shooting up, all excited, you know, "White!"

And I said, "Okay, well let's take a look at some pictures. And I started showing them these pictures of all the clouds. "What colors do you see?" And then they started seeing the oranges and the yellows and the reds or the blues and the purples. It depended on the clouds, it depended on the environment that they were in. And removing the thinking and actually seeing. I think they all were opening up.

Yeah. I love what you said, I'm gonna have to listen to this again and write it down. I love it!

05:10 Kathy

And I think that that's great advice for our listeners. As you're driving down the road and you're seeing the clouds, to think of Stephanie and what is it that you're really seeing? And then how does that come back and inform the day that you're experiencing?

Thank you so much, Stephanie, for coming back and sharing that. And best of luck with your business. And I'll also include in this episode, the links to your socials and to your website. Thank you so much.

Stephanie

Thank you.

5:41

Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.



If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!