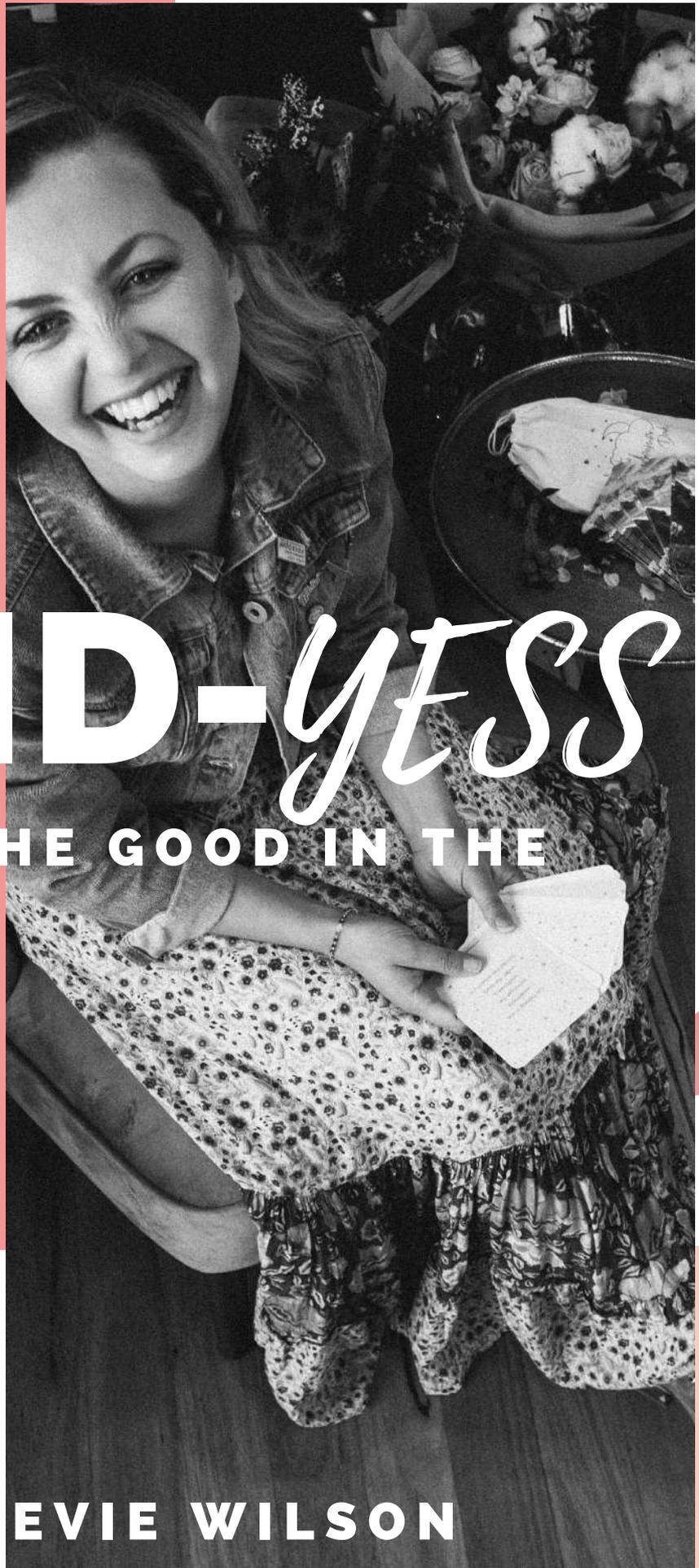


KIND-YES

FINDING THE GOOD IN THE
WORLD

EVIE WILSON





HELLO! I'M EVIE

The one thing that we can share, without cost or sacrifice, or really even much effort is positivity and kindness, so here's my bit.

Thank you for joining along in my ride to help spread positivity around just that little bit more. Inside these pages

you'll read about the love of art, the art of love and about raising your vibes, all things we need currently in our world. I've added little bits of what I'm loving at the moment, along with people I think are just the bees knees, so enjoy!

Evie Wilson



01

EVIE WILSON

WHY POSITIVITY

As the beginning of 2020 well and truly spins our world on an axis of uncertainty, why the hell not positivity?

We're now in March of 2020. The amount of memes online that have addressed the topic of what most people are currently thinking, "WTF?", is in the millions, but one in particular caught my eye this week. It was on Instagram, and simply said, "Has anyone tried turning 2020 off and on again and seeing if that helps?" I have to admit, it captured my thoughts perfectly. We've had a crazy rollercoaster of fire, floods, cyclones, big talks about climate crisis, and now

Covid-19. I'm finding myself in a strange disbelief of what our world has had to endure in such a short space of time. Or, if I flip my thinking, what the Universe has done to us to get our attention - another point of view I often adopt. If anything, all these things, and especially the latest, have shown us how now more than ever we need community. And this comes, ironically, at a time in history when people are feeling more socially isolated than ever.

And how can we start to build up our sense of community and our connections? By putting ourselves out there, reaching a hand out, and sharing some positivity to help everyone feel included.



**“
SOMETIMES
WE NEED TO
DISCONNECT
TO
RECONNECT.”**

Lisa Messenger



02

ROSIE SAYERS

HOW CAN WE UNLOCK OUR CREATIVITY TO FIND
OUR TRUE PATH

Rosie Sayers is a Victorian artist creating psychedelic, out-of-this-world collage artworks, transporting you to a space of colour and dreams, giving you food for your eyes so uniquely different to art you've seen before.

*After working full-time in Melbourne for some time, Rosie and her partner Dylan packed up their life and have been travelling around Australia for the past year, in a bus you have to see to believe. I have been lucky enough to meet Rosie through my brother and sister in law, have had Rosie create the stunning artwork for my project *The Daydreamer Deck* and now I get to call Rosie a friend.*

Wanting to pick her brains about creativity and inspiration, last year I called Rosie for a chat. I think you'll love it.

E: For people who don't know what you do, how do you explain the kind of art you create and the process you use?

R: I would say that I use mixed media collages, digital and hand cut, and I like to play around with textures and colours to transport the viewer to like a different world or a different place, like a happy place in their mind. A beautiful woman said recently that it's like the artworks are taking you to a higher level or higher frequency, and it's this kind of subconscious thing that I didn't even realise.

E: For me it's the colours of your artworks that are all heightened to seem like a dream state.

R: YES!

E: And would you say that overall a positive and happy feeling is what you aim to create?

R: Definitely! It's super positive, that's how I want people to feel when they look at them. You know, the bright colours, and the glitter and flowers, they're all such positive and happy aspects, that is my goal.

E: I know that your mum is an artist, and I believe your grandmother is an artist, did you always feel like that was something you were going to get into, or do you consciously remember making that choice?

R: Ever since I was really little I had grown up around mum or Grandma's studio, and there's always been paint and brushes and everything around me, it's always been in my bones. I've always enjoyed it and loved doing it, but the only thing is I watched mum's process of getting to exactly where I would want to be as an artist and it's not easy, and so that sort of put me off wanting to create and be an artist. You've got to really put yourself out on the line. But all through VCE my subjects were all predominately media, art, vis comm, all creative subjects, then after school I took a gap year trying to figure out what I could do and trying to put myself in all these different boxes and I just could not see myself doing anything else but creating and I just thought, "No, stuff it, I'll just follow my heart, follow my thread and just see where it goes because this is what I'm meant to do, and see where it leads". I think it's all about passion and if you have that drive who knows where it could take you.

E: Did you have any major fears or doubts or blocks once you decided you were going to go for it, or was your confidence just there?

R: Not at all. I was studying graphic design at the time and found collaging because for one of my assignments I had to create a series of images relating to a poem, and the images could be created however we liked but it had to be done digitally. Collage has always been my favourite type of art form so I thought "Well, I'll give it a crack". I got a pretty good score for the assignment and then everyone who saw it was really sweet about it so I just started to create more. Then I created an Instagram account that I didn't show anyone apart from a few close friends, where I was posting these collages, just as like an outlet and just to have them all there, and I had no desire to share it or do anything with it, it was just a form of expression for myself.



After some jobs that I got as an intern, it was through that that I had to then share my page a bit and I started to get some followers and people were really sweet about it, and I just didn't understand it, but it kind of gave me the belief to keep going and that I could do something with it. All these followers were coming through and I was just thinking, "What the hell is going on?" So, I never really believed from the get go that these collages were going to turn into what they are now.

E: I know you said you really want the viewer to feel happiness when they see your artwork, on the flip side, for you, do you feel happiness when you're creating them?

R: Massively, it's when I most feel myself. I get addicted! If I'm in the zone, I have to go with the flow when I've got it. It sort of comes from a thread within myself and I'm just following it, I'm the vessel. I sit down, I get in the zone and I'm the happiest when I'm creating my collages, I don't have another care in the world.

E: And with that creative flow, is there structure to you getting into that flow? Are there instances where you know you're going to get in the flow easier than others? Like for me, if I listen to Angus and Julia Stone, I know that potentially something isn't far away.

R: I have to have a clean house; I feel like it's a clear mind. So, if I know I'm going to create I have to clean everything, that's my number one. And definitely music, I always have my headphones in. It's interesting because I've found my collages are different depending on the different music I'm listening to, they come out differently. Like the other day I was using old 70's playboy magazines and I was also

listening to old tunes from the 70's, a whole playlist of 70's and 80's, and I was using all my vintage stuff and it was taking me back to that point, kind of retrospective. Sometimes it's the trippiest, kind of hippy stuff I listen to!

E: Do you remember what you were listening to when you were doing The Daydreamer Deck?

R: Ooooooh! I think I was listening to Dope Lemon, which is Angus Stone's other project. I've actually been listening to a lot of him, there's something there with him.

E: Isn't that funny? There's a combination there of his music that resonates with us!

R: Yes, that is interesting, he does have something. Sometimes I like a nice smelling candle or something too.

E: This year you've been in the bus and it's been a working holiday so perhaps this time has been different but when you don't have that flow, do you just let it go and pack it up for a couple of days or do you have circuit breakers to try and manufacture the flow?

R: I definitely can't push it. And sometimes I'm sitting there and it's not happening and it's my worst enemy, and I have to just pack it up and just leave it. Sometimes I'll get up really early and feel it and start creating at 6am, and just go with the flow. I think that's when the good stuff comes, when I just go with the flow.

E: And it can be a fine line between doing things you're not happy with if you've pushed through when you weren't necessarily feeling it, because we can be our own harshest critic.

R: Oh god yeah. It can be really funny too because sometimes if I've created something and never thought of posting it to Instagram and just hated it and Dylan (Rosie's partner) will say "Rosie that's like one of the best ones you've ever done". And I'll put it up (on Instagram) and it'll just go off. And then other times if I'm quite happy with a piece and I'll post it and it won't get much. I can definitely be my worst critic. But you can't predict it.

E: Isn't that interesting? And do you think that's because you had in your head how you thought it would turn out? So, it's not always that it's a bad artwork, it's just more that it wasn't going the way you thought it would?

R: Yeah, I think so.

E: I'm desperate to know too, how did the National Geographic magazines come into it? Because that's your real thing now.

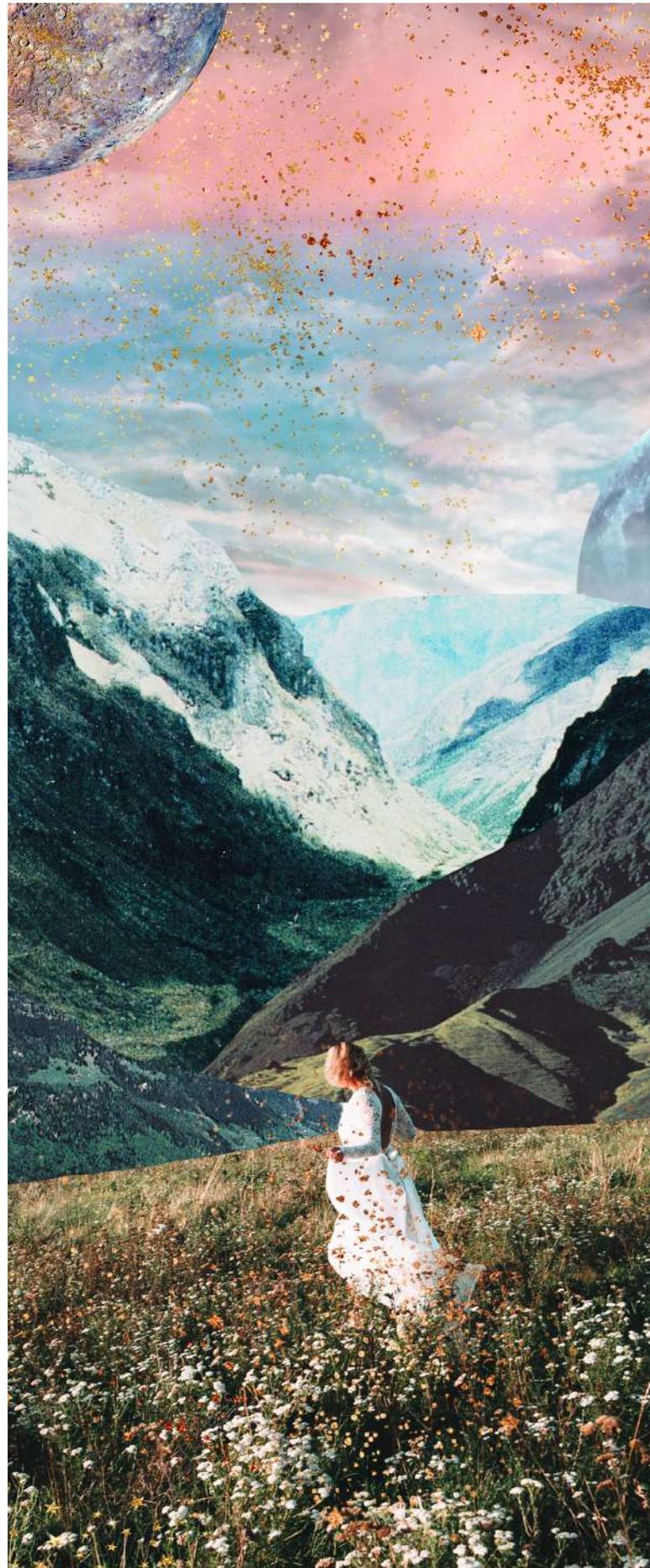
R: I would say, I have an obsession with film photography, always have and I really want to go and learn more about it. So that's a huge draw point, and the textures and the way it's printed in National Geographic I think it's really fun to play around with. My grandma had a collection when I was growing up and I was always obsessed with looking at all of the different pictures and found them so interesting the way the photographer's eye saw things and shot things. So, there's always been that draw to them, for a long time. I always look in op shops, and if I find a big bundle of yellow magazines I get so excited, like weirdly excited, there's something for me that is so exciting flicking through them and when I see the different images collages quickly come to mind, and my mind is ticking over thinking of all the different designs I could do.

E: Those yellow magazines really are your wonderland!

R: They really are!

E: Do you think that the trip (around Australia) has impacted your art?

R: It has to a degree, some of the landscapes have made my mind work differently and see things in a different way. We've seen so many contrasts of landscapes and



different colours combinations that I've never really seen before, that's definitely tweaked my mind. But also, the trip has really given me such a clear head, a clean slate, and I've been able to fully immerse myself in my art. I'm not sure that the change in me is a visual change in what I do, I think it's more that it's helped me to see my worth in them funnily enough. I've noticed on this trip I've grown a lot, I don't really know what it is completely, but I think I value myself more, somehow.

E: Yeah, your time is precious.

R: Exactly, I found working full-time in Melbourne I was so consumed with that, and I'd come home and be so tired, but now I have all of this free time to think and plan and create, and it's just been so powerful. So powerful.

E: I think sometimes there's some warped scenario that goes on that when your week is really full, you give away extra hours, and then you think, oh shit I've just spent 3 nights on the couch watching MasterChef, whereas when you have more time, you value it, and that time becomes yours again. Like when you have more hours you take them back properly or something.

R: Yeah, and another thing, because you spend so much time driving on a trip like this, there's something about being on the road and just driving. You get in like a trance, and my mind works differently when we're driving. There are no distractions, lots of desert roads and nothing really to look at. Something about that is therapeutic too, and I have a little diary that sits on the dash, and as we're driving, I've been jotting down ideas and all these different little points, and it's almost full. All the crazy and weird ideas that come to my mind when it's empty and clear.

E: It's kind of like that time is forced upon you too, you have nothing else to do, nowhere to go.

R: Yes! There's something about it. Then there's music playing too.

E: It's like a dream state!! What is the coolest project you've got to work on? And the one that's pushed you out of your comfort zone the most?

R: Oh, wow OK. It's probably the same answer to both of them. I'd say that the Elle Magazine one was really cool because I never thought Elle Magazine would want my collages in there, but then when they came and said, "The article is on electric luxury cars, could you create something to encompass that?" What? How? That definitely pushed me out of my comfort zone from mountains and flowers and planets to electric luxury cars. But that was pretty cool too!



E: You've done some album covers too haven't you?

R: Yeah there's been so many cool projects.

E: And final question - what's your go-to song that picks you up instantly?

R: It would have to be "This must be the place" by Talking Heads.

You can find more of the beautiful Rosie on her website:

<https://www.rosiesayersdesign.com>

and on Instagram:

@rosiesayersdesign

“It sort of comes from a thread within myself and I'm just following it, I'm the vessel. I sit down, I get in the zone and I'm the happiest when I'm creating my collages, I don't have another care in the world.”





“

Life as it should be:
all friends,
all art,
all music,
all love,
all the time.

Amanda Palmer

“**READ IT, LOVED IT,
WATCHED IT,
OBSESSED...**”

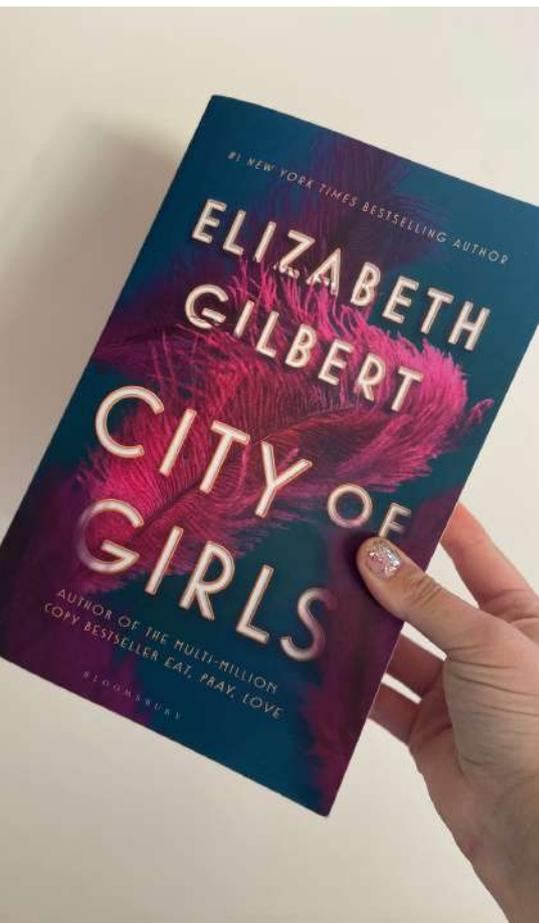
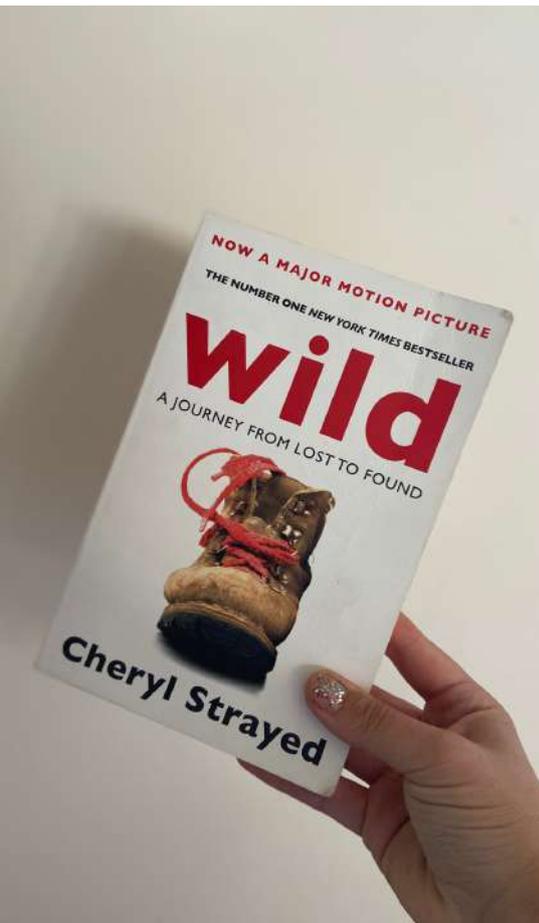
WILD - CHERYL STRAYED

I have to say, I didn't think this was my kind of book. It was about physical endurance to a level I would never come across. My kind of books are bad arse boss babes taking on the world. Hold up. Maybe my husband is right, maybe I would love this.

I COULD NOT PUT IT DOWN. It is so well written, about all aspects of life, spending so many chapters deep inside a woman's mind with her struggles, her hardships and trying to make sense of it all. Oh, and while all that is happening she's taking on a massive adventure across America on foot. This one will be on my 'yearly read' list. Put it on yours too.

CITY OF GIRLS - ELIZABETH GILBERT

After recently hearing Liz Gilbert speak at a Business Chicks event, I was walking through the foyer and just had to have more of her. I grabbed the only book of hers I didn't already have and caught the train back home. This is definitely not the kind of story line I'd normally go for - hello autobiographical girl power, but again, I was hooked. I found myself thinking of the characters when I wasn't reading like they were a friend I'd been meaning to call. It's set in America in 1940 and I loved diving into a world I would never have otherwise known. It's a whopping big book too, but honestly, the 400+ pages just will not be enough!



03

WHY WE SHOULDN'T ROLL OUR EYES AT THE LOVE LANGUAGES

BY BREEANNA JANSON - "BREE THE OT"



So, there is every chance that you have heard of the five love languages (and if you haven't you have come to the right place). The concept of the five love languages was first published in a novel called "The Five Love Languages" by Gary Chapman back in the 90's. So the concept itself is not new, but lately it has really been gaining traction and to be honest it's reception from people nowadays has been mixed, either

1) they love it, live it and tell their friends about it or 2) people make it out to be a joke. For the latter, there is every chance you have seen meme's on social media (I know I have), one was "my indoor plant keeps dying, come back I love you, what's your love language?" I mean, funny! But I think it undermines the point. But before I explain why, I should probably explain what the five love languages actually are.

1) Receiving Gifts:

This love language places value on gifts. It isn't about the monetary value but rather the thought that was placed into the selection and purchasing of the gift that makes people feel loved.

2) Quality Time:

This love language describes when someone feels loved and valued when they have their partner's undivided attention and can spend quality time.

3) Words of Affirmation:

This love language describes those who feel loved and appreciated through the use of words (i.e. "I love you", "I appreciate you", "You are so amazing at that", "You are beautiful/ handsome", "I feel so lucky to have you".)

4) Acts of Service (Devotion):

This love language believes that "actions speak louder than words". This is feeling loved by your partner when they do something for you (i.e. cooking a meal, cleaning the house, doing the laundry). All these things require thought, time and effort and should be done with the partner's happiness in mind.

5) Physical Touch:

This love language describes those who feel connected with their partner when engaging in physical touch (i.e. hugs, kissing, holding hands).

Essentially, Chapman's research says that we all have a primary and secondary love language. It also outlines that we can typically figure out what another's love language is by observing and analysing the way they express love, or what they complain about most within their relationship.

Now, here is why I think it's important. As a human being, we so frequently assume others think what we think, feel what we feel and therefore feel loved the way we feel loved. In theory when this mindset is challenged, people immediately say "I know people think differently", "I know people can feel differently" and that's all well and good, but in practice we default to thinking that our perceptions are similar or the same.

In a relationship this can be particularly problematic, particularly if you do assume that your partner feels loved in the same way you do.

Let's give a scenario, let's say your partner thinks your love language is Receiving Gifts, maybe they do extra overtime trying to increase your finances so that they can buy you elaborate gifts as a sign of appreciation.

That'd be awesome right? But what if your love language is Quality Time? Then chances are their increased hours at work and absence from the home actually makes you feel unloved and undervalued. PROBLEMATIC. Short term, this may not eventuate to anything too bad within the relationship and may not have any ongoing impact, possibly some short term frustrations but you can see that it is coming from a good place. But if this was to happen for a long period of time your feelings of frustration may grow into resentment for your partner, or you begin to feel like you aren't appreciated within a relationship and that's something no one wants. It's also sometimes pretty darn hard to come back from.

Have the conversation, realistically you have nothing to lose and it can only be a positive. You'll feel more appreciated, loved and have a sense of increased closeness with your partner when you are loved in the way you want to be. You'll also know that you are making your partner feel more appreciated, loved and close to you. Win, win. But seriously guys, while I have your attention, what is the love language of an indoor plant? (SOS)

“Have the conversation, realistically you have nothing to lose and it can only be a positive.”



**BREE CAN BE FOUND
ON INSTAGRAM,
SHARING ALL HER
KNOWLEDGE
@BREETHEOT**

**In the end,
when the last
sun sets,
what follows
you is how
much joy
you brought
to others.**

EVIE WILSON - THE DAYDREAMER DECK



04

GOOD VIBES ONLY

BY SARAH FINLAY

At a time when we're confused, scared and perhaps even stuck in our own homes, what can we do to get those vibes rockin'?

We've all heard of raising our vibe aka "good vibes only", haven't we? This basically refers to the fact that everything on earth vibrates at a certain energy frequency. As human having high vibe keeps us healthy and happy, whereas low vibes open us up to illness, things going wrong and general feelings of blahhh.

High vibes and positivity are what we should all aim for and there are lots of things we can do to raise our vibration, to stay in positive vibes and lead a healthy and happy life.

Some of the things we can do to raise our vibes are:

DANCE!

Cranking the tunes and moving our body helps to shift any negative and stuck energy and helps clear it out of the body. Music also has a frequency which resonates with us to raise our vibes higher too.

GET INTO NATURE

Surrounding ourselves with nature and fresh air will automatically raise our vibration. Placing our bare feet in the earth to ground ourselves is also an effective way to get those positive vibes flowing.

NOURISH YOUR BODY

Fresh, unprocessed whole foods have a very high frequency unlike processed, sugary and chemical based foods, which are very low in frequency. Eating the high vibe foods help keep our own vibration high and our body and mind healthy.

THINK GOOD THOUGHTS

Positive thoughts are way better than negative thoughts. So next time you think a crappy thought, turn it around and find a positive. Our favourite is from Turia Pitt, where she chooses to say "I GET to", instead "I HAVE to" and turns her world around.

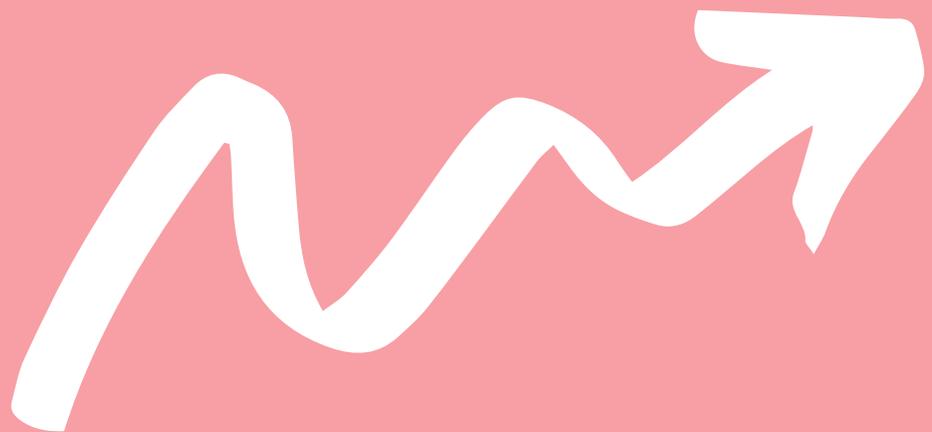
PLANT MAGIC

House plants, fresh cut flowers, fruit and veggies all make us feel good and happy inside. plants hold a magic healing quality that constantly raise the vibe around us and promote positivity. Try having plants in your house, buying a bunch of (Aussie Grown) flowers or even introducing flower essence or essential oils into your every day!



**SARAH CAN BE FOUND ON
INSTAGRAM ALSO, SHARING
HER LOVE FOR ALL THINGS
PLANT AND ESSENTIAL OIL
BASED
@SIMPLY_LIVING_SOULFUL**

Print me
and
colour
me in



WORDS FROM THE DAYDREAMER DECK



**KILL
THEM
ALL
WITH
KINDNESS**



THANK YOU!

*I've loved sharing some positive vibes your way through this e-book and hope that it's given you something to read over this tough time and put a smile on your face.
I'd love your to hear your feedback.*

WANT TO HEAR MORE FROM EVIE?

Check my Instagram page @__eviewilson where you'll find the real me, sharing my life, my business and my work.

Head to my website to sign up to my newsletter, purchase a Daydreamer Deck, and to get in touch about an upcoming wedding or event.

VISIT MY WEBSITE