

Land Based Indigo Dyeing as Medicine

Indigo Dye Transformation Journal

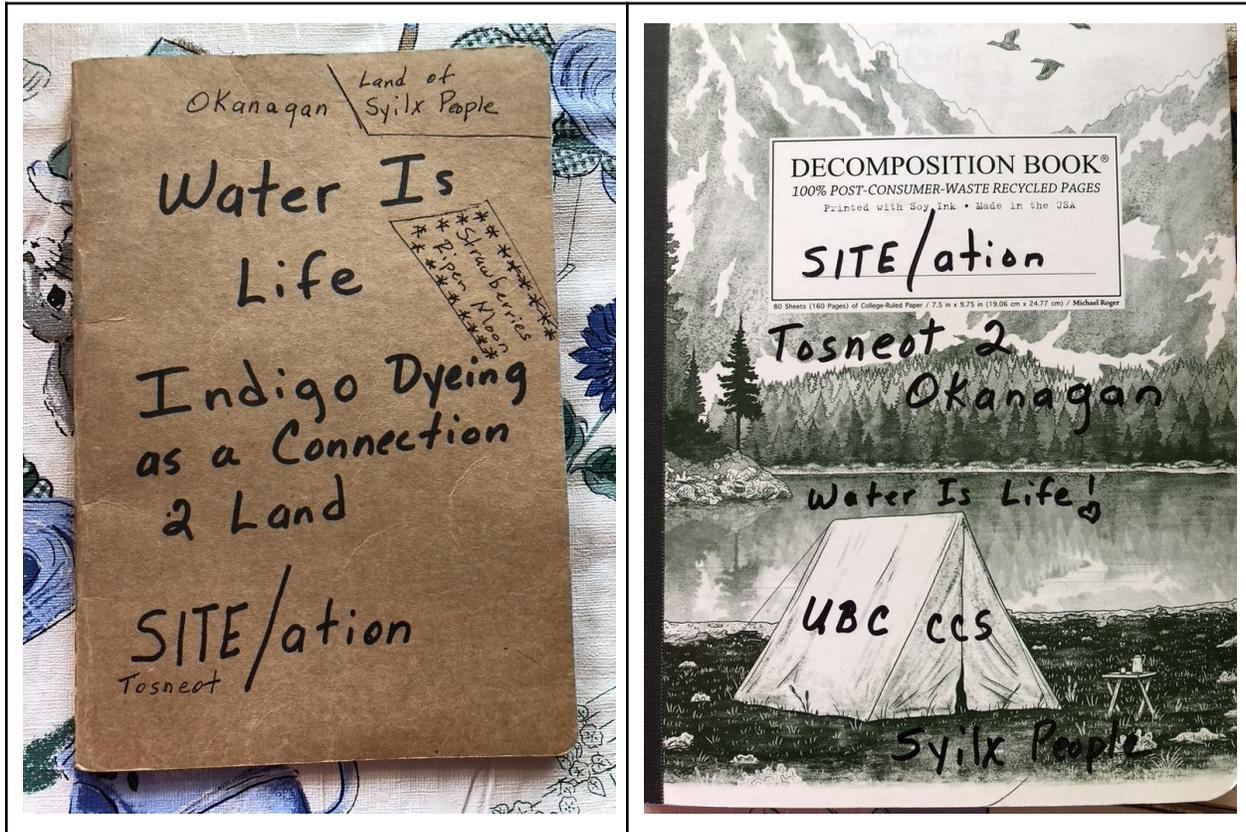
Keeping an maintaining a design journal is an integral part of my growth and development as an artist. I've always kept a journal, and it's second nature to me. I asked [ChatGPT](#) (a free text based AI) reasons why an artist should keep a design journal, and received the following response.

There are several reasons why an artist should create and maintain a design journal:

1. **Brainstorming and ideation:** A design journal is an ideal place to capture ideas, doodles, and sketches. Artists can use their journal to brainstorm new concepts, explore different directions, and develop their ideas further.
2. **Process documentation:** Keeping a record of the steps taken during the design process can be helpful for future reference. By documenting their process, artists can review and analyze their decisions, learn from their mistakes, and improve their workflow.
3. **Inspiration and reference:** A design journal can serve as a source of inspiration and reference for artists. By keeping track of their creative process, artists can refer back to their journal for inspiration or to remind themselves of past ideas.
4. **Professional development:** A design journal can help artists develop their skills and advance their careers. By documenting their process, artists can track their progress over time, identify areas for improvement, and set goals for future projects.
5. **Collaboration and communication:** A design journal can also be a useful tool for collaboration and communication. Artists can share their journal with others to facilitate discussions and feedback, ensuring that everyone involved in the project is on the same page.

Carola Jones, Teaching Artist 2023

My experience teaches me that a bound journal works best, and it doesn't need to be expensive or elaborate.



The first step is to imprint your journal by making it your own. I suggest that you print your brand as a fashion and/or fabric designer and enhance your Indigo Transformation Journal. Next, we will use the prompts listed below. Your response to a prompt can be text, drawings, picture cutouts, and/or fabric swatches. You can either share it with our group, or keep it private. No pressure either way. It's no one way, or wrong way. Whatever inspires you to create naturally dyed fabric for fashion as cultural survivance is the most important.



My Indigo Transformation Teaching Journal

Contains my recipes, my teaching precepts, transformation prompts along with my personal observations and musings related to my insights related to my spiritual growth and alternative healing practices.

A year ago I had an out of body near death experience that is changing my life. Beyond a shadow of doubt I know first hand that self-care and transformation are possible

Transformation Journal Prompts:

- ★ Why?
- ★ Who Am I?
- ★ What Do I Want to Make Today?
- ★ Three Creative Sources of Inspiration
- ★ The Blues
- ★ The color blue ...
- ★ Draw Lines >> Excited | Joyful | Angry | Frustrated
- ★ Draw Running Stitch by Design & Improv
- ★ Gratitude
- ★ Forgiveness
- ★ Decolonization
- ★ SITE/ation (A Place or Places You're Connected To)
- ★ Culture
- ★ Survivance (The Culture Associated with You as a Creative)
- ★ Cloth