

On Softer Ground

Paintings, Poems
and Calligraphy

Sherrie Lovler





This is a preview. The number of pages shown is limited. Copyrighted material.

Contents

Introduction	• 9
Paintings, Poems and Calligraphy	• 13
<i>Evening</i>	• 15
<i>This Ephemeral Life</i>	• 17
<i>Deeper</i>	• 19
<i>The Sacred Life</i>	• 21
<i>Saying Goodbye</i>	• 23
<i>Wishing Well</i>	• 25
<i>Night Life</i>	• 27
<i>Great Moments</i>	• 29
<i>Soul Guide</i>	• 31
<i>Opening</i>	• 33
<i>The Edge of Chaos</i>	• 35
<i>Launched</i>	• 37
<i>Yes</i>	• 39
<i>Dawn's Rose</i>	• 41
<i>Rooted</i>	• 43
<i>Greeting the Day</i>	• 45
<i>Balance</i>	• 47
<i>On Softer Ground</i>	• 49
<i>Next Phase</i>	• 51
<i>Daily Practice</i>	• 53
<i>The Dancer</i>	• 55
<i>Meditation</i>	• 57
<i>Holding Space</i>	• 59
<i>Songbird</i>	• 61
Colophon	• 62
Gratitude	• 63
About the Author	• 64



Introduction

This book is the culmination of a seven-year artistic journey. It began with the thought that creativity is an opening, a gateway into the realm where a life force greater than I am joins with me to create. I actively sought this connection and found that painting and poetry were my doorway into that place. With this intention, I set up a practice twice a week to keep me focused on this work.

THE POEMS

On Tuesday and Friday mornings, before I answer email or look at the news, I bring a cup of tea to my bed. I invite the spirits of specific poets and writers into my circle to sit with me. Then I read from a spiritually oriented book until I am inspired by a phrase or a sentence. The signal might come in the form of chills running through my body, or simply the thought that I have found my starting point. Then I write a poem. Other times, I think of what is going on in my life, or a dream might fuel a poem.

The poems come as fast as I can write. I often speak the words out loud as I am writing them. Then I read and recite the poems again to hear the rhythm and flow. I edit and ask for a title and a quick sketch to represent the poem. I end the session by offering gratitude.

The writing is always done by hand in notebooks. I have ten volumes and more than 600 poems. My assumption is that through quantity I will discover quality.

THE PAINTINGS

Since the poetry came easily, I realized the doorway into this union between



Deeper

Come home
to your soul.

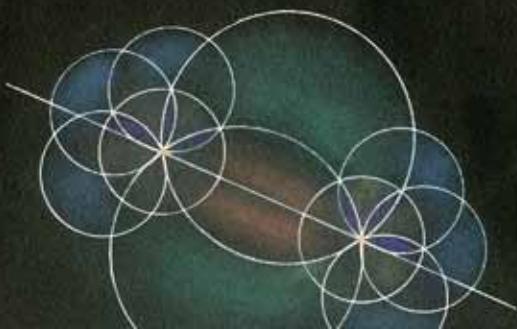
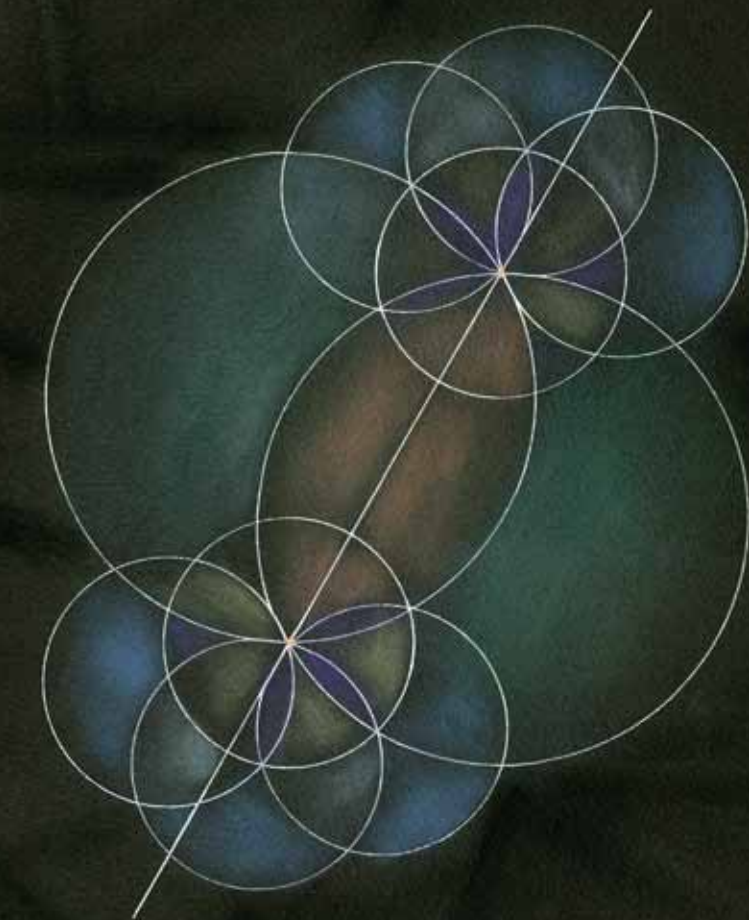
This temporary world
will only lead you to the edge.
Nothing will get you
past this one—
your desire
to know that place
deep within.

The ground
is not here
to walk on.
It is a thin layer
to cross.

Slip through
into the underworld
the belly
the place you long to be
where wisdom dwells.

Go naked.





Saying Goodbye

It took our whole lives
to see each other.
To see beyond the stuff
that fathers
and daughters hold.

For a second
I saw you.

I saw you
as you always wanted
to be seen.
And in that moment
love flowed between us
like never before.

It was more than knowing
it was goodbye.
It was, in fact, hello.
And though it seemed
late in our lives
it was perfect—
because
I saw you.

I saw you with my soul.
And though words
cannot express that feeling

I know you took it with you
as much as I know anything.





Great Moments

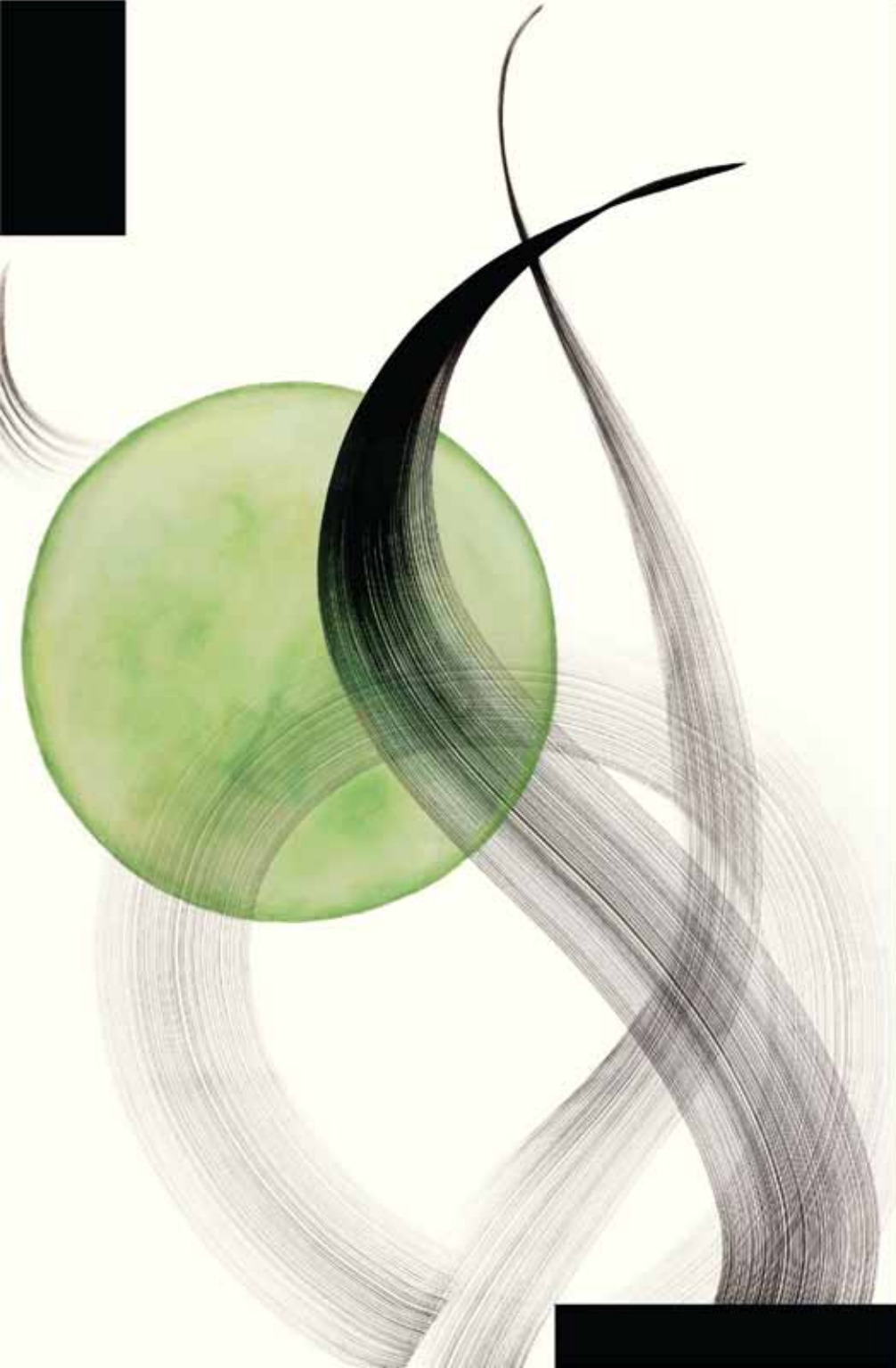
Great moments
dwell in the grasses
and the trees,
in the fluttering light
that surrounds us.

They live in the stories
that are shared
from one person to another,
in the deep songs of the soul.

They open the door to love
propel us from here to there
make our cells feel alive.

Great moments
tap as gently
as a beating heart.
Come and go
like whispers in the wind.





Meditation

Stay here
my mind
who wants to wander
on her own.

Stay here.
Sit with me.
Enjoy this place
that houses you
and nurtures you
with food and wine.

Stay here
in silence.
As thoughts arise
let them pass.

Stay here
and drink in gratitude
for your lovely life
and cool breezes
and streams that run
over your toes.

Stay here
while the moon moves
and stars explode
and crickets claim their ground.

Stay here
while the sun gently rises
and sheds light on your eyes
so you can see
there is nowhere to go.







Sherrie Lovler is an award-winning, internationally known artist whose core influence has been calligraphy. She began lettering in high school and has continued this passion all her life. Since receiving a BA in studio art, she has been teaching calligraphy and related skills throughout the United States and Italy. Her images and articles have been published in *The Art & Craft of Hand Lettering*, *Letter Arts Review Annuals*, *Bound and Lettered* and many other books and journals. Sherrie is the co-author and illustrator of the book *Two As One: Poems from a New Love*.

Her abstract paintings have been shown in solo exhibitions and many juried and group shows. Sherrie's most recent art is inspired by her poetry.

On Softer Ground: Paintings, Poems and Calligraphy

64 pages, full color
hardcover book
8x8 inches

beautifully printed 2nd edition
\$24.95

**CLICK HERE
TO BUY THE BOOK**

"The classical Greek lyric poet Simonides of Ceos wrote that 'Painting is silent poetry, and poetry is painting that speaks.' His uncanny insight is borne out, page spread by page spread, in Sherrie Lovler's new book, *On Softer Ground*, where her paintings are poetic, and her poems are painterly, and silence speaks in hushed tones of awe and wonder."

—Phil Cousineau, author of *The Art of Pilgrimage* and *The Painted Word*



On *Softer Ground* invites readers on a journey of beauty and transformation. Twenty-four paintings and poems illuminate the magnificent possibilities of creation. The line, movement and free-flowing strokes of calligraphy are the foundation for the paintings. The poems, informed by spirit and nature, evoke a deep appreciation of life, presence and wonder. Together, they inspire readers to see and feel the world anew.

Sherrie offers insight into her deeply personal genesis of painting and poetry. In sharing her experience, she opens a gateway to the sweetness and joy of creativity for readers to discover within themselves.

Treat yourself to this feast.

Cover Art by Sherrie Lovler
INK MONKEY PRESS
www.artandpoetry.com



**CLICK HERE
TO BUY THE BOOK**