

Educating the Heart with Nature Art

# BIRD SONG

Marghanita Hughes



# Bird Song Art

"Once upon a time  
...there was the simple  
understanding that to sing  
at dawn and to sing at dusk  
was to heal the world through joy.  
The birds still remember what we  
have forgotten,  
that the world is meant  
to be celebrated."

-Terry Tempest Williams

## BIRD SONG

This week I have been focusing on the bird song.

I love music, we all have our favorite music and bird song is one of my most favorite of all - it lifts my spirit, speaks to my soul. Nature, even from a distance, invites us to

*play, explore, create.*

This is the ideal time to nurture your innate need to be creative and I cannot think of a more awe inspiring environment to be creative in, than the natural world. If like many, you have been instructed to stay at home, then let us bring nature indoors. Open the windows and let the fresh air and **bird song** fill your home.

Today, I am sharing a very simple **nature based art** activity you can do outdoors or at home.

### You will need:

- several pieces of paper and pencil
- one very large piece of paper or card
- Oil pastels or chalk pastels  
(alternatively you could use crayons or paints)



Watch the Video - Bird Song



When you can, head outdoors and find a spot where you can hear the birds. Listen with your heart and let their beautiful music nourish you. The vibrancy of the Spring flowers were the inspiration for this simple pastel drawing.

Watch the video.

Birds of all shapes and sizes put their whole heart and soul into singing and their song can give us a **sense of happiness**. This interactive workshop is all about *celebrating* our feathered friends and their beautiful **-soulful music**.

*How do we paint bird song?*

We will explore how we can paint bird song through colour and movement.

Love  
Happiness  
Joy Freedom  
Peace



A very warm welcome to Educating the Heart with Nature Art

I believe we are all highly creative, spiritual beings deeply connected to the Natural World. And I believe that nature art can be a pathway to human *health and happiness*.

And like you, at times, I feel overwhelmed by what is happening around the world. What helps me through this challenging chapter is spending time in nature and staying creative.

Nature is a **truth** that stabilizes me - knowing the sunshine will rise and set each day, the *birds will share their soulful song*, blossoms will bloom, trees will sway when the wild wind blows - this is incredibly comforting...something real and truthful.

I love birds, their song, their beauty, their flight and so I have created a workshop so you can explore how you can express your feelings for our feathered friends, the birds and their beautiful - soulful songs. Everything is explained in the **video**.

Watch the Video  
WORKSHOP



# FEELING

The Music



**Creativity** is ancient and part of what makes us **human**

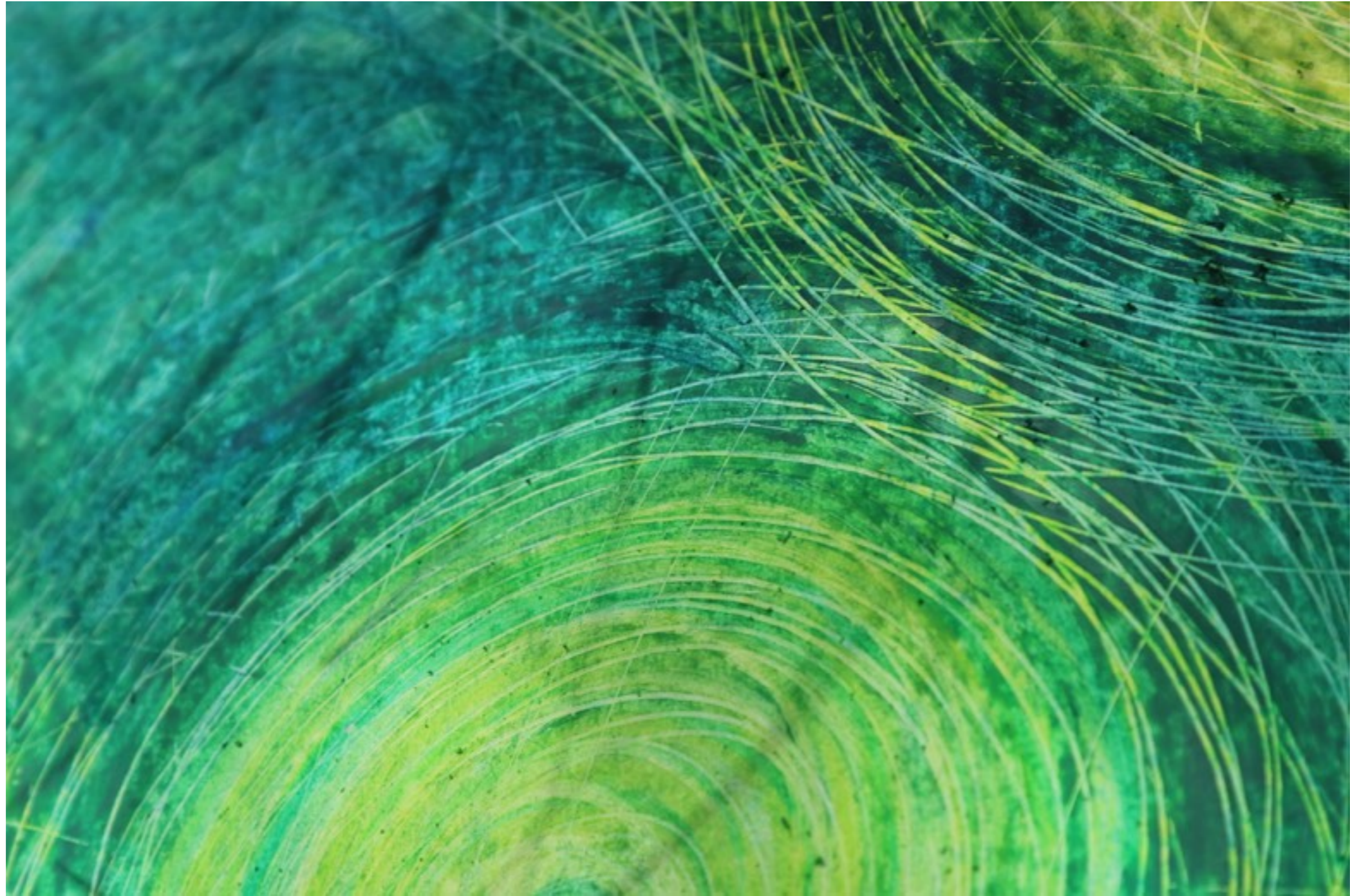


# WHAT YOU SEEK IS SEEKING YOU

Rekindling our sacred relationship with Mother Earth

Soul to Soul - Heart to Heart

through Nature Art



Like the birds, I have not forgotten - I wish to celebrate the wonders and joy of our natural world with you all




# Spring Bird Song

“May my heart always be open to  
the little birds who are the  
secrets of living” - ee cummings

My Spring Bird Song was inspired by the vibrancy of the birth of Spring and the soulful backdrop of the bird song that filled the fresh morning air.



A small, light-colored bird with a dark stripe through its eye is perched on a brown branch. The background is a soft-focus green and yellow, suggesting a natural outdoor setting. The bird is facing left.

Listening to uplifting  
music - such as **bird  
song** is **soothing**  
and can help reduce  
feelings of anxiety

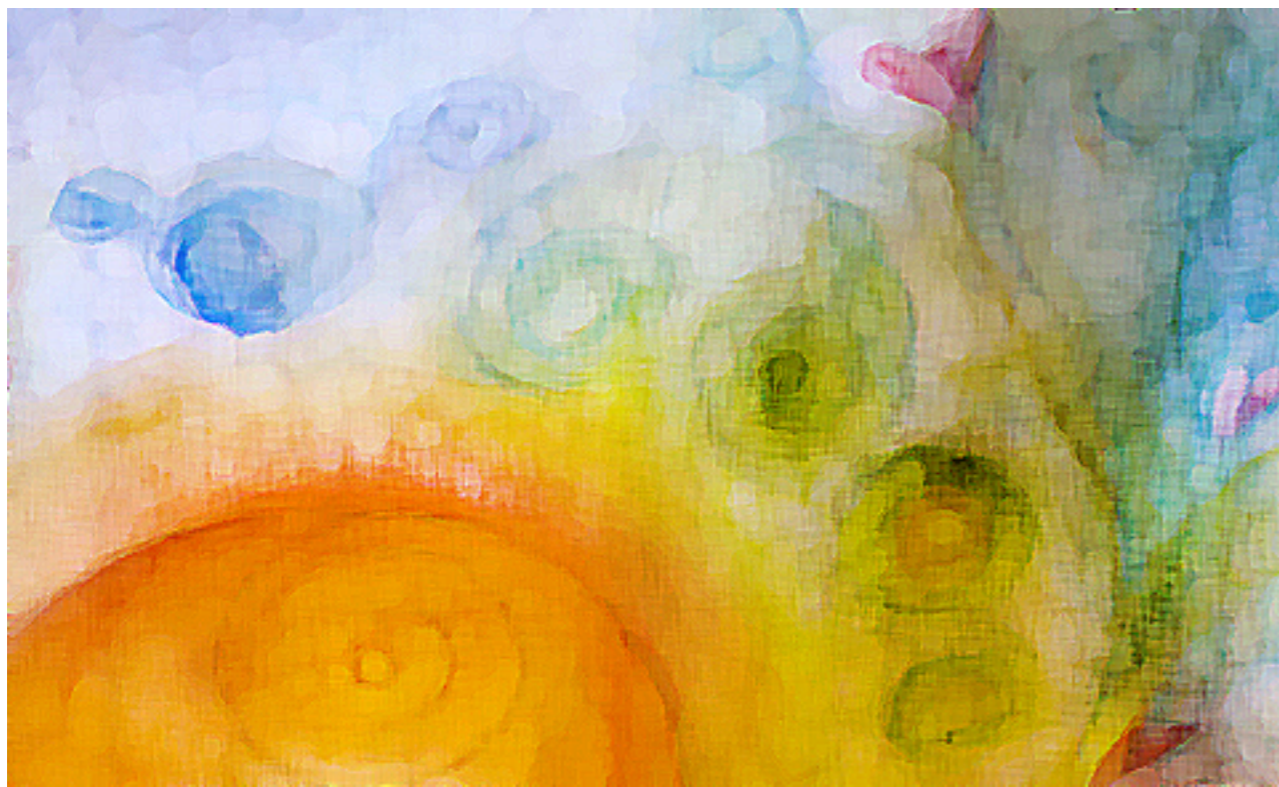
# The Joy of Bird Song

Bird Song makes my heart sing and my spirit dance....to wake up to their angelic chorus is truly one of the most beautiful pleasures of this world. They are a sacred precious gift and why I chose to celebrate their song, beauty and wonder for this new module.

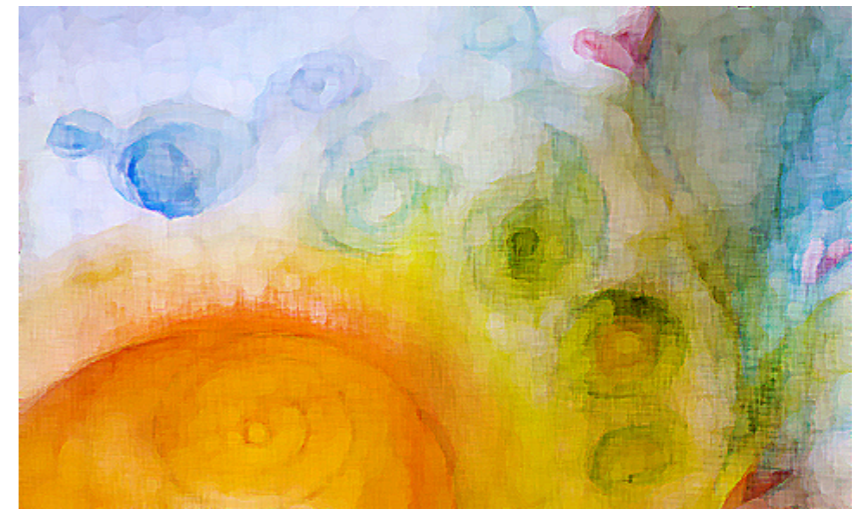
***Listening to the birds*** - if you don't live anywhere near a green space where you can hear the bird song, take a walk to the nearest park or woodlands where you know birds live.

Let their music soften your heart, let it seep into your whole being. FEEL IT! Feel it move you.

BREATHE IT IN! Let it enter your whole being and let it speak to your soul.



*I step outdoors, the gentle wind carries the smell of sweet pine and the birds sing joyously - barefoot I find a spot under the shade of the Ponderosa pine and begin to breathe slowly and deeply. Breathing in all the beauty - how can one not be moved by such pure, innocent music gifted by our feathered friends - deeply moved, my paint brush dances across the paper creating my interpretation of today's bird song - full of gratitude on this sacred day for the bird song.*



## What birds sing to you?

Do you have a favorite bird?  
Why is it your favorite?

# Listening with our Hearts

“The robin flew from his swinging spray of ivy on to the top of the wall and he opened his beak and sang a loud, lovely trill, merely to show off. Nothing in the world is quite as adorably lovely as a robin when he shows off - and they are nearly always doing it.”

— Frances Hodgson Burnett, *The Secret Garden*



This workshop is all about the creative process - the flow of love.

## FEEL IT

It's all about feeling the beautiful music the birds sing for us...allowing the music to seep into our whole being and letting the joy, the love, the beauty flow from our hearts into our art. This is a beautiful and soulful creative journey.

Here I will share with you a brief breakdown of the session today. This short section “Bird Song” is from my Urban Nature Art

Modules for Adults. All of the activities that we do in our programs can be adapted for any age group. If you wished to do this activity with children you would just simplify it.

In this workshop you will be completing 4 activities:

**A simple Meditation** - Sunshine

**Writing words** to describe how the bird song makes us feel

**Drawing bird song** - eyes closed/eyes open

**Pastel bird Song Art**



Heart to Heart - Soul to Soul



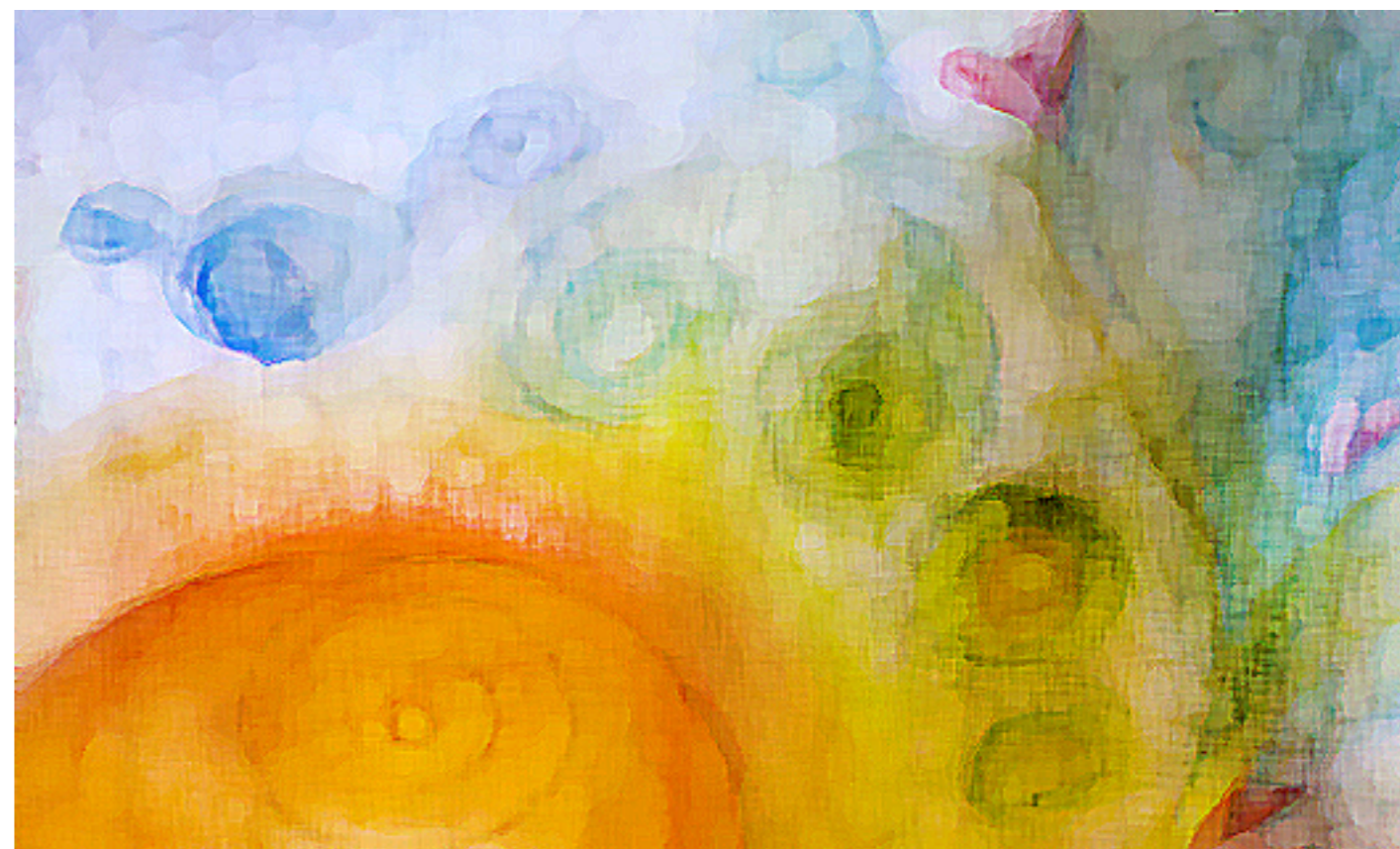
So to begin with - we need to feel relaxed, switch off all distractions, no phones!!

The meditation music in the workshop video is by Jai and it's called Sacred Earth - I love the flute - it really speaks to my soul. Later, in the workshop I added some bird song to this track so that it was a familiar sound in the background with the beautiful bird song taking preference. You can find the link to the music below.

## Activity One:

### Meditation and Gratitude - Sunshine

We all need sunshine. Just like the flowers and the trees, the birds need the sunshine to grow, as do we. All living things need the sunshine to grow. This meditation is a beautiful way to begin a session by appreciating the sunshine and our interconnectedness.



#### MUSIC LINKS:

Here are the music links I used during the workshop. Of course you are free to choose whatever music you wish to listen to, you may even have your own recording of bird music.

Bird Song - [Bird Song](#)

Meditation Music - Jai - [Sacred Earth](#)

**Activity Two:** listening to bird song and expressing how we feel through words

Play the bird song music link above and close your eyes.

Now open your eyes and write down 10 words that describe how you felt while listening to the bird song.

For an example - hearing the bird song when I wake up fills me with joy, happiness, love and gratitude

Feelings: joy, love, happiness, pure, innocence, peace, gratitude

# Happiness

During the day when out among the spring flowers I may hear a blackbird, and a wren, and see a hundred shades of green - vibrant and full of energy.

So for my colours I would write down:

Golden light, vibrant green

And my feelings:

Joy, energy, awake, vibrant, alive, grateful, love, abundance

On other occasions I may hear the collared doves and my feelings and choice of colours would be different.

Feeling: softness, calm, gentle, soothing

Colour: light soft blues, gentle warm creamy greys, soft pink

*"As long as I live I'll hear waterfalls and birds and winds sing. - John Muir*



# Peace

# Love Alive Joy

# Playful

# Elegant



You will require to watch the video for the Pastel Art Activities.

In the workshop video I use both chalk pastels and oil pastels



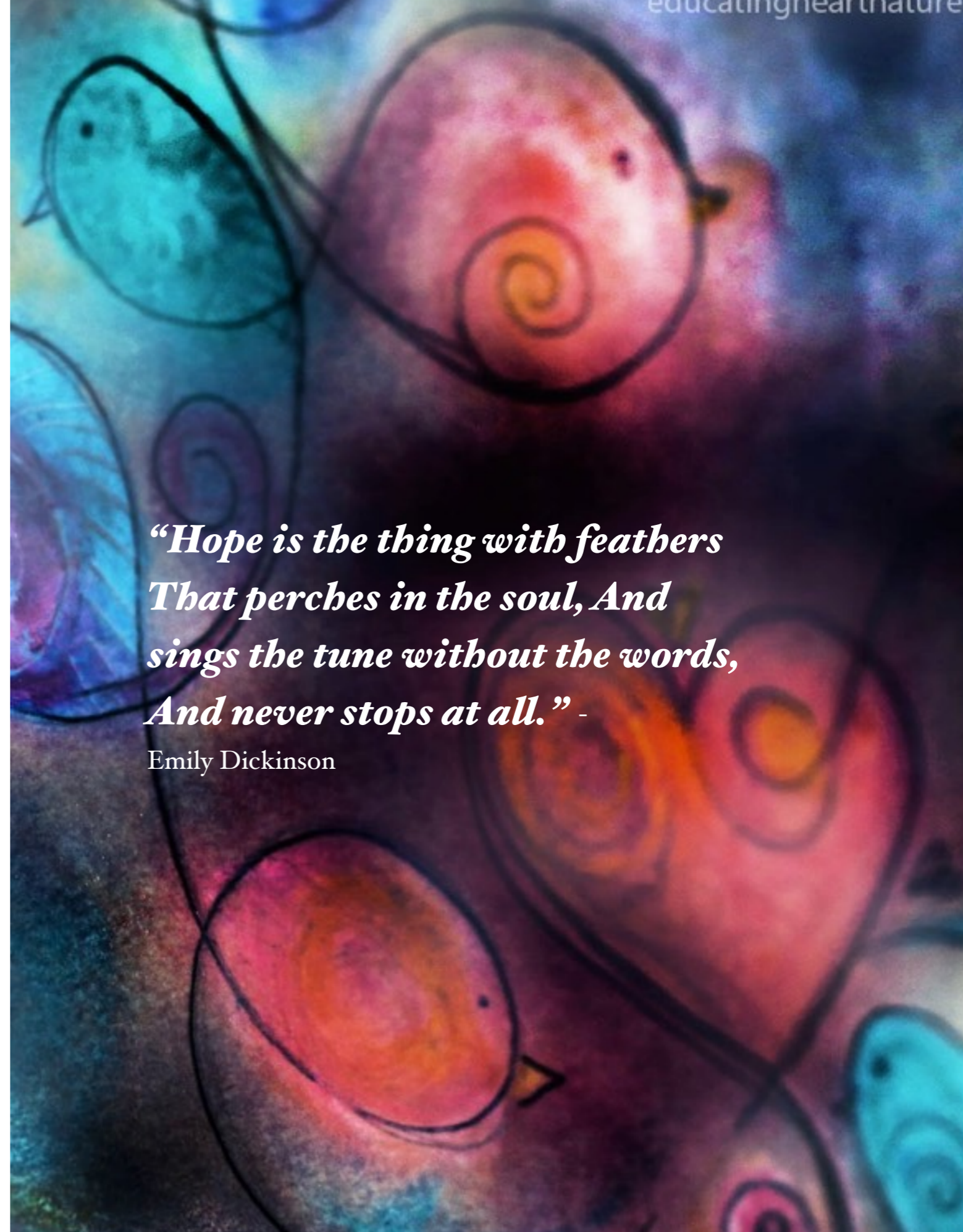
### Smudging with Oil

I love the vibrancy of my pastel birds in this painting-when I rubbed in the oil, it seemed to make their song even more delightful.

### Connected

Painting from the heart *we feel alive*, colourful and happy - we feel **connected!**

Sketching and painting the local birds, nurtures a deeper relationship with the natural world



*“Hope is the thing with feathers  
That perches in the soul, And  
sings the tune without the words,  
And never stops at all.” -*

Emily Dickinson

There are no rules, no one is judging you, this is ALL about expressing your feelings - how the bird song makes you feel. It is all about the creative process not the finished product.

LETTING GO  
FREE TO FLOW  
MOVEMENT  
COLOUR

I am hoping you all have pastels - it's such a beautiful way to get movement and colours merging together...however if not it's perfectly fine to use paint or crayons.

## Process over Product

I really cannot emphasize this enough - it's all about the creative process, the joyful journey not the finished product

Using pastels I can add coconut oil and blend the colours - now instead of using a cloth, I am using my hands, its extremely messy but that is part of the fun, great sensory experience...you can really lose yourself in the process, your fingers dancing - flowing across the smooth, wetness of the oil, the pastels and the paper - connected - flowing.

NEVER RUSH ART



## The Power of Bird Song

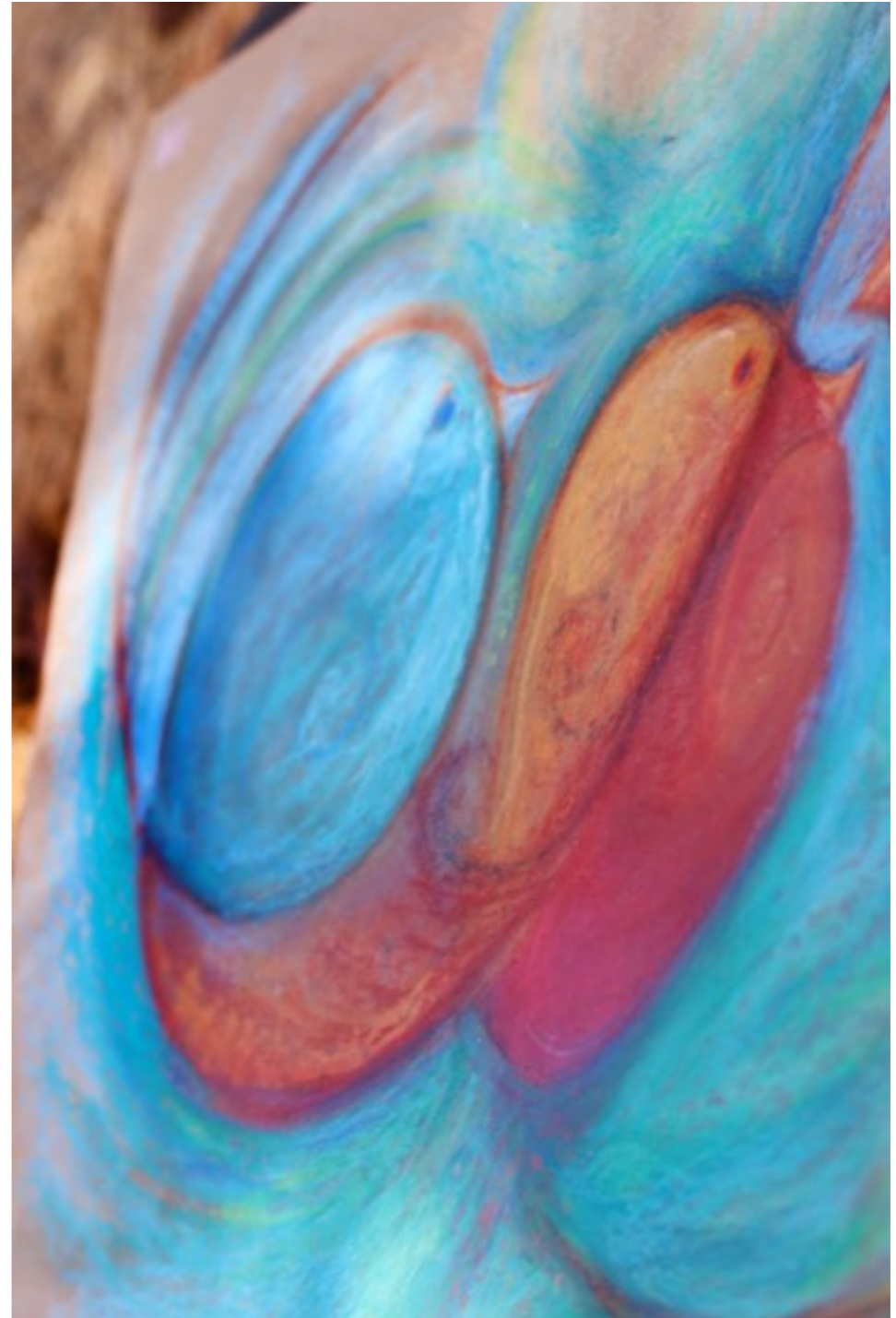
*"We're told to eat our five a day but finding a few minutes in your timetable to listen to birdsong could be just as good for us" - Peter Brash, National Trust ecologist*

The National Trust suggests people listen to birdsong for a few minutes a day to combat low moods. Sound expert Julian Treasure agrees.

*"It resets the ears, allows us to hear properly. Most of us walk around with our ears switched off because so much noise is unpleasant. Unlike so many other sounds there's no maximum exposure to birdsong."*

*"People find birdsong relaxing and reassuring because over thousands of years they have learnt when the birds sing they are safe, it's when birds stop singing that people need to worry. Birdsong is also nature's alarm clock, with the dawn chorus signaling the start of the day, so it stimulates us cognitively."*

Far too often noise can make it hard to concentrate, be it a loud television, loud traffic or loud people. But audio experts say certain sounds can make it easier to focus and they include birds singing.





Take you Art Outdoors!

Taking the drawing *outside* - I wish to continue building on the colour and decide to sit outside and listen to the bird song under the shade of the Ponderosa Pines...and I allow the pastels to dance across the paper, smudging in the colours as I go. I completely lose myself in the movement - what joy, what peace and contentment....I become the bird song!

Nature Art Truly Makes Me Happy

*“Movement, change, light, growth, and decay are the life-blood of nature, when we experience these - we become the very substance, it is reflected in our creativity- our art -  
Andy Goldsworthy*





I move the painting around, seeing it in different light, moving it into the grass I brush against seeded dandelion heads and the whimsical fairy wishes dance with the bird song, pirouetting gracefully in the gently breeze and I am spellbound.

How magical, how enchanting the natural world is, forever gifting these precious - sacred moments of joy, wonder and communion...truly grateful for these moments.

This is what I love about creating, even after finishing my sculptures or any piece of art for that matter - it is never really finished - if you play with your creation - there is always more to experience, explore, discover ***about art, about life!***



## ENERGY

The power of Music - the power of your  
beautiful Bird Song -  
can you feel the energy?

So there's this beautiful joy-full energy  
when we create from the heart, can ***you***  
***feel the love and connectedness.***  
I wish to send it out to the universe...our  
collective energy, our joy, love and  
appreciation for our little  
***feathered friends' music.***

I also wish to **thank you** for taking the  
time to watch the video and make time  
time to be creative - to express yourself.

Bless you for your creativity, for your love,  
***for being who you are*** - you are beautiful  
- you are amazing, you are here right now  
being who you need to be and that truly  
is ***magnificent.***

Thank you.

I really hope you enjoyed the video and inspired you to express your feeling and love for the beautiful music the birds gift us each and every day - what a gift, what a blessing, what a miracle.

I hope you will join us for the gathering to share your art, your dance with the bird song.

### Staying Positive

More than ever, I feel we are wanting to connect, to share, to **feel human**. We need to connect, to communicate, it's part of what makes us human. Let us share our feelings, our ideas, as we journey through these times of uncertainty. Nature Art, like the Bird Song activities can help bring **harmony and balance** back into our lives, helping us to focus on what unites us, helping us through this transformation we are going through, helping us to adapt to new rhythm.

Our connection with our natural world is vital for our overall health and wellbeing and listening to bird song helps us relax both at home, and at work, and at school.

*“Many experts are convinced that these sounds are reassuring to humans because over thousands of years of evolution we learned that the sweet melody of birds merrily singing is an indication that our environment is safe.*

*This feeling of security in turn reduces our blood pressure, enables us to concentrate better and helps us think more clearly”.-*

Holger Reisinger







dost pour upon the world a flood of harmony

William Wordsworth wrote the skylark's babbling

Nature connected children need nature connected parents and teachers.

If we are in love with the birds and the trees, and the bumble bees, then so too, will our children - for they will witness our love, through our eyes, our hearts - our whole being. When we love nature, that love seeps into everything we do....  
can you feel the love?

Join us for more Nature Art Activities online @  
[www.marghanita.com](http://www.marghanita.com)

