

Guest Speaker Miranda Wildman

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SPEAKERS

Anuradha K, Miranda Wildman



Anuradha K 00:02

Okay, welcome. I'm so excited by our guest today, Miranda Wildman, I wanted to gush about you for a moment. I don't know when we met via friends or mutual friends on Instagram, and we have become such good friends. And some of the most nourishing conversations for me over the last couple of years has been our you know, fortnightly, art dates where we make art, we talk about things that are in our business in our lives, we make time for that we, that has just been such a nourishing space. And I think our both our goals, like two years ago, has been how do we create art? And how do we create marketing that sparks joy that brings joy for us that uplifts us, right? So a lot of times we're talking about business related or business adjacent topics. And there is space for our individual kind of creativity and fun and joy to come through. So you know, I just gush about you. But why don't you introduce yourself properly, Miranda for all of us.



Miranda Wildman 02:07

Thank you so much, Anuradha. This is a pleasure to be here and have this conversation with you about art and art making. I love how we have grown over the years, as friends and as creative makers. And I think a big part of why I love getting together with you is that we can get together and do our thing and not worry about the outcome and not worry about what the other person is doing. But we're in together, we're in space together, creating together whatever we're doing. And for me, that's very nourishing too. So I'm, my name is Miranda Wildman, and I am an artist living in North Carolina in the United States on Cherokee lands. And I, am excited to talk to Anuradha today about expressive everyday art play. And what I mean by that is making art with our hands without worry about the outcome or the product. But it's more about the process. And working with our hands and also working together and or alone depending on where we are in the world. And working with materials that we might already have in our home or in our space. Rather than having to go out and spend a bunch of money on materials. I love luxurious art materials. But I also love working with what I'm surrounded with. And so I've collected a few materials here today that we can work with. And I've made a list that all I'll send along at the end of this conversation so people can collect along the way. And basically, I realized that art as art and art making has been for the elite in history. And currently

and so what I like to do as an artist is make art making more accessible to people in a way that doesn't have to cost a lot and we don't also have to have a big space to make art we can make art on, you know, a tiny table just like I'm working on right now. We don't have to have a huge studio space or large room to make art in. And also they don't have to spend a lot of time I wanted to mention that too, is that sometimes for me I feel like starting an art project has to I have to carve out a huge amount of time. But in fact, making art every day even just five minutes or three minutes even can open up some energies to ground ourselves. So, without further ado, I'll share some materials if you'd like that.

A

Anuradha K 04:12

Yeah, I love that.

M

Miranda Wildman 04:15

Okay, well first I'll show you what I made. I created this this morning with materials that I created around the house. So I'll try to give you a good look of that real quick. So I've used things that you might have in your home or your home office or just lying around in your desk. You might have a junk drawer. Things that you might find in your kitchen. So I think what I'll do is let's see if this works. I'm gonna see if I can if I can. Yes, I think I can. That way I can be able to point to the things on here while I tell you what they are So, collected things here, like coffee from this morning, I just have a little bowl of it here. And I used a dropper, you could use a dropper or your fingers, I also used my fingers. You could use a Q tip. That would work too. So I've got all this brown here, earthy tone here is the coffee and I used it in the sky too. So that was really fun. And then I use tin foil for this silver moon, and also some tin foil down here on the bottom. And this gold piece here is a candy wrapper. So you know, next time you have a little sweet treat, you could save the wrapper for your next art project or art collage. Then I was like, okay, what's in the what's in a person's office normally, or what's in a person's desk that they might have and I thought, okay, they might have some pencils. So I had some pencil marks. I had a highlighter, so I used some highlighter. Here's some more candy wrapper. And then, I also used a little bit of ballpoint pen and in a couple of different places, both blue and black ballpoint pen. And then, actually, this was an idea that Anuradha had given me or had reminded me about that you can make a lovely texture with a hole punch. It makes a perfect circle. So I went ahead and did some some hole punches there. And you know what I forgot was my stapler. But we also talked about the stapler being something that we use. So some other things that I have collected, here are some charcoal, so the ways that I thought we could get charcoal, so I live I live on the countryside out in the countryside. So we have fires outside a lot, so I have access to charcoal. But what I was thinking is that if you do not make fires regularly outside like I do, you might burn incense, or you might burn candles in your house. So what I would suggest is when you have the burnt end of an incense, this one's not burnt, but I have a candle here so so I was thinking if I have a burnt end of an incense.

A

Anuradha K 07:38

Play with the ash.



M

Miranda Wildman 07:40

Play with the ash of that incense, and that would make a really nice mark. And then also the candle wax. That was another thing that I was thinking. So if you are working on a surface that can accept that which can be almost anything, I have printer paper here. And I, also have I'm working in my sketchbook but I also have printer paper you don't have to have any kind of special paper to work in either. So that's my sketchbook, but then I also have just a plain piece of printer paper. So I'm going to just do a little experiment right now while I'm on.

A

Anuradha K 08:28

We're going to show us how this

M

Miranda Wildman 08:32

so yeah, so I'm going to, I'm just going to to use this metal pot to put my incense out in.

A

Anuradha K 08:42

Tell me a little bit about why if we're setting the stage for thriving, why do we need to be doing this? Like how can this be helpful to people?

M


Miranda Wildman 08:55

Well, for for me, it's helpful to do a little bit of art every day working with my hands. In order to kind of get out of my head and connected with the rest of my body. Especially it's a nice thing to start the day off with. Because if you are like me, I wake up with a lot of different thoughts in my head, and this is a way to kind of ground the day and clear some of those thoughts and get them out onto paper. They don't have to be words. You can certainly use words if you would like to. You can just scribble it doesn't have to be any recognizable object, but it's about connecting your hands to a surface and using materials that feel great to you. And I think another way is to too, I'm going to drip a little candle. Okay, cool. Another reason for setting the stage for thriving or there another reason that it is a good way to set the stage for thriving is that we can do this together. And that's a way to co- regulate and to be in the same space together, whether we're in zoom, or on the same, in the same room together, we can make things together, not exactly the same thing, they don't have to be the same thing. But as we're making together, we can also feel that connected and grounding energy. Yeah, I also think it's a way to reduce a little bit of stress. So here's a little mountain with some, you know, some sort of sky thing going on.

A

Anuradha K 11:00

I bet that add some cool texture to the different, the way that feels.



M

Miranda Wildman 11:08

That's one thing that I wanted to mention, too, is that all of these things have a different texture to them. So that's another way to kind of get into our bodies by feeling these different things, and maybe perhaps smelling these different things. The coffee has a scent and the the charcoal has a scent, and the candle has a scent. And then I also I forgot to say that I also have some vinegar, I got some red wine vinegar here. But I so what else was I going to say? I lost my train of thought.

A

Anuradha K 11:52

Yeah, I think but but basically what you're saying it's like these are ways we can not only just have the textural things, these are things that are available in our house, it's not just high brow only for you know, to come. Because we often think about consuming art or we think of like children and their arts and crafts or handicrafts, right? And under capitalism, certain people get the luxury of making time to do art and can see, you know, buying art. And only certain like the Guerrilla Girls, I think they're the ones who were saying like 90% of art in museums is white men. Right? So this way we can engage in art in an everyday way, like you're saying, it can be a few minutes. In fact, one of your art kits, if I we had talked about before, had this little book, and you just had a few implements, but then you can maybe put your ticket stub in there, if you're on the train, you know, and then just, you know, just a few things like you know, to collage your life or talk about what's happening, or something like that. I just love how accessible you're trying to make it for us. And as a practice, as we've had, you know, I know that you haven't heard, like, I've interviewed everyone, but you know, the people I'm talking to, we're talking about deepening whatever practice we have, right. So we talked about Chi Gong. And it wasn't really anything special about Qigong. I think it is amazing as a practice, but the practice deepens and we become as in relationship with it. So here you're saying, We're in relationship with coffee. We've got highlighters. We've got all this stuff. We want to be texturally feeling different things. We most people wake up with a head full, you know, there's a lot going on in the world right now. And some way to come back into our body be present help us focus for what how do we start the day? How do we think about it, and I think what you're sharing, sharing is something most of us could be doing, you know, in an easy, easy to accomplish way in terms of time, space, and accessibility of these items. One thing that I think I wanted to spend at least a minute talking about was that you and I are a little different in the way we approach how art making can help us that you're talking about art making being a really good thing, especially around joy and happiness. And when I see your art pieces, you know, I know you're a professional artist, you know, I feel that energy. And, some of the things for me is very different when I'm using art or dance because I'm a trained dancer is processing heavy or feelings, processing the grief where things are stuck in my body. I feel like art is a good expressive tool for me to understand that, and you were saying the almost the opposite. Tell me a little bit about how to use art and how what are different ways we can use this, you know, depending on where we are.

M

Miranda Wildman 15:01

Yes, thank you for that question. I've been thinking about that ever since we talked about it. And we can really learn a lot from each other in this way. Because, for me, I resist making art when I'm sad or grieving or angry. And I generally make art when I'm feeling pretty good about myself. And, but thinking, about it and talking about it with you, it is certainly something for a

lot of people to process grief and to process anger. And, that's something that I'm actually willing to and wanting to explore more, especially as I go deeper with my practice in my daily artmaking. Because not every day is a feel good day, right? So I think it would be an interesting experiment for me to go further, or just push myself a little bit on those days where I might resist making art. And remember that it is about the process and not about the product. And about the end result, it's more about feeling through and working with my hands, as I was saying, and getting some feelings down onto paper, whatever those feelings are. And, it could be words that could be recognizable objects, I work a lot in landscape, but these moods of these landscapes can and will change throughout the days. And so I think there's value in doing art in, in all states of being just to see what happens, you know, and to mention to, because I make art for sale, sometimes, I think my resistance is because I feel like the art that I'm making is going to be for sale at some point. And so that is another thing that I also think about in terms of capitalism, like who am I making this art for? Is it for me? Or is it for this wider audience that buys my art. And so I think it's important for me to understand and to remind myself that this art is for me, and I don't, you know, maybe no one will ever see it. And that's fine. You know, and so, and I want to remind everybody listening that that is that is this art is art making is for us, and whether we decide to share it or give it away. In the end, that is not what I'm thinking about in the beginning, right. So I might end up, you know, cutting a piece of this, this sketchbook out and making it into a postcard and sending it out one day. That could be very nice. But at the same time, I'm to begin with this is just for me, and it's just for for you, and it's just for whoever I'm making the art with at the time.

A

Anuradha K 18:21

I love that. I love that I wanted to add a couple of things to what you just shared in terms of that. I love that you want to be that reminding us that approaching this without the attachment of the outcome, you know, who is going to see this? What does it mean? Am I going to sell this or you know, this sort of thing, right that this can be very personal experience, you know, and thinking about, like what Julia Cameron talks about in the artists way. She talks about morning pages, it almost sounds like this could be a type of morning pages activity that is not about writing, but this kind of non vocal part of ourselves that expresses and then she says, Don't read, I mean, take any up things that come out of that, that are action items that have been bugging you certainly transfer that to your to do list, but then not to read it not to keep it in any way. So I feel like it could be a practice of just sketching for the day, right? Spending some time honing your craft or having fun or putting your emotions and certainly when you're talking about resistance, I feel the resistance when I'm in a good mood to do art because I'm like, oh, that seems frivolous. It seems silly. It seems like you know like shouldn't I be doing real work or paid work or you know, there's like my to do list is off the table what is three minutes of aren't really going to do for me and so maybe I need to just like you were saying challenge that resistance. Perhaps those are things I can learn from your practice that I you know, and I will say it In the two to three years, we've been doing these kind of regular sessions together, I feel there's times where it comes a little easier. And then there's other times where I'm like, No, I can feel that wall coming up. So, I really appreciate what you're sharing about that, that it can help us process happiness, and encapsulate that in the moment, but it can also help us process grief or heavier feelings. What are some, as we start to wrap up here, what are some last, you know, what, what didn't we get to talk about that you really wish you had gotten to say?

M

Miranda Wildman 20:41

Let's see, let me let me check my notes here real quick before I, before I decide, just wanted to make sure that I had mentioned everything that I had thought about. Yeah, I think so I will definitely include a list of utensils and ingredients for expressive arts play. And I want to just really, I think, I just really want to emphasize that this is about being playful, and allowing ourselves that time to be playful, whether it is three minutes, or 30 minutes or three hours, you know, whatever that time is to allow ourselves that and to really make time for that because we deserve it. And I think that when we do these things for ourselves, they also ripple out to the rest of the world. And so, you know, doing these things, for ourselves can be contagious. So hopefully, with doing our own practice, we can inspire other people as well. Okay, yeah.

A

Anuradha K 21:57

I love that, yes, let's do that. As a way, you know, to really ground ourselves each day, that can set us up with a good foundation to set our stage set ourselves up for this stage for thriving. One of the things I have loved is you send me and my child, your art kits monthly, not monthly, you know, quarterly, you know, as you create them, you send us these art kits, and they have been a magical. So, we have these amazing possibilities that come in the mail, and you walk us through how we can use these tools. So, I know that's part of your offering. Where else can we find you tell us a little bit about these art kits? And tell us how we can find you.

M

Miranda Wildman 22:44

Okay, cool, thank you. So, I love creating a little art kit that anybody can travel around with. I usually make it about yay big and it comes usually in a pouch or a box that you can carry with you. And I include usually a surface meaning like a tiny sketchbook or a wood board or something to make the art on. And then a few materials, mixed media materials to work with, they all fit inside your little box or pouch. And what it is it's is kind of an extension of what we talked about today with some specially curated materials. And, I love to collect materials that are either made by Indigenous, women led or Black owned companies. And then I, also tried to seek out materials that are either recycled or made with ecologically friendly materials, which is sometimes hard with art materials because there's a lot of plastic involved. That's a whole nother conversation. But yeah, so what I like to do is I curate these art kits. And I like Anuradha was saying I try to make them quarterly and they are a limited edition art kit. And when you buy them, I give you a one hour on Zoom workshop with me where we can work with the materials if you so choose. And, I would love to offer that to you. And, I will send along a special coupon code that you can get a discount on that art kit if you would like.

A

Anuradha K 24:35

Thank you so much. That's so generous of you, Miranda. Definitely take Miranda up on that. Not only for the art kit that's specially curated. And there's some amazing projects like cyano typing and lino prints and so on. But then there's also this time with her, which is precious to really learn. My daughter has enjoyed those moments with Miranda to learn with her, and they do the project too. Gather, so it's so fun. Thank you so much, Miranda. And you can find Miranda over on Facebook and on Instagram under Miranda Wildeman art Correct?



M Miranda Wildman 25:13
Yes. Excellent Miranda.wildeman.com

A Anuradha K 25:17
Okay. Okay, sounds good. Thank you so much.

M Miranda Wildman 25:20
Thank you so much. This was so fun. Yeah.