

Travel Injoy Book

by Kathleen
O'Brien



September 17, 2023 - gettin ready for

the first coasti... celebration

Semmel... + 2 subtle Brushes - Travel



32 color swatches - prism - this

Sakura Brush

Palomino Blackwing

erami - sharpener

White Stick

Lamy Pen with Eau de Nil ink

Paint kit
121...
Tea...
Sensations...
Crystals...
wax...
Tummy...
wax...
from...
Laura



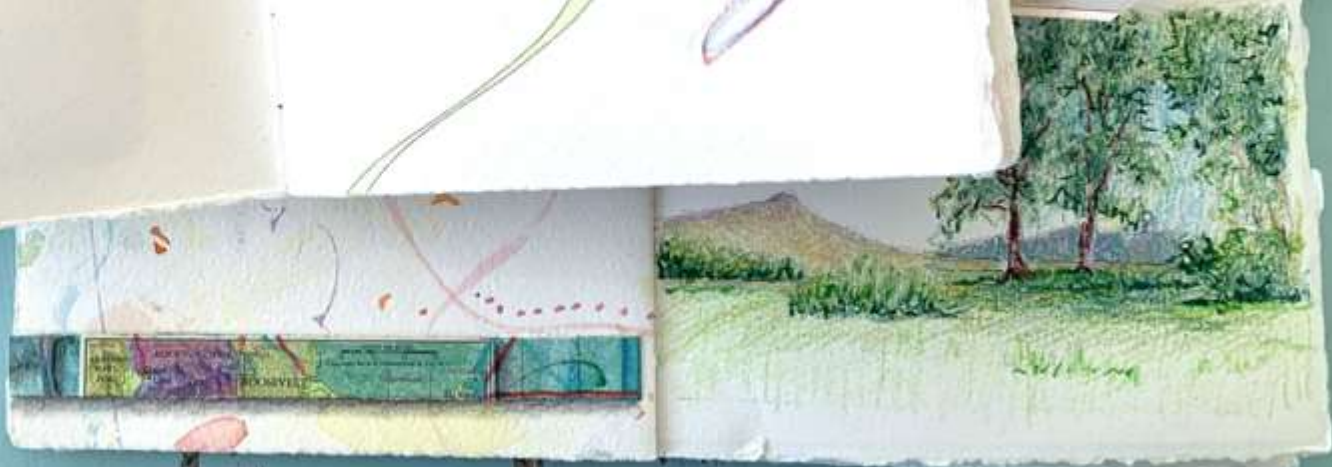
Pushing
the
Joyful

Purpose
explore
new
way of seeing
being
enjoying

Mog

new shades
Green
New Color white
Cool Primaries
Neon Blue
Neon Green
Neon Orange
Neon Purple
Delft

Handwritten notes and sketches on the right page, including a list of items, a small drawing of a person, and various color swatches.



9.21.23

INJOY

How I realize what I fear about being an artist is the pressure to produce. I will to rest at a moment

piece to f (H.H.) Create Come a m

Yellow and to come see
to strategy meeting -
Pumped to see and his
children

15th Annual Autumn
Open Studio
November 4 12-6 pm
newest art
rare bead jewelry
"History of Sunwise Land"
talk by Greg Orth
refreshments
trail walks
Kathleen O'Brien Studio




HISTORIC GAP AREA TRAIL MAP Cumberland Gap National Historic Park

9.29.23 left home early
at 8:23 arrived at
Cumberland Gap
learned about deals in
the visitor center. Walked
the Pinnacle Trail picnic
bench on the parking area
A word in HOT Springs
AT 2:30 - Sundance Cabine
AT 4:30 - (Cave) camp out
Hot tub was a challenge
this page done without my glasses

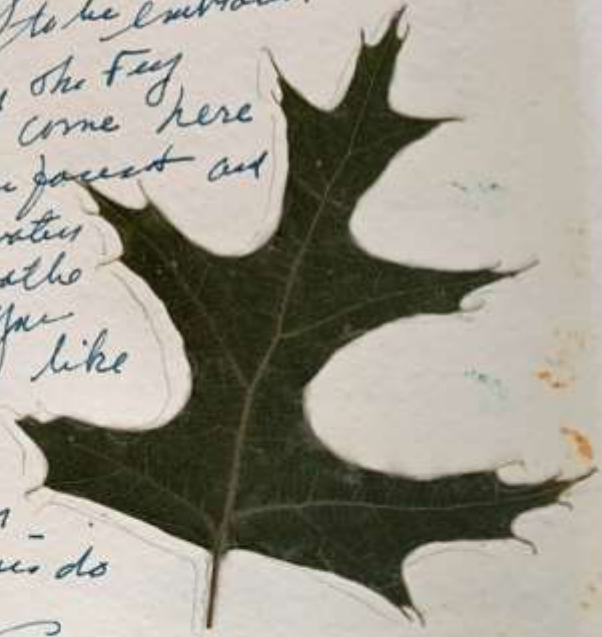




Plants from
around
Sundance
Cabin



If you want
to be embraced
by the Fey
come here
The forest and
waters
batho
you
like



no other
when you do

No thing

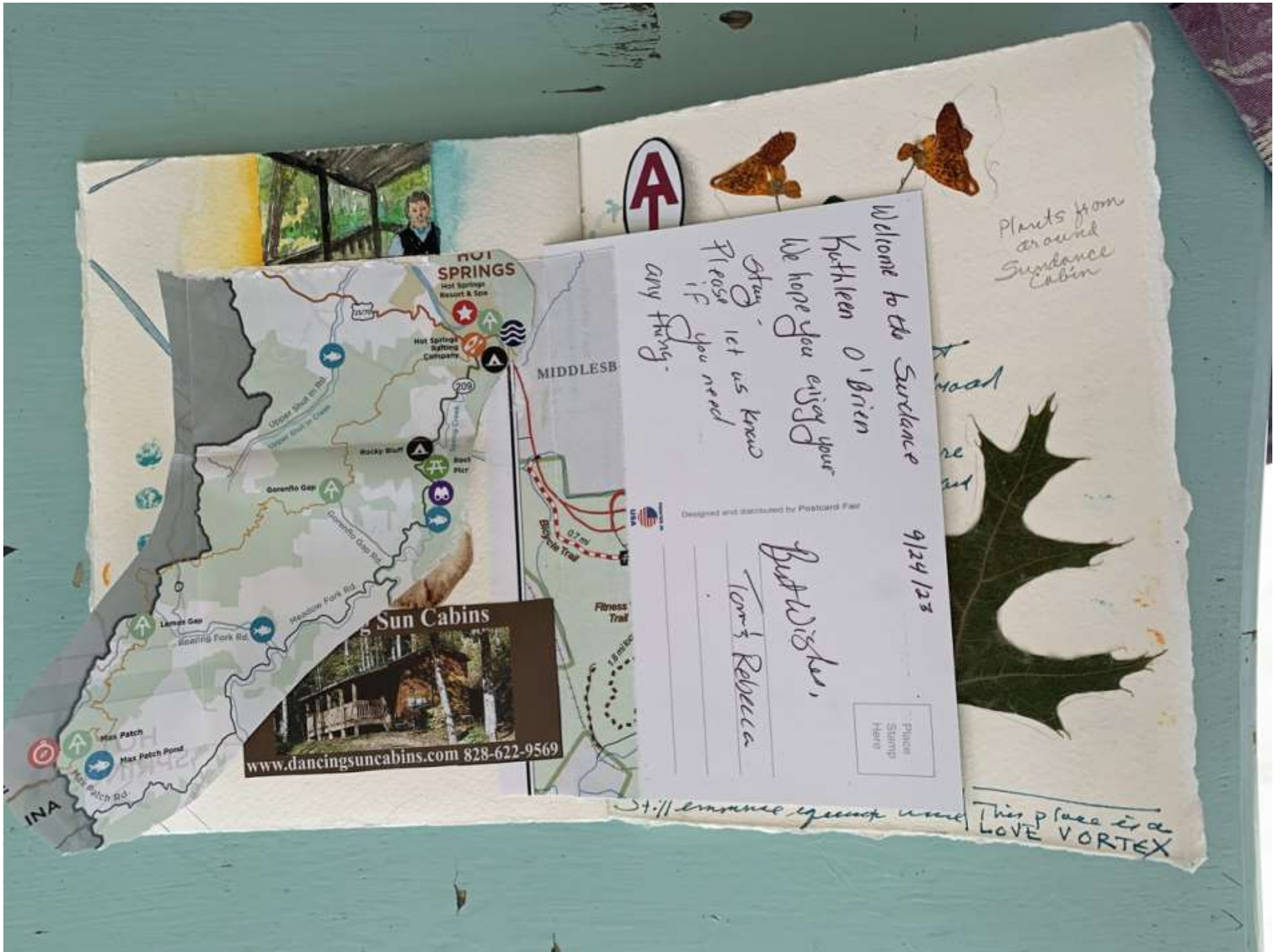
- sunset time 9.25.23

Still enjoying quiet time

This place is a
LOVE VORTEX

September 25, 2023

on the Karpine Trail NOT



Plants from
around
Sundance
Cabin

Welcome to the Sundance
Kathleen O'Brien
We hope you enjoy your
stay - let us know
if you need
any thing.

9/24/23

Designed and distributed by Postcard Fair

Beth Wisker,
Tom's Revelle

Place
Stamp
Here

Still immense great love
This place is a
LOVE VORTEX

Dancing Sun Cabins
www.dancingsuncabins.com 828-622-9569

From Rebeca Galvan's
The Sacred J

"Prayer is when you talk
Meditation is when you
- And

May I be safe.
May I be happy.
May I live with ease.
May I live in loving be

May all beings be safe.
May all beings be happy.
May all beings live with
May all beings live in lo

Buddhist Prayer.

God gave us eyes to see the
in nature and hearts to see
the beauty in each other



MAX PATCH

AURA
CARD



CROWN



THIRD EYE



THROAT



HEART



SOLAR PLEXUS



SACRAL



ROOT

This is a grounding
exercise intended to
bring you into the moment.

Sit or Stand & meditate

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell.
- 1 thing you can taste.



Water therapy

Remembering you are loved
Take a moment.
Relax and breathe.
Now begin writing or
naming all the people
that you share love with.
Write them all down and
remember that you are
held in love



9.26.23

An Unforgettable
Lovely time
with my true love

27 Went to had last
night at 9 after that this
at 8 and just then, P.S. I sent this
soaked for me, the little
related - no mouse, no mouse, no mouse
or left, only used it for, no mouse, no mouse
heading home soon - its table
I write the pencil

We had a nice drive home
the friendly team of Cumberland Gap T.N.



Dish Towel

September 29

11:45 AM

Audrey in the gate ready to fly

on the first NON-STOP

Demerits of Spring to

Audrey suggested:

Oct. 2 - For Open Studio invited: as artist its our time to help people, guide them back out remind them what its like to be around live art -

See color as opposed to Screen color -

What makes a studio -

Struct Themes -

I'm excited to surprise you

Curiosity - Mystery

Nut cracker tea pops in. Pop up -

October 9. A beautiful fall day



- Shadow Green - Walls
- Pearl Grey, Graphite, Deep Purple Grey; Ceiling
- Alto's Red Grey - floor shadow
- Dark, Cerulean / Sky
- DS Cobalt / Sky
- Son.
- Y. Russian Brown - bushes
- Veridian, Procession Green - Chairs
- DS Attention Lamination Red - Post
- floor - Race Unbroken (DS)

With Heart



Oct 12, 2023
Oct 13 - Oct 18
"Dark Vase of Lilies"
St. Trivena

- Antique Blue Green
- " + Undersea Green
- " + Russian Green
- " + more Undersea Green
- Russian Green
- + Cerulean
- " + Cerulean Verditer
- Shadow Green
- Cal. Green Pale
- D.S. Italian Venetian Red
- H. Brilliant Orange
- D.S. New Gamboge
- H. Raw Umber
- Black gouache
- Quin Bolt
- Quin Vermillion
- Quin Lilac
- Antique Tyrian Purple
- Black ink

October 20-27
"Vofy" paintings -
Scarp forest
follow the light
11.10 - takes out they are
staggered 1-4. Larkin
really grooved on them -
11.11 *LL* Life in the
Liminal Lane
continues its
about not belonging
to any land (except Boukter's
and the creek) This is a mix from an oval
+ oval - extensive mix -

TO SOLVE

LL

Eau Nil Ink Lany Studio

NOV. 14

Serpentine D.S.
Synchro
city
found in the
Scrap bag on 11.14

G RECEPTION
NOV 14, 5 - 8

- Amethyst*
- Antique Tyrian Purple*
- Rose of Ultramarine*
- Permanent Magenta*

DA Vinci Cerulean
Thanksgiving
11.23.23
Aron's
Sky blue

Autumn 5
5 x 7
New
Gamboge



...from ...
 ...
 ...
 ...
 ...
 ...

NECESSITIES (C) ...
 • Trust • creativity ...
PURPOSE - (S) ...
 • ...
 • ...

INTENTION ...
 ...
 ...
 ...
 ...
 ...

Owls
 Light/Hearted

December 15 2023
 2nd Halcyon Day
 Present for R

...
 ...
 ...
 ...
 ...
 ...

**Prisma a color
 Pen with
 29 pensils
 3 art sticks**

Inside The Bag
 This book
 2 Porcelain pallets small
 tiny water jars
 glasses - cleaner
 Sharpener

Panel Bag
 Packaging
 Micron 01 03 Pan sh

Laney Pen
 2 travel brushes
 eraser
 glue stick
 Travel Pen

December 8, 2023
 ...
**GOD
 BLESS
 OUR TRIP**
 ...

December 22 Longmont



Mine



Gifts from the
Staff at The
Solstice Party!
Our arrival welcome
of Chicken Soup
12.21.22

Live with happiness!
Wiz Libbus

12.22.23



Monday
French
Omelette
Soup
12.23

Lasagne
Bolognaise
a la An
"Mama Modesti"
12.25
(Cook 12.24)

DAY OUT of Time
12.23 Rummikub

Rummikub
Champion
2023!
Kathy O!

12.25
Anniversary
of Christmas
Engagement!

12.23
A wonderful evening
at home a sunny
day of Rummikub
with a party



Christmas Eve - 37 Presents! about 9:30 AM

K	J	GEM	ALEX	GO	AM	BAS

GEM Sup. at Wal 1005

65 presents in the afternoon on Christmas Eve



Bel

Zelda is such a scardy cat of it is so funny and she is just the best cat ever.
Gregory

Corgi pencil case from B&B



Greg	K	AC	J
+50	-5	-20	-20
-52	-3	+32	-32
-2	-8	+52	-52
-33	-11	+3	+11
-35	-19	87	+21
-14	+49	-25	+33
	-19	+62	65
	+39	-21	-52
		+44	+13
		-24	

12-23-23



Christmas
elves have
been at work!

TO MOM
LOVE B

Bob's Animal
Crowdfund

Basils & Ranch
Onion Soup
12.23

ALEXANDER

3

MERRY CHRISTMAS

DS Amazonia
Genuine

DS Indigo

Sailor

Baku Flame
Sheen

25th
April
- Sang
Turquoise
Lapis
Beads

A message a miracle gift

Roads crossed
12-26 - 27

Aachen
with
GEM

1226 WARRIOR Storyfield

To Makina it
Count

12.27.23

Bliss note to Sunahina

one day later
6th December 29

LOANMENT

COKS

3hr
15min

NO

2hr

7 hour

5.5hr

4 IN

December 29

30min

Home at
6ET

Another ...
DAY
out of
time
12.27

12.26 and
12.27
Via Shin
Goody care
Package for
the drive
Coolies Nuts
and Branels

Watched the boys -
cat - singing to
Gma. A lot of
the play dock
end of the Dock
Beads

Made for
GEM light
warm enough to be
out side by the door



NEW WORLD
COLORING BOOK
30 days in day by
day with a brief
description of
the days thought/
track.



Steve Allen

12/31/23

Schoolhouse
Coffee Sunday
6/8/2023

Last day with friends
in conversation

Beyond The Doors of Perception
I see the chemistry of reality





