An abstract painting featuring three large, rounded, organic shapes in the foreground. The shapes are filled with various colors: the left one is green and yellow, the middle one is orange and red, and the right one is red and purple. They are outlined with thick black lines. The background is a mix of green, red, and white, with some blue and purple streaks. The overall style is expressive and textured.

# *Wild Creation: An Outsider's Guide to Art Beyond Self-Care*

*A field guide for artists ready to step outside the velvet rope and make art directly from their creative spirit*

# Table of Contents

I confess	3
Why I Don't Make Art as "Self Care"	4
The Outsider's Path	5
Wild Creation Exercises	6
Your Creative Elements	7
The Wild and Generous Way Forward	8

## *Wild Creation: An Outsider's Guide to Art Beyond Self Care*

*A field guide for artists ready to step outside the velvet rope and make art directly from their creative spirit*



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You are welcome to use the collage elements and creative prompts in this guide for your own personal art-making and creative practice. Share your creations and tag me, I'd love to see what you make!

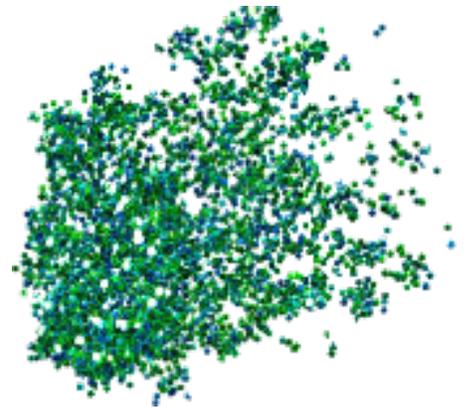
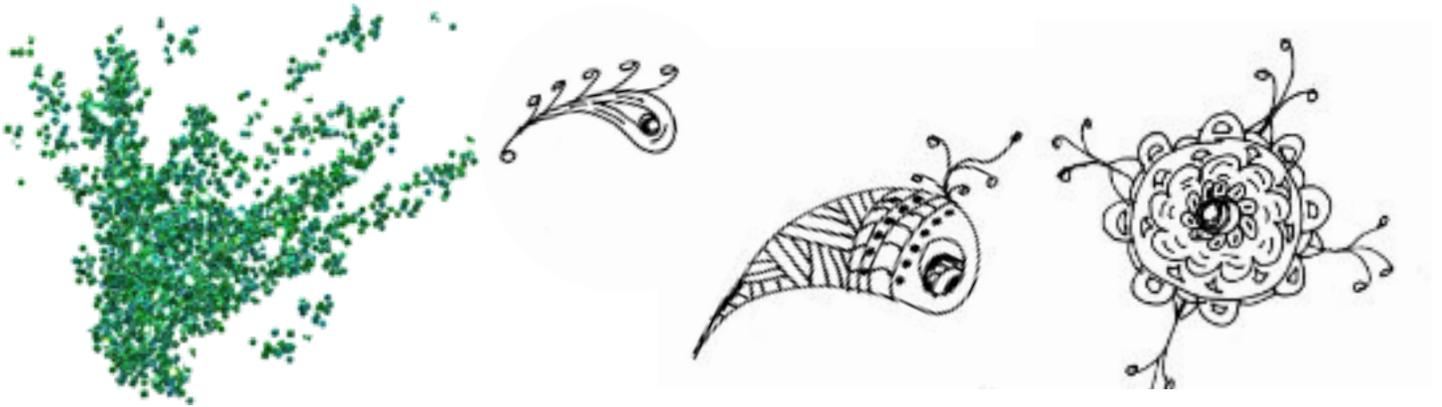
# I confess

I'm not one of those delicate artists who journal while drinking tea (I like coffee!) and share how deeply they're feeling about "what's going on in the world." I don't think of making art as "healing" in the way the word is so casually used these days. That whole approach? It's annoying and limiting and I don't care for it, at all.

Here's what I do care about: The Creation and its living spirits that I feel in my very bones. I care for the blue on a bluebird's back, the turn of a mountain flank in sun and shadow, the green no-color bud of a coming bloom, the full moon rising above the ridge in a clear sky. These are the countless beauties and secrets that The Creation holds – and they're calling to you too.

It's a wild energy looking out with eyes that glitter with dangerous joy.





## Why I Don't Make Art as "Self Care"

The outside world loves to package creativity as something gentle and therapeutic, a nice little hobby to help you pass the time and soothe yourself. But that's not what real art-making is about. That's not where the fire lives.

Real creativity comes from a deeper place. It comes from connection with something larger than our small concerns. It comes from the spirit of Creation – that wild, generous force that makes bluebirds blue and mountains turn their flanks to catch the light.

When we reduce art to "self care," we're missing the point entirely. We're making it small when it's meant to be vast. We're making it safe when it's meant to be dangerous - in the best possible way.



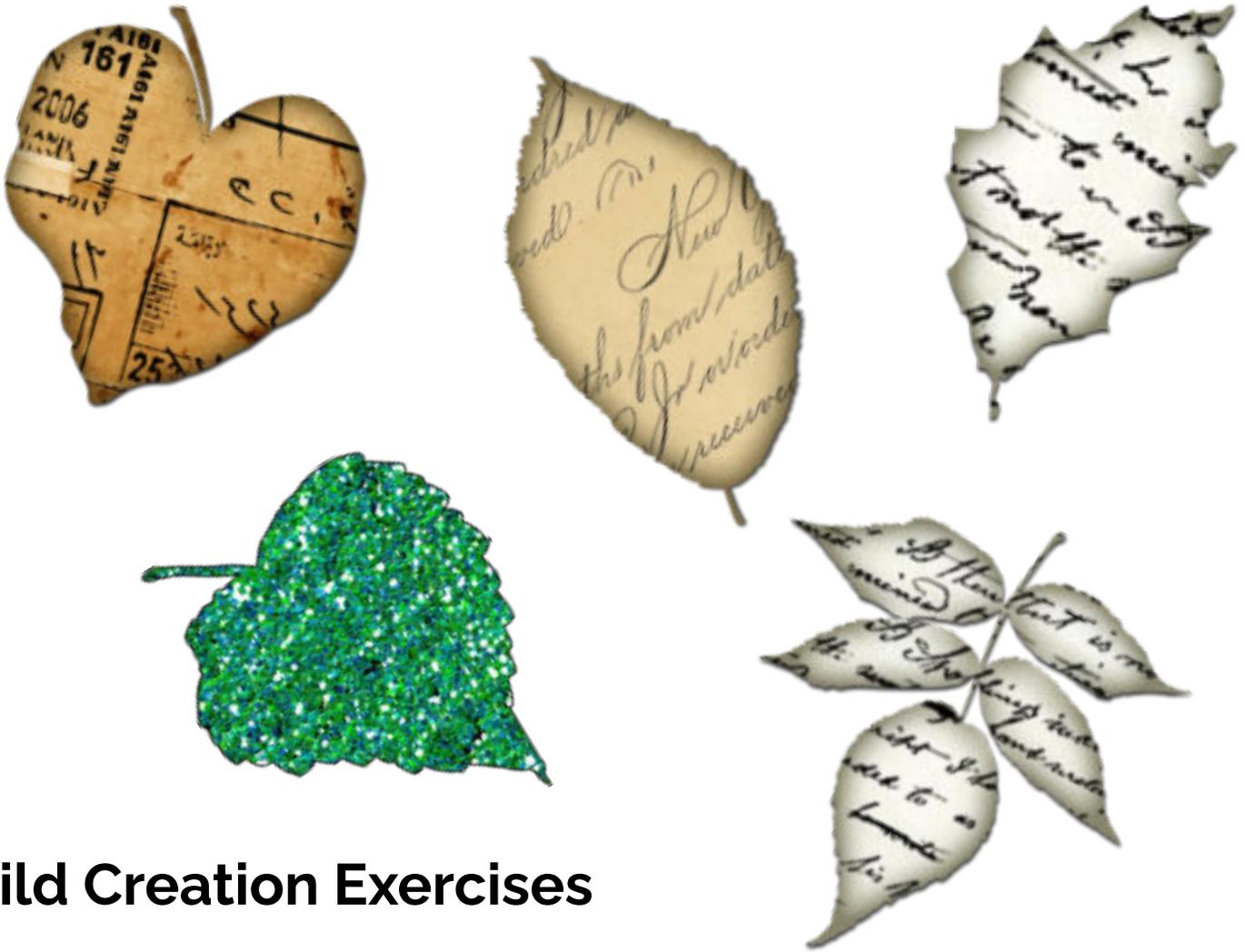
# The Outsider's Path

Here's the thing about making art outside the velvet rope: it requires you to trust yourself more than you trust the "experts." It means stepping away from the institutions that want to dictate what art should be, where it belongs and how you should make it.

I believe art belongs to all of us. It's not exclusive or reserved for a chosen few insiders. Art is a shared experience, living in the hearts and hands of real people, like you.

In today's increasingly digital world, I'm choosing analog creativity. I create with my hands and real physical things to make art that embraces the messiness and flaws of the process. I find the imperfect beautiful, and I bet you will too.





## Wild Creation Exercises

**Exercise 1: Morning Connection** Before you check your phone or start your day, step outside or look out a window. What's the first thing in nature that catches your attention? A bird? The way light slants on a tree? The color of the sky and clouds? Spend a few minutes just looking with your live eyes. Then go make something – anything, no matter how small – in response to what you saw.

**Exercise 2: Collecting Moments** Keep a small notebook with you for one week. Instead of writing about your feelings, write down the specific details of the world that you notice: the exact shade of green on new leaves, the pattern of clouds, the way shadows fall. These are your raw materials for making art.

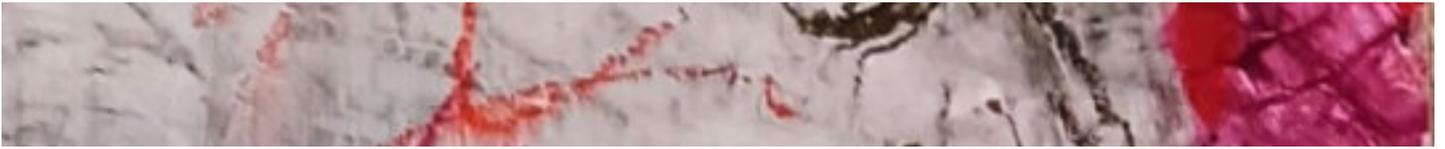
**Exercise 3: Generous Making** Make something small and give it away. No planning, no perfecting, just create from impulse and let it go into the world. It can be as small as a little doodle note on a scrap of paper. This practice connects you to the wildly generous spirit of Creation itself.

**Exercise 4: Mess and Magic** Choose materials you've never worked with before or haven't touched in years. Don't plan what you'll make. Just start. Let the materials teach you what they want to become. Embrace every "mistake" as part of the magic.

# Your Creative Elements

Throughout this guide and in a full page at the back, you'll find handmade marks and elements from my own studio practice. These aren't just pretty papers to cut out, they're invitations to co-create with your own creative spirit.

Use them however feels right to you. Cut them up, collage with them, let them inspire your own mark-making. There are no rules here, only possibilities.





# The Wild and Generous Way Forward

Now that you know I don't particularly agree with the art world's ideas about what creativity should be... that I'm reclusive and often find more inspiration in a bird's wing than in human institutions... that I make art for my own inner purposes and there are probably many things about my approach that others will find unacceptable...

Knowing that I do not care about any of that – are you willing to walk with me into the wild and generous Creation in all its fleeting glory?

Your creativity doesn't need to heal anyone. It doesn't need to be soothing. It doesn't need to fit into anyone else's idea of what art should be. It just needs to be yours, made from the place where you connect with your creative spirit.

Either this feels true or it doesn't, but if you're ready to step outside the velvet rope and make art that matters to you, let's go!

Shine Your Light!

Monette Satterfield  
*Outsider artist and creative catalyst*



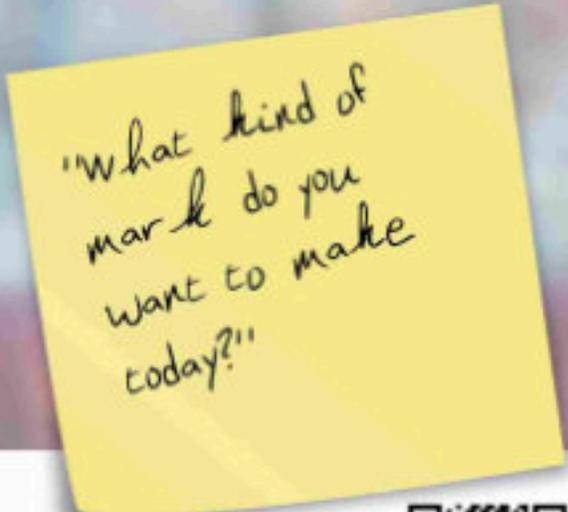
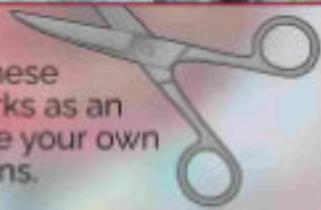
Welcome to my Studio - I'm glad you're here!

Welcome to the edge of things—where art is handmade, outsider, and alive in process.

This is a tiny collection of marks, just for you. I invite you to make your own.



Cut and collage these elements and marks as an inspiration to make your own marks and creations.



I'm Monette Satterfield—outsider artist and creative catalyst.

I make bold, handmade work at the edge of things and share it with those ready to claim their own creative spark.

You can find more of my work at [www.ShinyDesigns.com](http://www.ShinyDesigns.com) and in your inbox.

