



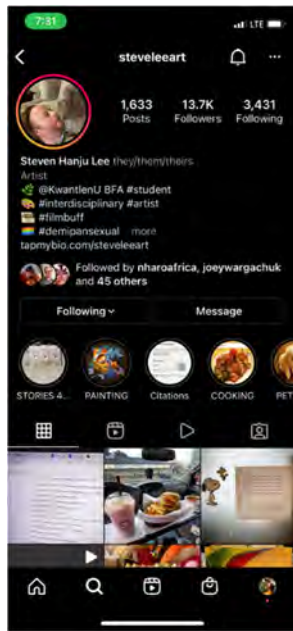
2022
Subverted
Selfies,
Oracle
Quotes, &
Other IG Posts

Steve Lee

2022
Subverted
Selfies,
Oracle
Quotes, &
Other IG Posts

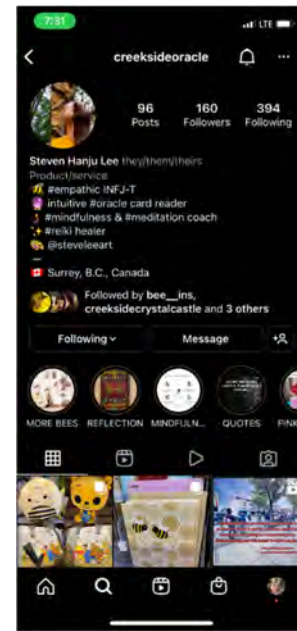
Steve Lee

This chapbook is a compilation of Instagram posts as posted to @steveleeart and @creeksideoracle between January and April 2022.



@steveleart is the artistic and personal feed of Steven Hanju Lee, an emerging disciplinary artist living in Surrey, British Columbia, Canada on the traditional, unneeded territories of the Semiahmoo First Nation and the broader territory of the Coast Salish Peoples.

In January 2020, Steven began a daily selfie project, the goal of which was to subvert the idea of a selfie by presenting an honest portrait of his life through images and the written word.



@creeksideoracle is a spiritual feed devoted to exploring Steven's interests in inspirational quotes, intuitive card reading, mindfulness, meditation and spirituality.

By declaring himself the Creekside Oracle, Steven hopes to bring his love of nature to the world.



January 1, 2022: I started this Selfie project two years ago today, on January 1, 2020. On both days, I did some kind of yard work. Today, I shovelled snow, clearing the rest of the driveway & the sidewalk in front of my Mom's all the way up to the community mailbox. Two years ago today, I trimmed the boxwood hedges at my Mom's.

It was good doing this work, as it's supposed to rain for the next few days but it could be mixed rain and snow, depending on how cold it is. Should more snow fall, it will be easier to clear it again. It was also good work as it ensured I got some exercise in. I can feel the burn from twisting & turning as my arms pushed the shovel, scooping up snow & tossing it aside, in my lower back & gut. By doing this work today, I hit my 15,500 daily step goal & exceeded it by about a thousand steps. I want to commit to hitting these goals daily, but honestly, I don't trust myself to stick with it. So I'm gonna try to take it one day at a time.

I listened to two books of amazing poetry by Sabrina Benaim (@badass_sab), who beautifully breathed life into the experiences of living with depression - DEPRESSION & OTHER MAGIC TRICKS, as well as I LOVE YOU, CALL ME BACK. So good.

I also started a 30 day photography challenge, focussed on self portraits, as taught by @lucylambriex on @skillshare called CREATIVE JOURNEY: 30 DAYS OF SELF PORTRAITS. The first day had us focus in on photographing one body part, as highlighted by this #photo of my finger, resting on the shovel I used today. I believe we will slowly work outwards with the photos we take until the whole body is featured. #30dayscreativejourney

I started another challenge by @aarondoughty44, focussed on manifestation, which I need to do some work for before bed.

This is the first post of my third year doing my subverted selfie project, and I hope to keep up with it for each day this year. But I make no promises.

1/365.

 @steveleeart



January 2, 2022: I'm continuing with day 2 of my #30DaysCreativeChallenge of doing self portraits based on prompts by @lucylambriex in her @SkillShare #workshop. Today's prompt had students choose an object with meaning, and photograph it with yourself. At first, I had no idea what object to use. I know what tomorrow's prompt is too, and it can also involve an object - and I actually have an object set out for that. But I don't want to use it twice. So, feeling a bit deflated, I flopped down in my bed to see Bianca sitting on my nightstand, and breathed a huge sigh of relief as my object had been found!

For this shot, I was laying in bed holding my little beloved plush toy with both hands. I set my Sony ZV1 up on my tripod, with my centre column extended horizontally so that the camera was above my body, pointing down towards it. I then used a timer on my camera so I had time to position my hands between when I hit the shutter release and when the camera captured the shot. Last fall, I told the story of how I found my Bianca get well soon bear at the gift shop of the Abbotsford Regional Hospital, and she's sat on my nightstand for most nights since then, except when I need some comfort from my anxiety and depression, when I hold her close to me. Yesterday's shot included just my index finger, and today's, parts of my hands, and my chest (which is obscured by my pansexual heart t-shirt). I liked the freedom the tripod gave me to make this shot, and I think I will use it more this year when constructing shots for my subverted selfie project.

Today wasn't too bad overall. I slept in because one of the new meds my psychiatrist has me on, really knocks me out. I slept well past noon, which is something I don't want to be doing much longer. The new antidepressant too has been giving me horrible cramps, and well... let's just say things you'd hear sung about in a @peptobismol_us commercial. I didn't get too much done today as a result. Just the garbage to take out, and I was contemplating going for a walk, but I might just turn in earlier instead.

This is the second day of my third year doing this subverted selfie project.

2/365.

 @steveleeart



January 3, 2022: it's my second walk long walk of the year. I've now hit just over 5.4 km, as I write this outside of @LondonDrugs on 24th Avenue in South Surrey. I stoped into the drugstore to get a mask so I can stop into @timhortons, or @mcdonaldscanada to get a hot tea to sip on my journey home.

It's colder tonight than it was yesterday, and as I trudged up the steady incline of Northcrest Drive, it started to snow. Sadly, the snow didn't last. It's always a little disappointing to me that the snow in Metro Vancouver never lasts longer than a day to a few days at the most. I don't know if it's because I grew up in Williams Lake, where it snowed for half the year, but I've always preferred the snow to the rain. I can walk in the snow and enjoy it, without getting as soaked by the moisture of what's falling.

I'm hoping to keep up this daily walk in 2022, but I can't make any promises. I want to be in better shape. I want to be able to walk in nature more and even go hiking come summer where I can take photos of, and sketch beautiful scenery. But I'm not in the shape to do that. I haven't been for a long time. So that's why I'm out again tonight.

This isn't a resolution. I break those too easily. It's just trying to be more mindful.

3/365 of my #subverted #selfie #project.

 @steveleeart



February 12, 2022: I just stumbled onto a YouTube video called 10 SIGNS YOU ARE DEALING WITH AN EVIL PERSON, & I can see how I might fit the bill in some ways.

The 1st 2 signs says an evil person lies to & manipulates those around them. I find I've lied & manipulated things with my family, with my Mum specifically, but I do feel absolutely horrible about it. An evil person doesn't feel remorse. But I've done this before too & just fall into the same unforgivable pattern. A good person would break free from their bad habits. But I keep on eating junk & dangerously overspend. I can't be trusted. I've just dug myself into so much shit, it's so deep in my life, & I've ruined so much in the lives of those who mean the most to me. This year is no different. I hate myself so much for how irresponsible I've been. Hate is another point on the list, but I don't hate others though, just myself.

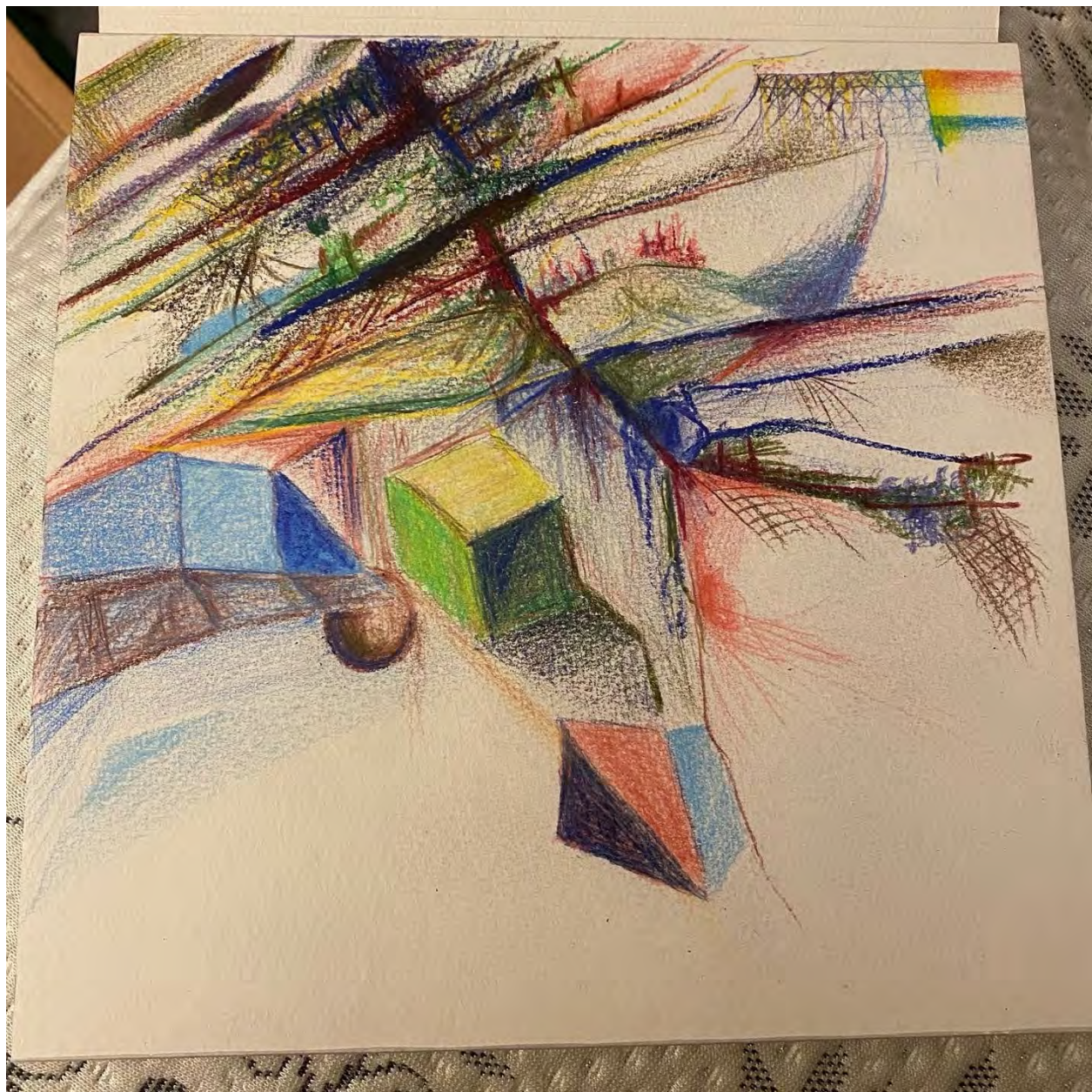
I've fucked up my schooling, I rarely make art, my house is a mess & my Mom's is now too, I sleep so much, I haven't worked in forever, I've ignored my strata, ignored responsibilities that others do everyday without issue. I hate that I'm even writing this because it feels like I'm trying to create a poor me narrative, to move back to manipulating people into pitying me. My Mom knows something is wrong, that I've long been depressed. But is that just a lie too? I try to hide it from her but she knows. The depression has turned me into a horrible person, & I've tried hiding it, which is another sign of an evil person.

I definitely don't feel entitled... which is also on the list... it says evil people feel entitled & I see how it could look like I am that way. My Mum has accused me of being entitled before & I know that people I've disappointed also view me as so irresponsible. My lack of love for myself makes it impossible for other to ever love or trust me. I start things & never finish them. Like therapy & I haven't even finished taking down the Christmas tree at Mum's. It's so big, it's something she can't do because of her poor health. So much yard work. Housework.

I'm a burden & just this huge drain on everything good. I ruin everything I touch.

43/365.

 @steveleeart



February 12, 2022: Colour Pencil Drawing update.

I'm probably going to try using solvent, turpenoid or gamsol, or maybe both, on parts of the piece. Doing that can smooth out areas that appear more rough due to the tooth of the paper, letting the colour look more solid on the page.

Then I might add in marks using my watercolour pencil crayons which would create areas that look like they were a wash of colour, as if I had actually painted onto the piece with water colour paints.

#art #art #drawing #pencilcrayondrawing #abstractart #abstraction #abstract #abstractdrawing #surreal #surrealism #artwork #artoftheday #artgram #drawings #color #colorpencil #colorpencildrawing #colorpencilart #colorful #draw #drawdrawdraw #play #sketch #crosshatchingart

 @steveleeart



The Universe

To steveleenow@yahoo.com

Today at 12:15 AM



Did you know that by simply choosing to be joyful, Steven, it's physically impossible to get angry, fret, stew, or worry?

And that if you choose it often enough, it's physically impossible to be broke, sick, lonely, or confused?

Oh yeah.

Some things really are impossible,
The Universe

February 13, 2022: I took this photo and made this collage at just after midnight. The text is from a @mikedooleyut e-mail that was the first e-mail I received today. "By simply choosing to be joyful... it's physically impossible to get angry, fret, stew, or worry." It's a message I know, and have heard before. But it's a message I forget more often than not to practice in my own life. It fits so perfectly with what @gary_zukav says about being emotionally aware through mindfulness, about being able to see how we feel and to make responsible choices about how we act on those feelings.

I felt so tired last night, but I was also so restless. It's like I was so out of it yesterday that my monkey mind was keeping me awake with my worries and with my thoughts of how horrible I am as a human being. I finally started to take down the Christmas tree yesterday. While I did this, I started listening to @brenbrown's @soundstrue audiobook MEN, WOMEN & WORTHINESS: THE EXPERIENCE OF SHAME AND THE POWER OF BEING ENOUGH. In it, Dr. Brown provides a strong definition of SHAME and #GUILT, as follows:

"SHAME: is a sense that we are bad. That there's something about us, that we've done or failed to do, that makes us unworthy of love, of acceptance, of belonging... 'I am bad.' ... Shame is a focus on self... 'I'm such an idiot, I'm such a #loser...I'm stupid, I'm a loser. I'm an idiot.' ... Shame is 'I am a mistake' ... There's something profoundly, deeply wrong with who I am... Shame is highly correlated with (the dangerous outcomes of) addiction, #depression, eating disorders, suicide, violence... Shame is being held up against the ideal, that somehow we can live lives and edit them as we are living them, so that what the world only sees is what's perfect about us. GUILT: is not a focus on who we are, but on something we have done... I did something bad... Guilt is a focus on behaviour.... 'I can't believe I did that. That was a really stupid thing to do... I did something that doesn't fit with who I want to be.' ..."

I think it would be a good exercise to break down some of my more negative subverted #selfie posts, like the one I posted yesterday, where I dump on myself.

44/365

 @steveleeart



Sometimes the problem is you.

- Not a 'trauma-response' or your attachment style.
- Sometimes you are the architect of your own misery.
- Sometimes you are the 'toxic' person.
- Sometimes you are completely overreacting.
- Sometimes you are being lazy.
- Sometimes you communicated poorly.
- Sometimes your feelings are not 'valid'.
- Pretending this is never the case means you'll never deal with it.

@seerutkchawla



Selfishness is not self-love.

- Self-obsession is not "inner work".
- Wallowing in self-pity is not processing emotions.
- Cutting everyone off is not boundaries.
- Only focussing on your feelings isn't self-care.
- Self-aggrandisement isn't self-worth.
- Coddling is not empathy.
- Oversharing is not vulnerability.
- An untethered ego is not self-confidence.
- Bullying is not activism.

@seerutkchawla



Profile of a coddled adult.

- Highly entitled.
- Lacks distress tolerance.
- Hasn't developed resilience.
- Very resistant to responsibility.
- Lashes out when treated like an adult.
- Feels entitled to validation & attention.
- Emotionally fragile.
- Lacks problem solving skills.
- Believes the world should be bubble wrapped for their comfort.

@seerutkchawla



February 14, 2022: I can't believe it. I'm in such deep shock. In November I ordered a new laptop from @dell, taking advantage of their black Friday deals. But once again, because of my irresponsibility, I never realized @PayPal & Dell didn't charge my credit card at the time of purchase. I did get a receipt from PayPal, but didn't read it closely & assumed it was paid. But it wasn't. And now I don't have the funds to pay. All because I fucked up so bad with my overspending again. In fact, I'm now trying to stretch out a small amount of money now for a few months & cannot afford to pay for the laptop. Dell offered to take 2 or 3 payments over time, but I can't even do that right now. So, even though it breaks my heart, I've offered to return it, but they don't seem interested in that option and have threatened to take it to collections.

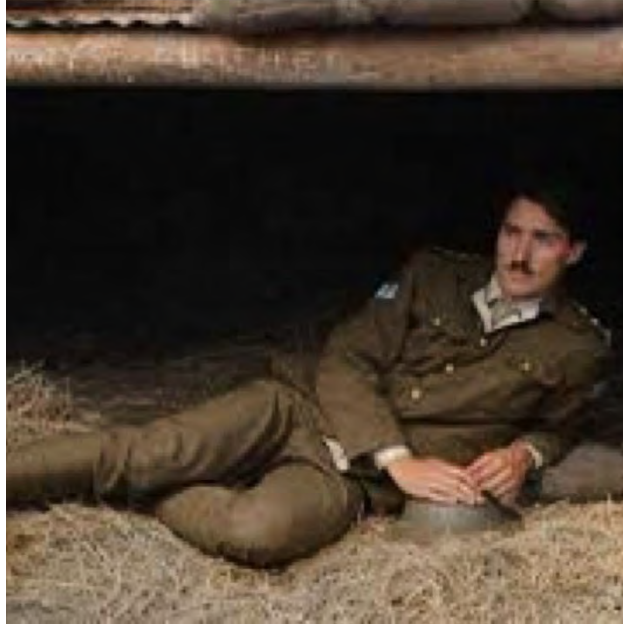
My older @sony @vaio_us laptop that was top of the line back in 2012 is now basically a brick. I can't do any photo editing on it, let alone video editing. It struggles to even browse the internet. I was so hopeful that this new machine would let me get back into making digital art & catching up on a few unfinished video projects for others I've never finished.

I don't know what to do. I find myself in a worse place today than I was before I was hospitalized last September. I've let myself become so stuck. I used to be so responsible. I've come to the realization that in addition to being addicted to eating junk & overspending, I'm addicted to emotional over sharing. It's why I haven't had many posts in 2022. I used to believe that talking about these things was important, but I've lost the ability to be discerning over how much I share. I know it comes off badly.

I've attached a few slides by @seerut.k.chawla. They ring so true to where I am. It's said to take small steps but when things get so out of control even a small step feels excruciatingly difficult to take. I feel worse because I criticized Dr Chawla on many posts last year about the inaccessibility of mental health resources due to their high cost, and the wait lists that exist for more affordable community based options. I'm sorry for that Dr Chawla.

45/365

 @steveleeart



February 19, 2022: On February 19, the hashtag #BlackfaceHitler was trending across Social Media platforms like @twitter.

1 image called on people to “Let’s keep #BlackFaceHitler trending shall we?” & presented 2 infamous photos of a young @JustinPTrudeau wearing blackface (which Trudeau apologized for & admitted as being real during the 2019 Federal Canadian Election), alongside 3 photos of Trudeau purportedly wearing 1930s & ‘40s uniforms worn by Nazi officials. Additional text on the collage reads: “Trudeau throwing around the word ‘racist’ when he has dressed in ‘Black Face’ and as a Nazi multiple times.” A 2nd image I encountered takes the photo of Trudeau in the upper left hand corner & alters the colour of the uniform to make it appear shades pink, with a rainbow swastika on his arm.

The thing is, Trudeau never dressed as a Nazi multiple times. Trudeau did wear a Canadian World War 1 #uniform when he played Major Talbot Papineau, a French-Canadian First World War hero, in director Brian McKenna's 2007 film called THE GREAT WAR. Papineau, who had been a lawyer in Quebec, enlisted in August 1914 to fight for allied forces in WW1. He died at the young age of 34 in the Battle of Passchendaele near Ypres in Belgium. You can read more about Papineau in Sandra Gwyn’s book, “Tapestry of War: A Private View of Canadians in the Great War.”

In my photo collage here, you can see a photo of Major Papineau in the upper right hand corner. The other photos are of Trudeau portraying Papineau on the set of THE GREAT WAR. These are also the most common images that are being altered using programs like @adobe @photoshop to make the WW1 uniform look like Nazi uniforms. Specific alterations I’ve seen include adding swastikas & other Nazi emblems to the uniform Papineau would have worn, & also making it look grey over the olive green that it originally would have been. People also removed more of the already small moustache Trudeau wore while playing Papineau.

Ultimately all of these altered images dehumanize not just Trudeau but the memory of fallen war hero Papineau. We don’t have to agree with each other, but we can always choose kindness & respect over fear, anger, & hate.

 @steveleeart



***“The miracle is that
we are here at all...***

***Life itself is
our greatest
wonder...***

***...to simply BE is awe-
inspiring.”***

**@creeksideoracle
stevelee.art**

**- Richard Wagamese,
from his book EMBERS**

February 21, 2022: Today, while gardening, I was listening to the late, great Canadian First Nations author, Richard Wagamese's book, EMBERS. It's such an incredible work that's so immensely quotable - full of brilliant observations about living a life that's compassionate, curious, and full of unconditional reverence for all life.

The quote actually continues, stating:

“The miracle is that we are here at all. Life itself is our greatest wonder. To simply BE is awe-inspiring. I believe this. Just as I believe it's pointless to waste time chasing after meaningless shit like fame and wealth and status. Better to spend time creating—good words, good feelings, good relationships, good memories—the grandest, most triumphant stories of our individual and collective time here. Creating those stories is a sacred act, and all that we are really meant to do. So don't look for me on the hilltop shouting. That's me in the valley with my hands in the dirt...” (156)

So put away your smart device, and go enjoy the day more connected.

 @creeksideoracle



February 21, 2022: I've done a bit more on this new small piece, learning how to make coloured pencils stand out on a black background.

 @steveleeart



“When you wake up and you see that the Earth is not just the environment, the Earth is us, you touch the nature of interbeing. And at that moment you can have real communication with the Earth.”

*@creeksideoracle
stevelee.art*

*- Thich Nhat Hanh, from his book ZEN
AND THE ART OF SAVING THE PLANET*

February 23, 2022: I've spent the last few days working in my Mother's yard. I've been clearing the last of the fallen leaves (and even branches) from the fall and winter which have been scattered across the garden beds and onto the lawn the by various winds and storms; as well as working the soil to remove #weeds and prepare it for some more bulbs and the eventual summer annuals.

During the work I listened to more of @brenebrown's work, DARING GREATLY: HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD. The work by Brown is so important, and backs up work by @gary_zukav for example, about how to live life by being kinder and more honest with not just others, but ourselves as well.

I also started listening to ZEN MIND, BEGINNERS MIND by Shunryu Zuzuki, an excellent text I think I learned about from author @nataliegoldberg4 who has studied Buddhism and ZaZen for decades.

And that's what led me to find @thichnhathanh's ZEN AND THE ART OF SAVING THE PLANET. It's one of the last texts published by Hanh before his recent passing. It's argued by some that Buddhism is a concept or practice that can only be applied to the individual, not the planet, but I have a feeling Hanh will argue it can always do both. It's definitely rooted in the quote of this graphic I made tonight to post here. I hope it inspires you to work towards being better, as it's inspired me.

 @creeksideoracle



February 28, 2022: I feel oddly at calm right now & I'm not sure why. It's been another long, restless night of insomnia for me. The kind where I had a nighttime @neocitranacanada around 9pm knowing I'd need help sleeping. The kind where I feel the strain on my neck & the tightness in my muscles, particularly one running down along my left shoulder blade and into my left arm, & the unease in my legs that's developed from my being unable to fall asleep. Maybe I should have had a @benadrylusa nighttime antihistamine or a @tylenolcanada nighttime pain reliever for my horrible headache that's been clamping down on the brain that's stuck inside my skull. The one that's been aching from my propensity & inclination to hit myself when I get pissed at myself, which has been a lot lately. Maybe one or both of these additional pills would have been enough to put me under but then I worry I wouldn't be able to wake up to drive to my morning class but now it's like almost 4am & I just know it will be yet another morning lost to sleeping in, because at some point I will be just too tired from all this being up all night. I feel like I'm also about to bomb the 7th term in a row of my @kwantlenu studies & wonder why did I even bother trying again. I haven't even reached out to my teachers this term. I feel ashamed by my inability to fix my life. I can't even afford this term so won't be able to even withdraw at the last minute, won't be able to try again in the summer. Which is probably for the best.

I can't believe it's the last day of the month. Two months of 2022 where I've not even finished putting the Christmas decorations away. Where I've made little headway on my place, & virtually none on the guest room at Mom's... well, I finally got all the clothes here hung last night. I ignored my doctor & the specialist he tried forwarding me too for my diabetes & blood pressure. Oh, & apparently my cholesterol is now out of whack after being so great for the longest time. I'm too ashamed of having been hospitalized for my depression last fall & then continuing to do nothing to deal with it. These are the kinds of things that make me hate myself so much sometimes.

59/365.

 @steveleeart

— Reiki Principles for Happiness and Spiritual Healing —

Just for today, I will let go of anger.

Just for today, I will let go of worry.

Just for today, I will give thanks for all my blessings.

Just for today, I will do my work honestly.

Just for today, I will be kind to my neighbour and every living thing.

Just for today, I will be compassionate and forgiving.

Just for today, I will find joy and even the smallest of life's gifts.

Just for today, I will feel like peace.

— Dr Mikao Usui

March 1, 2022: Michael Kaufmann, in his article “The History of Usui Reiki & the Reiki Principles” at reiki-meditation.co.uk notes how:

“Each Reiki Principle begins with these three words, ‘Just for today.’ ‘For the rest of my life I will...’ could be an overwhelming commitment. ‘Just for today...’ reminds us that all commitments are to be renewed daily, that every new day, in fact every new moment presents us with choice. The idea is not to wake up to a ‘higher reality’ only to fall asleep again in ‘higher habits.’ ‘Just for today...’ is a call to live in the present & that means to make one’s choices in the present.”

Recently, I listened to Reverend Kanjin Cederman, in his @udemy course, “Introduction to Buddhism,” describe the importance of embracing an actualized practice when studying Buddhism, when he notes how:

“...if you are looking at practicing Buddhism, it’s really important to understand and actualize these teachings experientially in your life... don’t just simply accept that ‘Buddhism is about the middle way & that’s a great idea,’ because we’re not working in ideas. We’re working in reality... as manifested in your life. It’s not something abstract or philosophical that we’re trying to teach here, (but) an actualized practice.”

Cederman further emphasizes this idea, encouraging people embrace an:

“...actualized practice, not just thought (or) concepts, but an actualized path within your life... (in order to gain) a truer understanding & natural state of equilibrium... (so) that we can see clearly what each moment entails, each moment needs, & what each moment is about, with clarity & insight...”

For me, when I study @brenebrown, @sahdsimone, @lodrorinzler, @gary_zukav, the Dharma of Buddhism, or the teachings of Christ, I find their words aren’t just nice words, but tenants to make part of my everyday experience, so they become a part of who I am & how I act as a human being.

And that’s what I am trying to do now with the Principles of Reiki I’m trying to incorporate into my life.

 @creeksideoracle



From March 1, 2022: Today, I'm starting a new journey of self reflection & exploration. I'm hoping to connect more deeply with myself as I work to overcome my depression. Often, I'm too quick to jump online & moan about the state of my life, which can be okay, but I need to be able to see through the negative towards more positive outcomes. To know that I'm not always so worthless or useless. To know that I have something to offer in life.

I want to feel more positive about myself because I'm the only person I have in my life that I can depend on for the love I desire. I know I have a habit where I say these kind of thoughts, & in other posts I've often talked about trying to actualize these things, trying to actualize unconditional love & reverence for all life starting with myself, but I also know that I've often failed at doing this for myself. It's time to stop failing. As author @shannonkaiserwrites says, it's time to start living & using joy as a barometer for how I feel.

In terms of the selfies I'd like to capture this month, I want to explore ways of seeing myself visually that I haven't done before over the last two years, while also keeping them authentic to how I feel.

I admit, I'm nervous that I will start strong & then fall again. I need to craft some kind of a safety plan for when I feel myself growing weak. A way to lift me up from under the weight of the metaphorical bricks that can feel too heavy on my shoulders. I'm not sure what that will look like but maybe that's a question I can put to my non-physical guides & teachers in tomorrow mornings automatic writing session.

Another thing that I need to do this month is reach out for help. I've been struggling so much, & I haven't done the things I need to do to get better. There were times in January & February when I felt lower than I did when I ended up in hospital for my depression. It's not some thing I'm proud of. But I have to get over being upset with myself or feeling guilty for not getting the help that I know I need. Because when I do that I just cycle down into more shame, regret & remorse to the point of paralysis. So this is my manifesto: that kind of shit ends today.

60/365.

 @steveleeart



March 2, 2022: Focusing on my breath provides me with a way to slow down when I get agitated, anxious and depressed.

When I remember to do it.

I never thought about it before but I do think that I held my breath, almost subconsciously, in past photos of me, regardless of whether it was a selfie or something taken by someone else. This is especially true in my annual high school photos. Looking back at them I can feel the anxiety that was in me, when I wanted to look so good but came off looking stiff, disconnected, and alone. The boy who gets bullied a lot often feels so alone. Even when he's trying to look perfect.

I think the first two people to introduce me to the idea of focussing on the breath as a means of releasing anxiety were @julianjenkinsmedium and @thichnhathanh. This was in 2020, when I first tried to meditate regularly, just before midnight, as well as in the morning, not long after I'd wake up. It's a practice I've come towards and moved away from a lot over the past few years. It's as inconsistent as the timing of the depression that ebbs and flows in and out of my life, and today was the first time I returned to a morning meditation since having been hospitalized for my depression back in September 2021. For the first three days in hospital, I was monitored in isolation - in a prison cell like environment - surrounded by four brownish yellow brick walls and a large, overbearing steal door. There I'd sit on a small single sized plastic covered mattress with a knitted throw blanket to cover my nearly naked frame. Sitting in lotus position, I'd drape the blanket over my shoulders, covering the single blue Hospital gown that I'd wear like a trench coat so I could open and pull it close more easily. And it was in those moments that I'd meditate. Sometimes in almost complete silence, with nothing but the sound of my breath to quiet my monkey mind. Breathe in, deeply, through the nose, filling my lungs. Hold for two seconds, and breathe out through my mouth. Breathe in. Hold. Breathe out. In. Out. In. Out.

61/365.

#beyourownbeloved #beyourownbeloved 🧡

📷 @steveleeart



March 3, 2022: Cleaning up and organizing my place and my Mom's has been overwhelming at times. A large part of the mess that surrounds me has been fed by my addiction to over-spending, often beyond my means. It's something I know I need to work on more seriously. It's not that I can't be responsible with my spending: when I was younger I was very obsessive with tracking every cent: I kept track of my receipts and spending in an excel workbook, and made sure I balanced out each month. I'd put a percentage of my each paycheque into a savings account, one that was locked down tight so the only way I could move money from it was to actually phone my bank and had it transferred out of the account. I was also Director of Finance at my university's student union, where I assisted in overseeing a forensic audit conducted by PWC.

But since my depression settled in deeply over the last few years, I found myself digging myself in deeper and deeper with the spending. It's just been so easy to do when you're lying in bed, wanting to erase my troubles, my sorrows. Other people drink and do drugs. I eat way too much junk food, and spend like a drunken sailor. It's caused

So today I emerge from the myst, finishing a deep clean of my Mother's living room.

I'm finding more and more, that the comfort zones in this project and in my life have been to stick to the routines I've become accustomed to. That feel safe. Eating a bag of Reese's and a large popcorn feels safe. Buying another stuffed animal I don't really have space for feels safe. Cleaning feels scary because it's a path to something in life I don't remember. But it feels more freeing than being stuck where I have been up to this point. I want to say I've experienced something like this before, but I haven't.

62/365.

#beyourownbeloved #beyourownbeloved

 @steveleeart



March 9, 2022: I'm so fucking ugly. So broken.

 @steveleeart



March 10, 2022: A much needed Artist's Date: seeing JACKASS FOREVER with three others in this theatre. I need a good laugh to help reset my depressive monkey mind.

@luckyauthor Bryn Donovan, on her post, 50 ARTIST'S DATE IDEAS describes the concept of an artists date as:

“An artist date is a concept created by Julia Cameron @juliacameronlive in her book The Artist's Way. Cameron recommends that once a week, you treat your inner artist (or writer, or what have you) to a fun, engaging experience that will spark your inspiration. The only ones on this “date” are you and your creative self.”

69/365.

 @steveleeart

A close-up photograph of a hand holding a piece of cracked, dry earth. The hand is positioned on the left side of the frame, with fingers gripping the earth. The earth is a deep orange-brown color and is heavily cracked, with several prominent, dark, irregular cracks running across its surface. The lighting is warm and directional, coming from the upper left, which casts soft shadows and highlights the texture of the skin and the roughness of the soil. The background is a continuation of the cracked earth, creating a sense of depth and texture.

“AT THIS VERY MOMENT, the Earth is above you, below you, all around you, and even inside you.

The Earth is everywhere. You may be used to thinking of the Earth as only the ground beneath your feet. But the water, the sea, the sky, and everything around us comes from the Earth. Everything outside us and everything inside us comes from the Earth.

We often forget that the planet we are living on has given us all the elements that make up our bodies. The water in our flesh, our bones, and all the microscopic cells inside our bodies all come from the Earth and are part of the Earth. The Earth is not just the environment we live in. We are the Earth and we are always carrying her within us.

Realizing this, we can see that the Earth is truly alive. We are a living, breathing manifestation of this beautiful and generous planet.”

***—Thich Nhat Hanh, from his book
LOVE LETTER TO THE EARTH***

March 11, 2022: The late, great @thichnhathanh reminds us how we are all connected in this universe.

 @creeksideoracle

Is there a maxim that one ought to follow all his Life?

Surely the maxim of peaceful goodness: What we don't want done to us

We should not do to others.

**— ANALECTS
(CONFUCIANISM)**

@creeksideoracle
stevelee.art

All your duties are included in this:

Do nothing to others that would pain you if it were done to you.

**— MAHABHARATA
(BRAHMANISM)**

@creeksideoracle
stevelee.art

Do unto others all that you would have them do unto you

Because this is the sum of the law and of the prophets.

**— ST. MATTHEW
(CHRISTIANITY)**

@creeksideoracle
stevelee.art

Not one of you will be a true believer

Who does not wish for his brother

The same that he wishes for himself.

— SUNNAT (ISLAM)

@creeksideoracle
stevelee.art

Hold as your own the gains of your neighbor

And as yours his losses.

**— T'AI SHANG
KAN-YING
P' IEN (TAOISM)**

@creeksideoracle
stevelee.art

What you don't wish for yourself

Do not wish for your neighbor.

This is all the law, the rest is only commentary.

**— TALMUD
SHABBAT
(JUDAISM)**

@creeksideoracle
stevelee.art

*Do not offend others
As you would not wish to be offended.*

**— UDANAVARGA
(BUDDHISM)**

@creeksideoracle
stevelee.art

Eight words the Wiccan Rede fulfill,

*An ye harm none,
do what ye will.*

**— Doreen Valiente,
The Wiccan Rede
(Wiccan)**

@creeksideoracle
stevelee.art

March 11, 2022: These quotes highlight how universal the idea of The Golden Rule is - it can be found in literally every one of the Earth's religions.

Author @gary_zukav opens his latest book, UNIVERSAL HUMAN, with these quotes. And he adds —

“Yes, Yes, and Yes. A thousand times Yes. But how? How can we respond with love when we are angry, when we are jealous, when we have been wronged, when we want to kill?

Authentic power is different. How to create it is different. How it works is different. What it does is different.

Knowing how to create authentic power is like owning a treasure map. Authentic power is the treasure. Everyone can reach it. No matter how many people reach it, more can reach it. No matter how many people use the treasure, it never diminishes. In fact, it grows. No one can use the treasure to create advantage. No one who has reached the treasure wants to. Once you have the treasure, no one can take it from you. On the contrary, you want to tell everyone about the treasure and how to reach it.

Authentic power is completely different from the power to make people do what you want. It is the opposite of the ability to manipulate and control. It could not be more different from trying to have more, know more, or do more.

Viktor Frankl was a Jew in a Nazi death camp. He discovered something amazing one frigid dark morning while guards beat him and his fellow prisoners with rifle butts as they stumbled over ruts in frozen muddy roads. Nazis had taken everyone and everything from him—his family, home, and the life that he knew—but they could not take his ability to love! Viktor's discovery—no one can take my ability to love from me—still thrills me. How many of your heroes have made this discovery? Jesus made it. Gandhi made it. Martin Luther King Jr. made it. Mother Teresa and Nelson Mandela made it. Outside the fence we must all make it.”

Such truths to live by. And how it shows that we can always choose love.

 @creeksideoracle



“If they respect you, respect them.

***If they disrespect you, still
respect them.***

***Do not allow the actions
of others to decrease your good
manners, because you
represent yourself, not others.”***

- Mohammad Zeyara

March 12, 2022: Today's quote is by Mohammad Zeyera, a Canadian medical student, humanitarian, and activist. The quote came up on my own feed, but it was unattributed to anyone. A quick search online however, revealed that it was said by Zeyera. I try hard to be a light in the world, but because of the depression I've suffered from for many years, I know I've let more way people down than I've ever helped. And I've let this understanding of myself to become a dominant story in my life: that I am no good because I just let people down again and again, including myself. But I am trying hard to actualize the idea that I am not my thoughts, just as I am not other people's thoughts about me.

@arthurbrooks in his book, FROM STRENGTH TO STRENGTH: FINDING SUCCESS, HAPPINESS, AND DEEP PURPOSE notes how:

"In his 1964 book, Understanding Media, Marshall McLuhan famously said that "the medium is the message." He noted that in the famous Greek myth, Narcissus did not fall in love with himself, but with the image of himself. And so it is when we professionally self-objectify: Our work is our medium, which is our message. We love the image of ourselves as successful, not ourselves in true life. But you are not your job, and I (as I have to remind myself) am not mine."

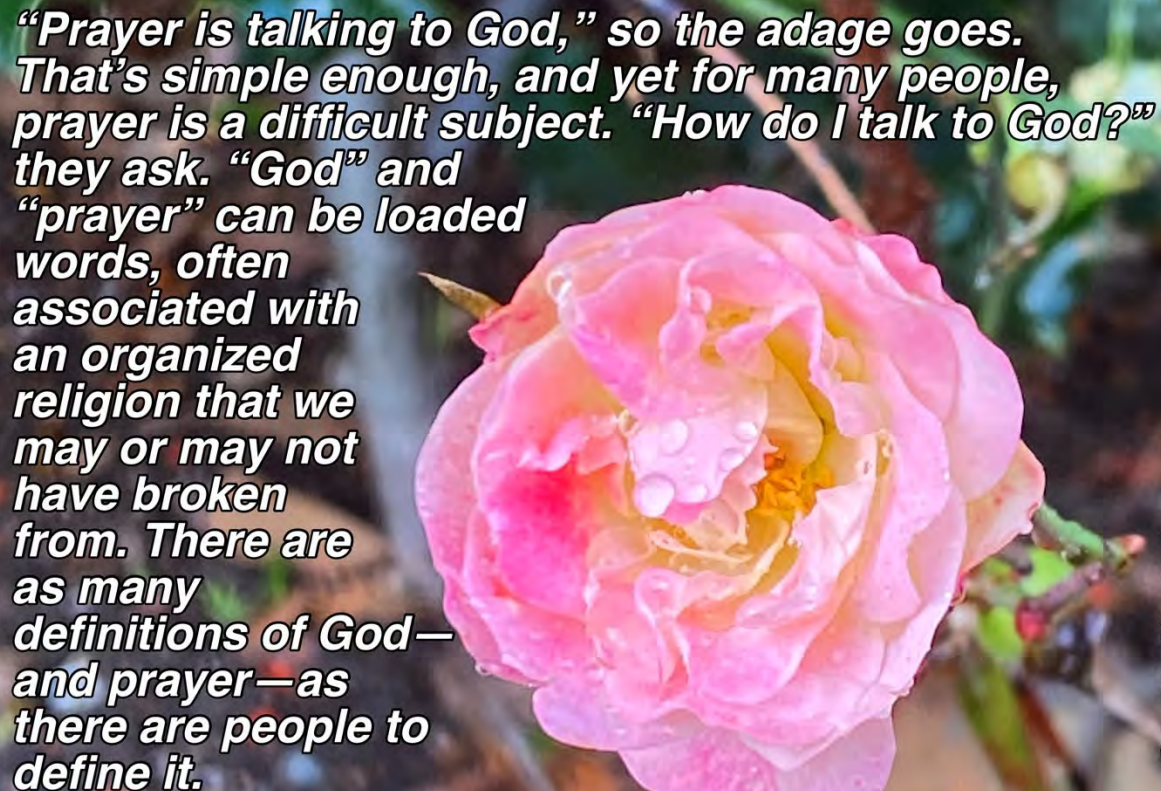
I get caught up in worrying about what others think about me, that I forget to just be me - cause I know the best and the worst part of me is the person who is trying to cultivate unconditional compassion, forgiveness, gratitude, curiosity, love and reverence for all life, starting with myself. To this list, one could also add the word respect. But the respect must be unconditionally given. It can't have expectations attached to it. @gary_zukav in his book, THE SEAT OF THE SOUL, expands on the notion that the idea of respect itself is problematic, as he notes how:

"Reverence is not respect. Respect is a judgment. It is a response to the perception of qualities that we ourselves admire, or have been taught to admire."

As such, in the case of Zeyera's quote, I think one could replace the word "respect" with the word "revere" to have a stronger place to start from.

What are your thoughts?

 @creeksideoracle



“Prayer is talking to God,” so the adage goes. That’s simple enough, and yet for many people, prayer is a difficult subject. “How do I talk to God?” they ask. “God” and “prayer” can be loaded words, often associated with an organized religion that we may or may not have broken from. There are as many definitions of God—and prayer—as there are people to define it.

“Speak to God in your own words,” a sage advised me four decades ago, as I was struggling in early sobriety. I was raised Catholic, and had spoken of using a formal prayer and saying it on my knees. The advice to be more colloquial found me praying more intimately, and not on my knees.”

***- Julia Cameron, from her book SEEKING WISDOM:
A SPIRITUAL PATH TO CREATIVE CONNECTION***

***@creeksideoracle
stevelee.art***

March 13, 2022: @juliacameronlive's new book, SEEKING WISDOM is a look at many wonderful things including the power of prayer (speaking to the universe) and how our connection with a higher power can represent a strong path for powerful manifestation. She also looks at how spirituality and creativity are inexorably linked. With this work, Cameron helps us connect with ourselves and the world around us, and helps us to find deep gratitude in those connections.

Powerful and important stuff.

The quote here I find is important to consider, and unpack. It comes from the introduction of Cameron's book, and addresses an important question many of us deal with when it comes to affirmations, meditation, or prayer. @thichnhathanh showed me how meditation doesn't have to happen in a seated position, but can happen anytime, anywhere, as a way to return to the present moment. The same is true to prayer and our connection to the divine, to the beautiful world around us. It doesn't have to be fancy. It can be colloquial, in your own words. It doesn't have to be in a church, it can be done when you're washing the dishes, gardening or even when driving to work. It can also be done when journaling.

I know I overthink things, especially when it comes to taking on and committing to my own spiritual tasks - but they don't have to be overwhelming. I know I don't have to meditate in a seated position to pray or talk with the universe or to my non-physical guides and teachers... I can do it when I wake up before getting out of bed.

Keep it simple. In your own words, as Cameron notes, and whenever you can steal the time, even if it's just 30 seconds to two minutes before getting out of bed in the morning. Express your will and gratitude to the universe.

 @creeksideoracle

What are your thoughts on prayer?

“Wholehearted living is about engaging in our lives from a place of worthiness.

It means cultivating the courage, compassion, and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough.

It’s going to bed at night thinking, Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn’t change the truth that I am also brave and worthy of love and belonging.”

- Brené Brown, from her book THE GIFTS OF IMPERFECTION






***@creeksideoracle
stevelee.art***

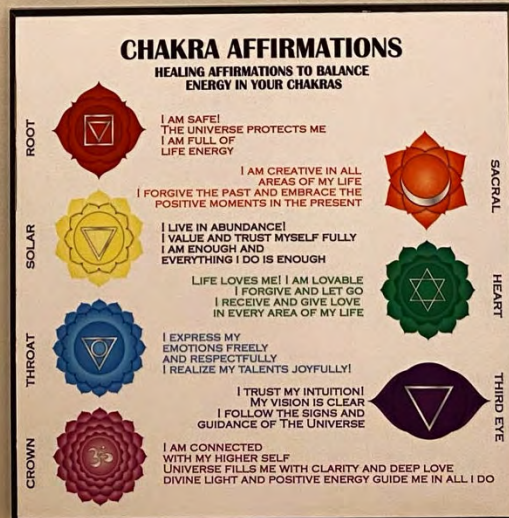
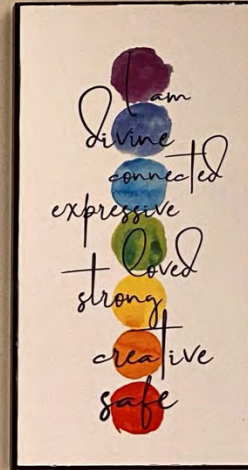
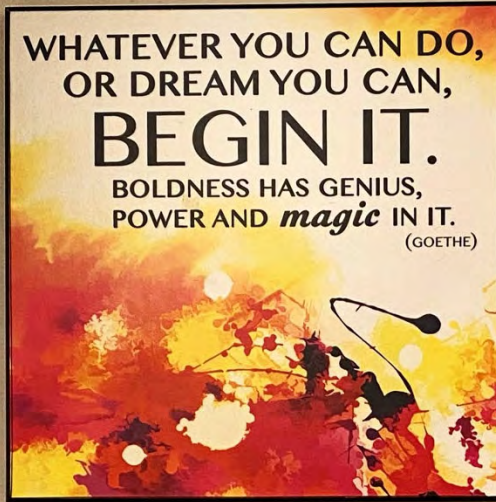
March 14, 2022: I've been listening to a lot by @brenebrown this year. Brown, a researcher, lecturer and writer always does a brilliant job expressing ideas about vulnerability, as well as with shame and guilt.

Her work has had a profound impact on myself and the kind of person I want to be in life. I've often talked about the importance of cultivating unconditional compassion, excitement, curiosity, forgiveness, gratitude, love and reverence for all life... but I can't deny that I've often struggled showing that kind of unconditional love to myself. But it's quotes like this, and the body of work that individuals like Brown have done that help make that path towards a deeper self-love for myself understandable, and even possible.

And that's so important. What are some things that you do to cultivate self care and loving kindness towards yourself?

 @creeksideoracle

If you enjoy this content, please consider liking, sharing and commenting on it.     



March 16, 2022: Added a third sign to the upper left hand corner of this grouping which used to just consist of the other two signs. They hang in the guest room at my Mom's house.

All three were purchased at @whitbys_books_and_gifts in White Rock, which is now THE HAPPY PEOPLE store as owned and operated by the amazing people who also run @bellas_miracle_shop.




I try to take in these grounding messages every night before I go to sleep, and every morning I wake up, whenever I stay at her place... although I admit, when my depression takes hold, I do forget to take them in.

I just read a beautiful quote by @dreamy_moons, which fits perfectly with why I don't mind having some signs like these: "If you can't take away the pain, try to add more beauty and joy to your life."











#chakra #chakraaffirmations #goethe #dream #dreams #divine #connected #expressive #creative #loved #strong #safe #rootchakra #sacralchakra #solarplexuschakra #heart #heartchakra #throatchakra #thirdeyechakra #crownchakra #love #selflove #decor #walldecor #bebold #beboldandblessed

 @creeksideoracle

March 18, 2022: One of the few things I've managed to finish this year has been several short safecheck workplace safety workshop courses including:

-  #Fire & Fire Extinguisher Safety;
-  Personal Protective Equipment (#PPE); and
-  #Slip, #Trip and #Fall Prevention.

These short courses were a part of a dozen courses grouped together for sale. I didn't need to take them, as I only wanted to take one or two in the grouping. But it was a good review. They were similar to several courses I completed back in 2017 through the @ccoohs.cchst as follows:

-  Electrical Hazards;
-  Fire Safety;
-  Ladder Safety;
-  Managing Pain from Workplace Demands;
-  Manual Materials Handling;
-  Office Ergonomics;
-  Personal Protective Equipment (PPE);
-  Preventing Falls from Slips and Trips;
-  Preventing Hearing Loss from Workplace Noise; and
-  Working from Heights.

As well as one from @stjohnambulancebc as follows:

-  Working Alone Safely in British Columbia.

I've posted the older #citations to my @linkedin and my CV / Resume on my website, but thought I'd post them here too.

 @steveleeart



NEW WAY OF SEEING

SELF-PORTRAIT

ESSENCE SOURCE OF YOUR LIFE

SPECIAL HANDBOOK OF COLOR FOR ARTISTS

CHROMATOPIA

COLOR

CONFIDENT COLOR

CHROMAPHILIA

COLOR CHOICES

S-MINUTE ARTS AND CRAFTS PROJECTS

INTUITIVE PAINTING WORKSHOP

LANDSCAPES IN OIL


March 18, 2022: Small steps - organizing the closet in my Mum's guest room. Still have so much to do.

 @steveleeart



March 20, 2022: Couldn't sleep so did some cleaning. Forgot to take a before photo, but imagine the cupboards had puked out all the cleaning bottles they held, and you couldn't see the marble countertop.

 @steveleeart



*Most of us want to feel that
what we do matters.*

*Taking the time to recognize & appreciate
others for their efforts & contributions
is one way to make a positive impact in life.*

@creeksideoracle
stevelee.art

March 20, 2022: ❤️ Everybody matters.

You matter.

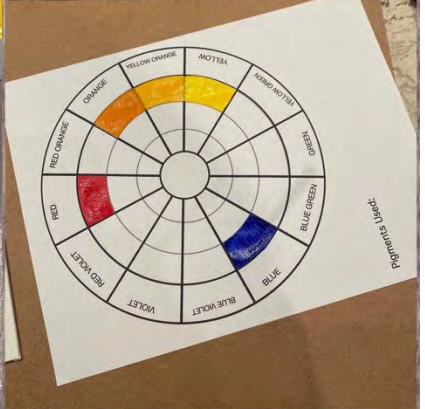
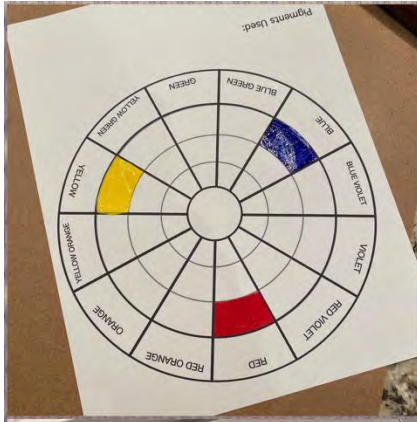
I matter.

Even those we vehemently disagree with on every level matter.

💕 To quote @julianjenkinsmedium - "Be love. Give love."

Comment below about something someone else did for you that made you feel grateful, noticed and appreciated.

📷 @creeksideoracle



March 24, 2022: Revisiting colour theory with @AcrylicUniversity and their Color Mastery Bootcamp. Started to make a Color Wheel with my @GoldenPaints Open Acrylics, which take forever to dry so I'm not sure how this will look in the morning. I have a feeling my violet and blue violet will need a tweak.

The last time I painted a Colour Wheel I used @m.grahamco guache paint in a course led by artist @AmyHuestis of the @kpufinearts department at @kwantlenu, as a part of my diploma in fine arts.

#paint #painting #study #studies #fineart #art #colour #colourtheory #colormixing #colourmixing

 @steveleeart



March 24, 2022: The spices I added to my @campbells tomato soup ended up forming a heart shape. Usually it just forms a roundish blob in the middle.

Also made a grilled cheese!

Ultimately, I feel as though this is a kind of reminder for me to stop forgetting about love, especially self-love. I struggle a lot with self love. It's been easier for me to embrace self-loathing and harsh self-criticism that's embedded in shame than it has been to embrace self-love, self-compassion and just being gentle with myself. Loving myself doesn't mean I don't push myself to put in effort in the things I enjoy doing. Self-love doesn't mean I can't constructively criticize my own work and find ways to make it better.

Follow @creeksideoracle @creeksidecrystalcastle & @steveleeart.

#lunch #soup #cooking #garlicsalt #oregano #basil #pepper #italianspices

 @steveleeart



Certificat de Formation
présenté à

Certificate of Training
presented to

Steven Hanju Lee

pour la réussite de

for successful completion of

WHMIS 2015 + GHS

04-Mar-2022

Issue Date
Date d'émission

58719684

Certificate Number
Numéro de Certificat

04-Mar-2025

Expiry Date
Date d'expiration



Sharon L. Pedulla
Vice President

SafeCheck Workplace Safety Canadian Food Safety Group Food Safety Now SafeCheck Grand Protection
safecheck.ca mspaq.ca canadianfoodsafety.com safecheck1.com scscl.ca
051-550-0643



Steven Lee

has successfully completed

WHMIS 2015 for Managers and Supervisors

Anna Tomiler
President and Chief Executive Officer
Canadian Centre for Occupational Health and Safety

Hamilton Ontario, Canada

Mar 25, 2022



Steven Lee

has successfully completed

WHMIS 2015 for Office Environments

Anna Tomiler
President and Chief Executive Officer
Canadian Centre for Occupational Health and Safety

Hamilton Ontario, Canada

Mar 24, 2022



Canadian Centre
for Occupational
Health and Safety

Steven Lee

has successfully completed

WHMIS 2015 for Workers

Anna Tomiler
President and Chief Executive Officer
Canadian Centre for Occupational Health and Safety

Hamilton Ontario, Canada

Mar 24, 2022



Canadian Centre
for Occupational
Health and Safety

Steven Lee

has successfully completed

WHMIS 2015: Understanding SDSs

Anna Tomiler
President and Chief Executive Officer
Canadian Centre for Occupational Health and Safety

Hamilton Ontario, Canada

Mar 25, 2022

BC Institute of Film Professionals

This certifies that
Steven Lee

has successfully completed the approved training
for the BC Film Industry Orientation Course,
including instruction in the Workplace Hazardous
Materials Information System (WHMIS).

Instructor

211958


May 26, 2001

Date






March 25, 2022: Finished the last WHMIS workshop I had signed on for yesterday. WHMIS stands for “Workplace Hazardous Materials Information System,” which is a piece of federal legislation designed to govern safe identification and usage requirements for hazardous materials. The Canadian WHMIS system is based on an international standard developed and governed by the @UnitedNations called #GHS, which stands for Globally Harmonized System of Classification and Labeling of Chemicals.

I’m glad I took these as I actually feel really comfortable with it now. I even scored 100% on several of the end of course exams which I’m proud of.

One was included in a bundle I had purchased just after #Christmas, through #safecheck called:

 WHMIS 2015 & GHS

The others were through @ccoohs.cchst as follows:

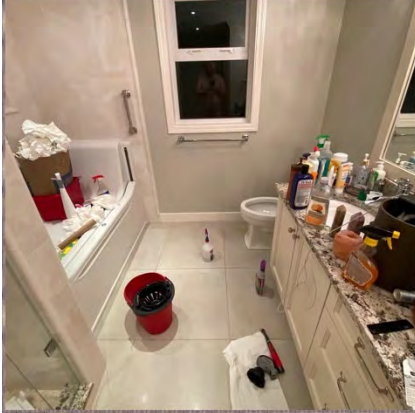
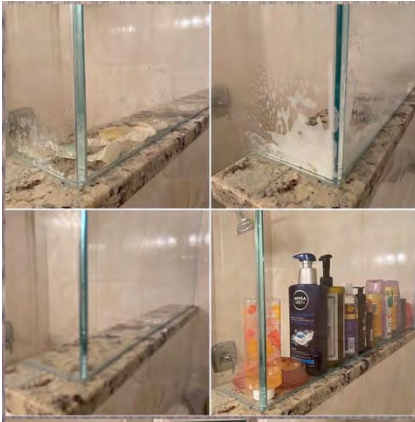
-  WHMIS 2015: An Introduction
-  WHMIS 2015 for Managers & Supervisors;
-  WHMIS 2015 for Office Environments;
-  WHMIS 2015 for Workers; and
-  WHMIS 2015: Understanding Safety Data Sheets (SSDs).

I tried taking these almost ten years ago but I was in a depressive funk at that time and didn’t finish all of them (which in hindsight I’m ok with, as it was overhauled in 2015).

Finally, my first WHMIS certification came years ago, through the BC INSTITUTE OF FILM.

Now I need to update my website and @linkedin with these.

 @steveleeart



March 27, 2022: Back in January (or maybe even last year in December), I had started a deep clean of the guest bathroom at my Mom's house... but like so many things in my life, I didn't finish it. Now it's done.

Can I keep it this way though?

When I started the clean, I reorganized all the drawers and cupboards, emptying them out and wiping them down. I also cleaned the lights. And I had also #scrubbed half of the tile flooring and grout.

This week, I cleansed the shower from floor to ceiling. I used my little hand held @dremel rechargeable scrub-brush to help remove built up soap scum and grime. For cleaner, I mainly used my own glass cleaner made of 99% isopropyl alcohol and #distilled #water. Although I had an older spray foamy cleaner that I used up on the tiles. I used the glass cleaner on all the glass and to finish on the tile to help make it shine.

I also was able to access under the special tub my Mum had installed when we renovated the bathroom over 7 years ago now. I wanted to get under there as the main tap that's connected to a hose had stoped working. It's easy to access, but I was greeted by a scene out of an @indianajonesofficialpage film: #cobwebs hung from long dead spiders who had thought they found an ideal place to catch their prey. There was a lot of wood shavings and dust too left behind from the renovation of the bathroom, all of which was very easy to vacuum up. I also wiped down everything underneath there. In terms of the hose, I knew it wasn't leaking as there were never any signs of that. Turned out there was just a kink in the hose, which was hard to get out. I let it run hot for awhile after I got the kink out to help straighten it and have it return to hanging straight.

I took the toilet apart and cleaned every bit of it. Mum had a 2000 flushes cube so that's in the tank now too. Sinks and counters were all wiped clean, I also wiped down the walls and cleaned the mirror. Then, I wiped down the tub and finished by vacuuming and scrubbing the floor again.

So it's all done. Two rooms now clean at Mum's: the living room and the bathroom.

Do you ever do a deep clean of rooms at your place? Talk about it in the comments below!

 @steveleeart

Banana Oatmeal Chocolate Chip Cookies

APRIL 1, 2020 [JUMP TO RECIPE](#)

[PRINT RECIPE](#) ★★★★★

Soft and chewy Healthy Banana Oatmeal Chocolate Chip Cookies. Loaded with oats, chocolate chips, cinnamon and nutmeg. They taste just like a slice of banana bread but in cookie form!

1 medium banana
 1/2 cup light brown sugar
 1/4 cup granulated sugar
 1/4 cup butter softened
 1 large egg
 1 teaspoon vanilla extract
 1 cup old fashioned oats
 1 1/4 cup all purpose flour
 1/2 teaspoon baking soda
 1/2 teaspoon cinnamon
 pinch of nutmeg
 1/2 teaspoon salt
 1 cup semisweet chocolate chips

INSTRUCTIONS

1. Preheat oven to 350°.
2. Add banana, both sugars, butter and vanilla to a stand mixer with the paddle attachment. Mix until combined.
3. Stir in egg and vanilla.
4. Combine oats, flour, baking soda, cinnamon, nutmeg and salt in a medium bowl.

5. On low speed add in dry ingredients to the banana mixture just until combined.
6. Fold in chocolate chips.
7. On a baking sheet lined with a silicon baking mat scoop heaping 1 tablespoon cookies.
8. Bake for 10-12 minutes or until golden brown and set.
9. Cool on pans for 5 minutes and remove cookies to a wire rack to cool completely.



March 28, 2022: I've recently written about how I've been really tight on money lately. And I've also written about how my main addictions in life have been binge eating and overspending.

With my last few visits to the grocery stores, I've set a target amount to spend and worked hard to stay within it. It's meant sacrificing items that I might have otherwise bought in the past. For example, last week I returned to the cashier a couple of bags of @mmschocolate @mmscanada peanut butter Easter egg candies, as well as a birthday card that I really liked, but knew I didn't need to get as these three items shot me over my target by \$20. The same store had a few cool message card decks that I loved a lot. But I already have a lot of message card, oracle card, and tarot card decks so I made myself pick one, a deck called YOU ARE SO AWESOME, which will be nice to pull from in the mornings for myself as well as for posts on my @creeksideoracle page. A few weeks ago I would have bought both of the decks without question but last week I decided only to buy one while also staying in with the target I had set to spend. I know this seems very elementary, and it's what many people do in general but it's been a big step for me.

At @choices_markets I was able to go in knowing I had over ten years worth of points built up, and I used a small amount to knock \$60 off of my target of \$120.

I also decided I need to stop buying baked goods as it's getting expensive to buy these items. So to this end, I found a cool recipe on the Chef Savvy website for BANANA OATMEAL CHOCOLATE CHIP COOKIES that I made Sunday afternoon. The last time I made any cookies was on December 28, 2019. I don't know why I haven't baked since.

The cookies turned out great. I did put in too much sugar, thinking I needed 1/2 cup of white sugar and 1/2 cup of brown sugar. As you can see though, the recipe called for only 1/4 cup of white sugar. It didn't ruin them though. I also added allspice, chopped walnuts and cranberries.

Now the goal is not to eat them all on Monday. I might put a post it note on the container holding them that says "NO!" on it, to remind me I should only have two a day at the most.

 @steveleeart

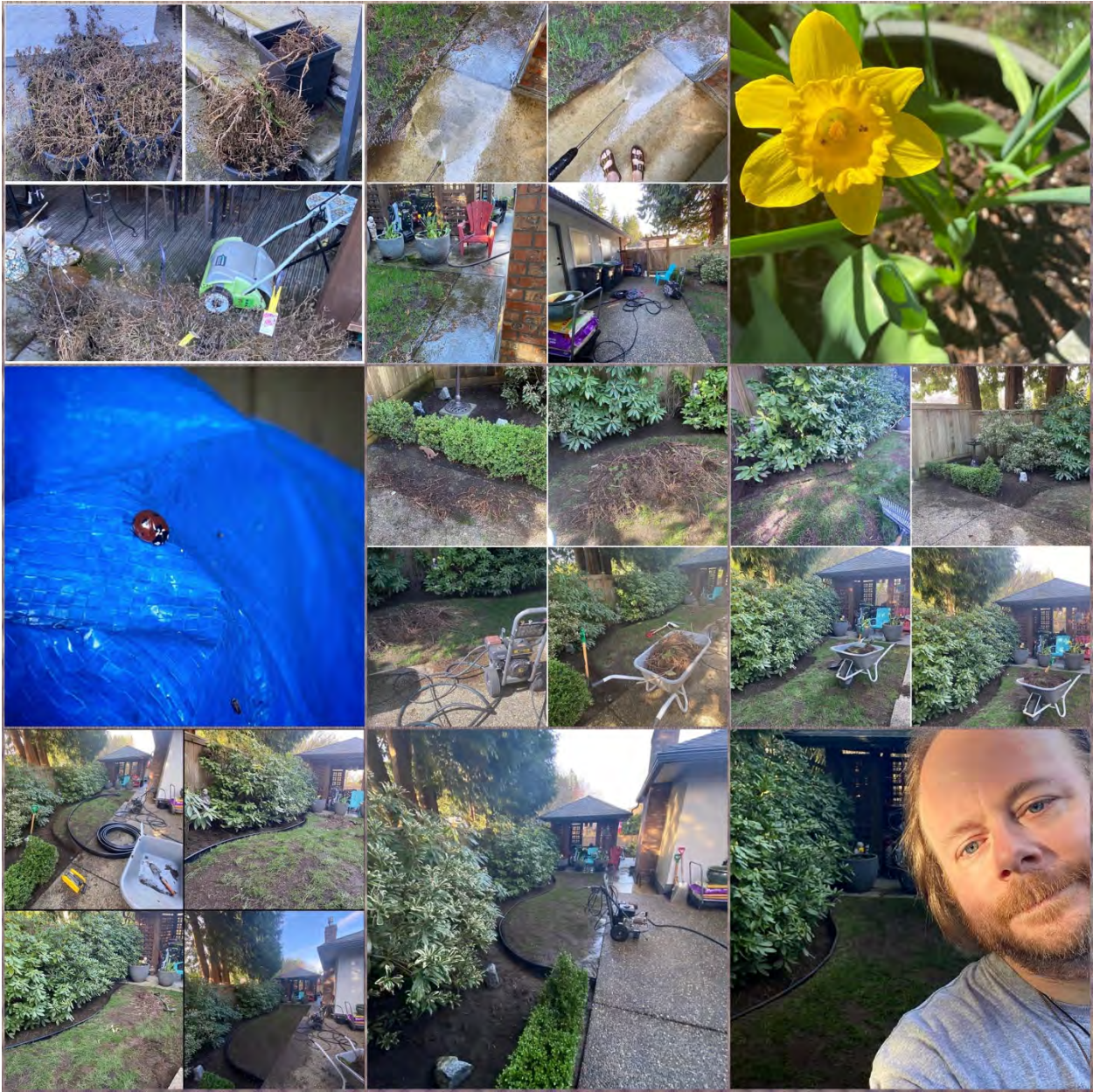


Pigments Used: Cad Red Medium, Cad Yellow Medium



March 28, 2022: Update on my first assignment from the @acrylicuniversity #ColorMasteryBootcamp. Working on building up layers of colour. So. Behind though. I'm feeling really embarrassed and ashamed about that.

 @steveleeart



March 29, 2022: Got some yardwork gardening done yesterday and today: I emptied the planters we had used last year. Normally this would have been done last fall, but as you might know, I was hospitalized for a time last fall and so a lot of things just didn't get done, thanks to my depression.

Specifically, I started power washing at my Mum's yesterday. I washed out all of the recycling, organics, and the garbage bins she has. I also used a bit of bleach spray at the end to disinfect them as they hadn't been washed out well since last August. I also washed down the walls and the gutters in this area.

Today, I washed a bit more of the deck, creating a path the dogs could use to get to the grass without having to trudge through muck.

I raked between all the rhododendron bushes along the side, and raked the grass as well. I then redefined the edging of this rhodo garden, and laid down tubing to keep the new outline. Later, I'll add some fresh topsoil and black wood chips around the rhododendrons. I'll probably plant bulbs I have in the garage that I meant to plant last fall.

I did another rake of the grass once the tubing was down, and then used our battery powered @egopowerplus weed whacker to clean up the edges of this area and cut the grass nice and short. Moss kill and weed kill will be put down later this week. Finally, I cut the front grass tonight.

I then had a long hot shower and scrubbed my feet. I hit all my step goals today using my @fitbit, so that was a nice bonus. I wanted to read tonight but I'm so tired I may just call it a day.

 @steveleeart

Athlete mode

215.2 lb

Weight goal
170.0lb

Body fat goal
25.0%

From October 17, 2020 at 12:48 PM

-9.8lb

-1.4

-1.0%



April 1, 2022: After not weighing myself much over the last few months since I sliced up my heels in January, I climbed onto my @renphogroup scale this morning expecting to see I was back over 220. But I'm not, even though I've not been mindfully eating lately due to my ongoing depression or doing any walking. I'm gonna try to go for a walk later today, depending on how I feel as last night I felt horrible.

When I got home yesterday afternoon I was incredibly tired. I somehow ate dinner but then slept a few hours. Woke up drenched in sweat with slight fever of 101 and sore throat with coughing. Didn't feel like anything moved into my chest though. Headache too, and body aches. I felt fine earlier in the day.

So I took a few vitamins - C, D and Zinc. Oh and a @coldfx with a tall glass of OJ and then a nighttime @neocitrancanada. I had a second Neocitran around 4am. Don't know if this is the flu or covid. I had my flu shot last year, and two covid shots but still waiting to be invited for a booster... today, I still feel really tired but the other symptoms aren't bothering me - although when I got up at 4 I could tell I'd been sweating still as I slept, as the sheets were drenched. My throat is a bit ticklish but I'm not coughing much. I have to go out to get some groceries so I'll try to get a rapid test just to be safe.

I still wear a mask in stores by choice.

 @steveleeart



Results for Serving It Right Final Exam

Learner	STEVEN LEE
Started	APR 2, 2022, 11:01:26 PM
Finished	APR 3, 2022, 12:04:44 AM
Learner Score	33 OUT OF 35 → 94.3%
Pass Score	80%
Status	✓ PASSED



Results for Special Event Server Final Exam

Learner	STEVEN LEE
Started	APR 3, 2022, 12:12:25 AM
Finished	APR 3, 2022, 12:26:27 AM
Learner Score	22 OUT OF 25 → 88.0%
Pass Score	80%
Status	✓ PASSED

April 3, 2022: Noticed my Serving It Right was expiring this year, so redid the tests to update my certification. Trying to stay productive when I'm up with insomnia, although I dozed off doing them last night and this morning!

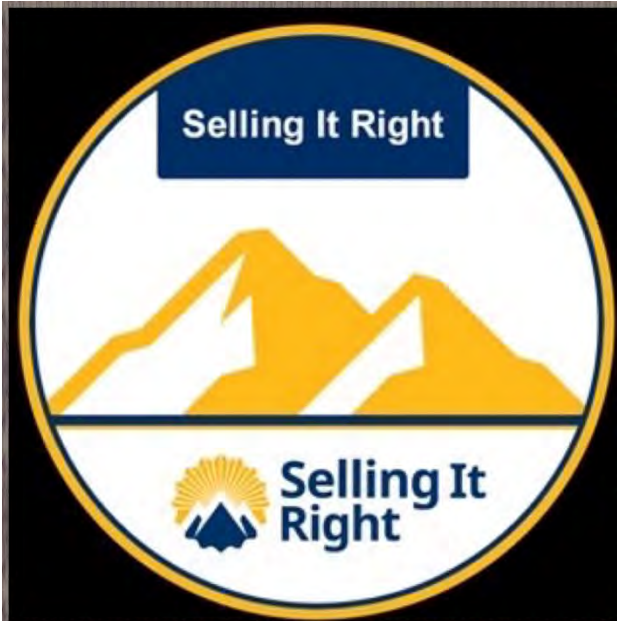


The program's website describes this certification as:

“Serving It Right is British Columbia’s responsible liquor sales and service program for industry workers, that everyone involved in the sale and service of liquor has to take. It is designed to help make sure that the service and sale of liquor is done according to law and in a way that keeps customers, guests and others safe from alcohol-related harms.”

I first got this a long time ago when I worked at the @ksacouncil where part of my work over the years their saw me helping with the organization of many events. Don't know if I'll need them again, but good to have as I'd like to get some work this summer, but no idea what kinda work.

 @steveleeart



CERTIFICATE
ID: 2224778

This is to certify that
STEVEN LEE

has successfully completed the
Selling It Right

April 03, 2022

Date Issued

April 02, 2024

Expiry Date



Results for Selling It Right Final Exam

Learner	STEVEN LEE
Started	APR 3, 2022, 8:15:35 AM
Finished	APR 3, 2022, 9:52:29 AM
Learner Score	27 OUT OF 30 → 90.0%
Pass Score	80%
Status	PASSED

April 3, 2022: In British Columbia they added a SELLING IT RIGHT certification through the same website that offers SERVING IT RIGHT. SELLING IT RIGHT involves the sale of marijuana, while SERVING governs sale of alcoholic beverages in restaurants, pubs and special events.

So I did it too, even though it's 90% certain I'll never work in any shop that sells cannabis.

 @steveleeart



“In modern life, we are encouraged to listen to our hearts, listen to our inner voices, and listen to our guts, but rarely are we encouraged to listen carefully and with intent to other people.”

- Kate Murphy, from her book YOU'RE NOT LISTENING

April 5, 2022: Julia Cameron (@juliacameronlive), in her book THE LISTENING PATH: THE CREATIVE ART OF ATTENTION lays out an exploration of sound and listening over a series of discussions, exercises and reflections that take place over a six week period. She opens the first week, which involves listening to our environment with a quote by Madeleine L'Engle, who notes how a "Part of doing something is listening. We are listening. To the sun. To the stars. To the wind."

Murphy also notes how: "To really listen is to be moved physically, chemically, emotionally, and intellectually by another person's narrative."

Listening never ceases, even for the death who learn how to listen with the range of their remaining senses, such as their eyes, nose, and fingers. How closely do you listen to your surroundings, and to other people?

If you enjoyed this post, please like, share and follow my page. Much thanks for this 🙏.

 @steveleeart

#belove #belovegivelove #belovegiveloveknowlove #inspiration #inspire #quote #quotes #myquote #selflove #selflovequotes #quoteoftheday #quotestoliveby #bebettereveryday #selfloveisthebestlove #selfloveisnotselfish #livingmybestlife #livingmydream #begentle #mindfulliving #mindfulness



April 6, 2022: I started a new short painting workshop called BE BOLD! by artist @CeliaLeesArt with @ThisIsArtify.

Lees's technique in her opening demonstrations had me working on building up and removing layers to create a smooth background for my abstraction using a few basic tools (a palette knife to mix paint with and a fairly large brush to apply it with, a spray bottle filled with water sprayed directly on the canvas as we went along, and some paper towels to remove water and paint) as well as a few basic colours (in my case, cad yellow, red and a titanium white), using my Open Acrylics @GoldenPaints that I already had out from my experiments with colour mixing.

The main difference between the work I started and the work Lees developed in her painting was the size of canvas. Here, I'm using a 12x12 canvas board, while the course uses a minimum 24x36 pre stretched canvas. I'm mainly starting small because I don't have a lot of space to play around with right now. But it was just nice to get going with something.

Lees's technique also involved a lot of blending which I love to do anyway. I'm happy with how it looks right now, but found I had to be careful not to overwork things as I wanted some variations between light and dark. We're supposed to now leave it for ten or twenty minutes to dry before starting on the next part... but my open acrylics are designed to stay wet longer so I'll start the next steps tomorrow night.

If you like my content, please like, comment on and share this post, and follow my page!

 @steveleeart

#art #paintings #artwork #process #newwork #learning #student #emergingartist #sky #bold #bebold #goldensky



April 6, 2022: this is the only look I know. I'm so tired of the #downs. I'd barely scraping by with stuff I need to do.

Why can't I get shit done?

Why do I get so paralyzed and stuck?

Why am I such an utter failure of a human being?

I'm sick of even posting these selfies cause I've not been in a good place and I know this negative talk is not good, so I just stopped doing these. I really don't care anymore about them. They just push people away.

I'm sick of the fights I have with loved ones, my Mum mainly. I'm sick of letting others down. I'm terrified to contact my doctor. I was gonna write him but can't even do that.

I'm downing like half a dozen @pepsicanada @pepsi drinks a day, often more. And lots of junk. I'm surprised I'm still hovering around 215 pounds. I know I'm probably suffering sugar crashes cause I get really low no energy. Maybe my scale is broken. I can't even muster up energy for a walk let alone to get things done. My birthday is in a week and I want nothing to do with it. I'm not worth celebrating. I'm a liar and a cheat and a disgusting perverted ass.

96 days into 2022 and once again I've accomplished nothing. I can't do this anymore. I know so many who are struggling and I want to help but I can't even help myself. What a joke I've become.

96/365.

 @steveleeart



April 6, 2022: Watched the next video in the BE BOLD workshop which had us play with mark making, using pencil and oil pastel. @celialeesart encouraged us to handle the materials in different ways than one might normally consider when using them and I'll be honest I wasn't used to that. It was more loose and I'm used to having more control. It will be fun to move to something bigger.

I didn't do more cause I'm feeling super fucking anxious tonight, like I want to pass out and throw up at the same time 🙄

 @steveleeart



April 7, 2022: another wasted morning. Yesterday, I was up and out the door before 7am. I went to my local @StarbucksCanada where I worked on finishing several for two courses until around noon. I then ran some errands I had put off. Now, it's almost 10am and here I am: nothing done, just another morning lost to sleeping in. I'm so ashamed of myself for not getting up earlier. Ok. Time to try to get up and finish some stuff before my class at 1pm.

Tomorrow will be a huge challenge as I've signed up for a one day introductory first aid class. I need to be in North Surrey before 8am. It's also the night of another fine arts grad show. Had I had my shit together I would have graduated in Spring 2021, but now it feels like a result I need to forget about trying to accomplish. Yet another thing I'm ashamed about. I see so many people finishing and completing their masters, and I can't even finish my bachelors.

97/365.

 @steveleeart



April 7, 2022: This is a third in process shot of a small painting I'm doing while working through a short online workshop by @celialeesart with @thisisartify ...

I admit that my piece doesn't look much like hers, mainly because my piece is much smaller. Going small has meant that I can't get too involved with the piece in terms of really going wild with my brush strokes, as an Action Painter like Jackson Pollock might do, & as Lees has done. I've also blended out my brushstrokes a lot more than Lees does. Her work preserves the brushstrokes which reveals & speaks to the process of painting itself. I don't know, but I think when I try this process on a larger scale I'll end up with more of the movement Lees creates. Ultimately though, the goal of these workshops isn't to create replicas but to challenge your own style of expression.

This lesson had us starting to create swaths of colours that contrasted with our background, so I decided to start by mixing a nice green. I applied it fairly thick, for me anyway, & worked on pulling the colour across the canvas using water sprayed onto the surface, as well as by using brushes, paper towels, my palette knife, and even my fingers.

At one point I used the palette knife to get the last of the paint off of my palette & as my hand moved the knife across the surface of the work I ended up turning the blade on it's edge as it continued moving along the painting's surface - cutting lines through paint I'd just applied.

The creation of these lines was unexpected, but I liked the result. It spoke to the pencil & oil pastel lines Lees had us add during a previous part of this work. It also reminded me of the scratching of photographs I did a few years ago in an alternative #photographic processes course led by @ana_black that I took as part of my fine arts diploma at @kpufinearts. Black had us manipulate photos for larger artworks by scratching, scraping, tearing, and crumpling.

Lees applied a few different swaths of colours across different areas of her larger canvas but I'm going to let this dry overnight before moving further along in the workshop. I'm not sure where this will go, but I'm enjoying the process.

 @steveleeart



April 8, 2022: I added more contrast tonight to my new abstracted work, a continuation of the piece I started this week working through the @thisisartify workshop I'm taking as led by @celialeesart. What I added tonight was a continuation of the green I added yesterday.

I started adding a swath of dark violet streak of colour to the piece, a direct contrast to the yellow I applied in my initial layers. I then used some cad red light left on my palette, although the colours are a bit Christmasy but it's nothing that can't be fixed in future layers.

I also found a smaller brush which is more similar to the brush Lees uses. I also sprayed water onto the areas where I added paint again, and I lifted and removed some of it again using my brush and paper towels. It did drip in a few places cause I didn't work with the piece on a flat surface tonight.

I'm gonna watch the next part of Lees's course before bed, to see what's next although I might keep adding more layers in the days to come before moving on with the piece.

 @steveleeart



April 9, 2022

ALL THAT HEAVEN WOULD ALLOW

I got a dollar in my pocket
There ain't a cloud up above
I got a picture in a locket
That says 'Baby, I love you'
Well, if you didn't look then, boys
Then fellas, don't go lookin' now
Well here she comes a-walkin'
All that heaven will allow

Say hey there, Mister Bouncer
Now all I wanna do is dance
But I swear I left my wallet
Back home in my workin' pants
C'mon Slim, slip me in, man
I'll make it up to you somehow
I can't be late, I got a date
With all that heaven will allow

Rain and storm and dark skies
Well now they don't mean a thing
If you got a girl that loves you
And who wants to wear your ring
So c'mon, Mister Trouble
We'll make it through you somehow
We'll fill this house with all the love
All that heaven will allow

Now some may wanna die young, man
Young and gloriously
Get it straight now, mister
Hey buddy, that ain't me
'Cause I got something on my mind, yeah
That sets me straight and walkin' proud

And I want all the time
All that heaven will allow
Yeah I want all the time
All that heaven will allow

- Lyrics: Bruce Springsteen
- Performance: The Mavericks

 @steveleeart



I must take this damned Snoopy
down from the wall as quickly as
possible, but I can't bring myself
to do it; that childish figure has
become for me an emblem of my
condition, a warning, a challenge.

Italo Calvino
If on a winter's night a traveller
(1979)


April 11, 2022: An interesting sign hangs outside the offices of Sarah Hickenbottom & Briar Schulz, FIR 3423 at @kwantlenu.

@snoopygrams @everdaypeanuts

 @steveleeart



April 13, 2022: Haven't done carhop @whitespot_restaurants in forever...

 @steveleeart



April 14, 2022: Hard to believe that around 20 some odd years ago the Southpoint Mall was the South Surrey Park and Ride, where I had some of my first driving lessons.

Now, it's been a mall almost as long as that area had been a park and ride, but not as old as the more rural area it likely was before that. Maybe a small farm? A grove of trees? I dunno.

This mall and this Starbucks opened during the time I lived downtown. I remember the first time I stumbled upon it after moving back to the area in 2009. I'd come and write at @southpointsbux but then didn't go for the longest time. I remember when I did come back to the area. It was open 24 hours, as was the local Walmart. Safeway, Save-On and a few other places were open to midnight. Different time.

I started going back in 2019 to write and study here. It provided a nice place to get away from the distractions of home.

I'm not necessarily the biggest fan of Starbucks as a multinational corporation, but I do know a lot of local people, who work at many stores. I remember too, as a young kid, when White Rock got its first store across from @semiahmooshopping centre. I remember my teachers at the start of the day had gotten drinks there and were talking about how this little store from Seattle was becoming all the rage. Time flies.

So congrats to the Southpoint crew, and to @leavollhoffer who I've always seen go the distance, doing things for the local community and supporting important things like BLM when I'm sure head office would've liked its stores to look the other way.

Wishing you all the very best!

 @steveleeart



April 15, 2022: April 15, 2022: I don't know why, but every year as I get older, there's this anxiety that grows inside me each day in the week leading up to the big day. And with each passing year, that anxiety seems to just grow stronger. It's an anxiety that smothers my soul, leaving me choked up, barely able to speak as tears well up in my eyes. I feel those tears now as I try writing this in a Starbucks of all places. This isn't new either, it stretches back as long as I can remember.

I don't like my birthday.

Even when I'd invite like 20, 30, or one time close 40 friends out to celebrate... I still feel alone. I remember once driving my friend Lisa Coan to meet a group to have dinner and then see KILL BILL for that birthday. But when we parked on West 4th, in Vancouver, I remember breaking down and just sobbing so deeply, for what felt like forever. I felt then what I still feel on my birthday, so sad, and so alone. Lisa held the silence for me that day and let me cry, and then we talked for awhile. In spite of everyone who would come out, I still felt like I didn't belong. I felt ashamed. Like I was wearing a mask. And I don't even have Lisa to hold space for me anymore. She walked away from my bullshit years ago.

I know I need to find a way to try and change my mindset but I'm not sure I know how to. Of course, I know how, but it feels like no matter how hard I try... I just fail again. One bad habit I've also had centres around how I hide my birthday from my social media profiles in the days leading up to my birthday. I then waffle and fret about that decision, even though I usually relent and set it to publicly visible again the day before. Just like I did yesterday.

I honestly don't know who I am and more and more, I know I have never known who I am. Even with my sexuality being demipansexual, means I need that close connection, but I always run from those connections cause I'm just too afraid. And it's so tiring.

I ran into one of my exes yesterday, she had her child with her. She was always so good to me, and I treated her horribly cause I didn't know how to be there for her. I want to blame the depression. But I wonder if even that's a lie.

105/365.

 @steveleeart

