



Coming of Age Again

A series of watercolour self-portraits
by Donna Mulholland

Coming of Age Again

A series of watercolour self-portraits

by Donna Mulholland

© 2011 by Donna Mulholland. The book author retains sole copyright to her contributions to this book.



The Blurb-provided layout designs and graphic elements are copyright Blurb Inc., 2011. This book was created using the Blurb creative publishing service. The book author retains sole copyright to his or her contributions to this book.



*"Do what you love. Know your own bone;
gnaw at it, bury it, unearth it, and gnaw it
still." ~ Henry David Thoreau*

Introduction

As I was counting down to my 50th birthday in August 2009, I was in an in-between place. I greatly admired the women who had reached this milestone before me, but didn't quite know how I was going to get to the magical, authentic place where they all seemed to be. And so, I embarked on a series of self-portraits, hoping to get to know myself better and to embrace turning 50 with courage, authenticity and grace.

This book includes twelve watercolour self-portraits, with accompanying text, originally blogged in August and September 2009.

Just a Cotton Pickin' Minute!

Just realized today that I turn 50 in 25 or so days. I had no idea. Worked out a plan to lose 10 pounds by walking 4 hours a day between now and then and not eating anything.

Only walked an hour this morning ... didn't do my yoga, had vanilla ice cream ... and a glass of wine. Not at the same time. Maybe I'll make 50 about accepting myself as I am. Yes, THAT'S IT! Gawd, I'm good. Yep, I've still got it.

Now ... I am going to burn the calendar and turn back the clocks. :-)

*Just a Cotton Pickin' Minute!"
9 x 12" watercolour by Donna Mulholland*



A Hug for Fortitude

The alternative to turning 50 isn't good, so I'm going to gather the tools I need to be 50. First up, a hug for fortitude ... or just because.

*"A Hug for Fortitude"
9 x 12" watercolour by Donna Mulholland*



Make Like Professor McGonagall

More tools for the countdown to 50. This self-portrait is me in Professor Minerva McGonagall mode. Now she's one GREAT character. Not only did she teach transformation class (nudge, nudge, wink, wink) but I also think that the actress Maggie Smith, who plays her, is such a beautiful woman, and only becomes more so with the years.

McGonagall is fiercely devoted to serving the good, has been known to bend a rule or two, and said "Dumbledore would have been happier than anybody to think that there was a little more love in the world."

*"Make Like Professor McGonagall"
9 x 12" watercolour by Donna Mulholland*



Waiting ...

"It is strange that the years teach us
patience; that the shorter our time, the
greater our capacity for waiting." ~
Elizabeth Taylor

"Waiting ..."
9 x 12" watercolour by Donna Mulholland



Mothers for Peace

Peace in our time. I think we 50 plus ladies need to get on this! Count me in.

*"Mothers for Peace"
9 x 12" watercolour by Donna Mulholland*



Upside Down

Look at things in new ways and seriously,
who really knows who is upside down?

"Upside Down"
9 x 12" watercolour by Donna Mulholland

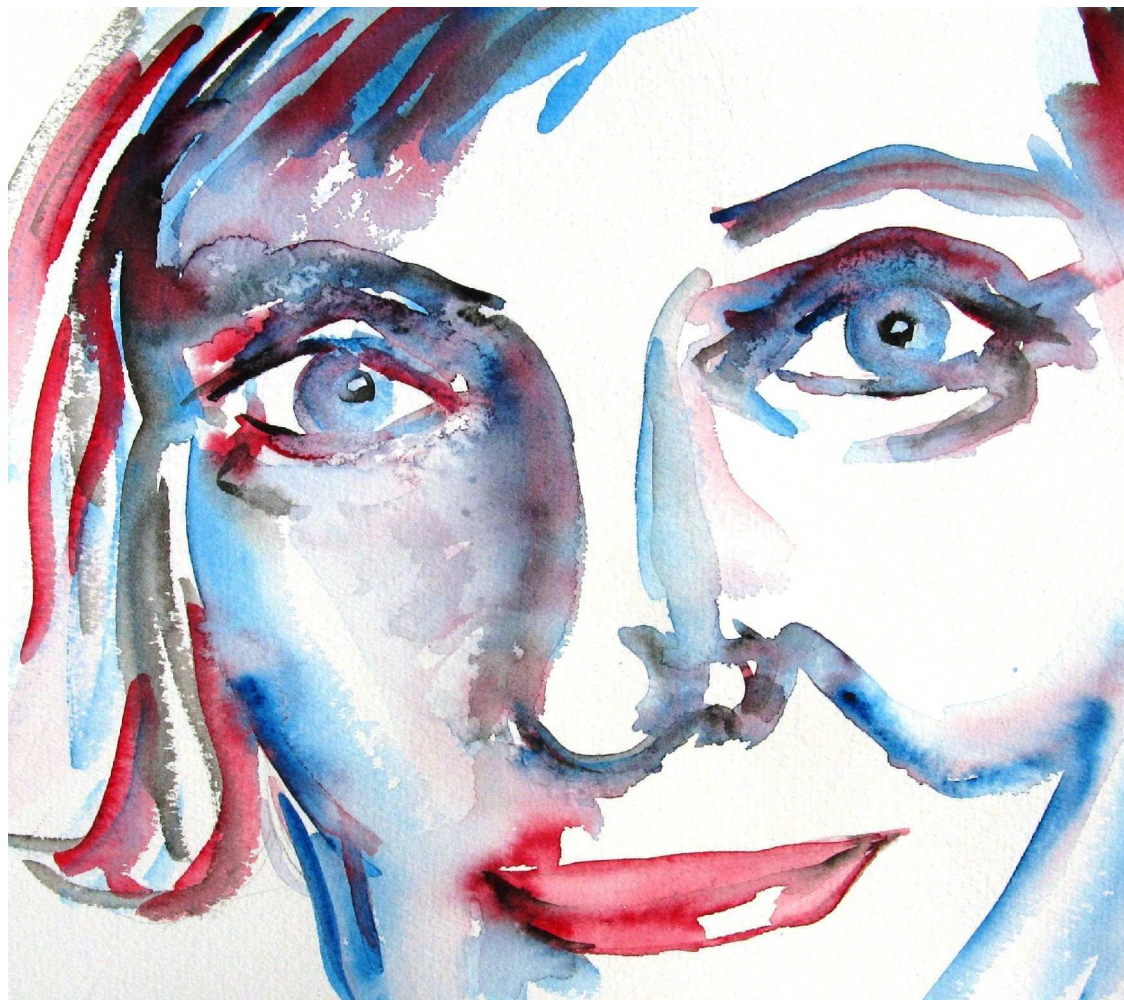


I Ate the Canary

Be the one who looks like the cat who
swallowed the canary. It'll keep you young
and other's guessing.

I don't actually eat canaries.

"I Ate the Canary"
9 x 12" watercolour by Donna Mulholland



I'm Comin' Up

"I'm comin' up, so you better get this party started." ~ Pink

A party is just a state of mind. Live it.

"I'm Comin' Up"
9 x 12" watercolour by Donna Mulholland



This is How a New "Do" Makes Me Feel

I love getting my hair cut. It's an oasis of calm in a busy life. I love the magazines, the tea, getting my hair washed, the one-on-one attention, hearing about my stylist's life and observing the other clients. (Once I get over the shock of the full length mirror at the chair, that is.)

And today I got some pastel pink extensions ... just a few ... quite subtle. But I can feel them there and they make me feel good! Gotta be looking good for the big 50!!!

"This is How a New 'Do' Makes Me Feel"
9 x 12" watercolour by Donna Mulholland



Dance Like You're Ginger Rogers

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance." ~ Oprah Winfrey

Oh yeah, dance like you're Ginger Rogers.
Just do it.

*"Dance Like You're Ginger Rogers"
9 x 12" watercolour by Donna Mulholland*



Nothin' Better To Do

I don't really sit much. I'm a putter-er.
But here I am just sitting down enjoying
having nothin' better to do (for the moment
at least.)

"Nothin' Better To Do"
9 x 12" watercolour by Donna Mulholland



Bad Side of the Moon

Even I have a dark side. Since seeing the fun others have with positive and negative images, I've wanted to do a negative piece. So, that's what I did this morning.

It reminded me of an old song from my younger days - April Wine's "Bad Side of the Moon."

"Bad Side of the Moon"
9 x 12" watercolour by Donna Mulholland



Conclusion

As I write this, my 52nd birthday is just two months away. I am grateful for the changes that have occurred in my life since turning 50, for the gift of self-expression, and for the many wonderful women of all ages who have served as guides and role models. I look forward to the challenges and adventures to come.

BE KIND
CELEBRATE THE BEAUTY
DO WHAT YOU LOVE
PAY ATTENTION
TAKE RISKS
PROSPER
BE GRATEFUL
BREATHE
THAT'S IT

Donna Mulholland, July 2011

About the Artist

Donna Mulholland
(aka The Happy Painter)
Artist, Creativity Coach,
BBA, MHSA & RYT 200
Chief Creative Officer
Creativity Matters
Fredericton, NB Canada

Donna offers watercolour,
art journaling, creativity &
yoga classes in person and
online.



The Happy Painter flickr:
http://www.flickr.com/photos/the_happy_learner/

The Happy Painter blog:
<http://thehappypainter22.blogspot.com/>

The Creativity Matters
blog: <http://creativitymattersblog.blogspot.com/>

Creativity Matters website:
<http://creativity-matters.weebly.com/>

Creativity Matters is also
on Facebook @ <http://www.facebook.com/pages/Creativity-Matters/150604414963751>

Follow me on Twitter
[@donnamu22](https://twitter.com/donnamu22)



