

VIOLET ROOTS



Violet Beat

Reconnecting
Inspiration
& Growth

violetroots.com

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VR

Issue 03

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A monthly letter from the editor series to forecast the upcoming month, reflect on the past, and share life's anecdotes.



Violet Beats: That New New!

On to the next, on on to the next one!

So I may have just quoted two hip hop songs in that header but you know what? I'm just in that kind of mood at the moment.

For those of you who need a bit of a refresher that's "**Dat New New**" by Kid Cudi and "**On to the Next One**" by Jay Z.

By the time you read this I'll be off celebrating Christmas but my mind has will be elsewhere. I've been thinking about what's next. Where will I be come this time next year? Where

do I want to be? What do I want to do?

Starting Violet Roots was arguably THE best decision that I made in a long time. This is issue 03 in my letter series (check out **Issue 01** and **Issue 02**) and I like how I keep coming up with more and more ideas like this to share. Previously, I had gotten into a creative rut and I had developed a habit of inaction.

One of the most dangerous things is to remain idle. To not grow and develop. To not

continue along the path to discovering who it is you want to be.

I'm going to be real with you guys. I have a lot on my mind and although this issue goes live on Christmas day I think we're long overdue for an unfiltered chat.

Issue 03

I was always in the process of *translating the images I saw in my dreams. . .*

When I was younger I spent my days daydreaming about the day that I would get to leave my small town and explore something new. The ample amount of free time I had went to writing novels about lands I conjured in my mind, writing poetry full of teenage yearning, and drawing my way through the night.

There was a time where you wouldn't have been able to find me without a sketchpad, a composition notebook or both. My mind was bursting at the seams with endless plot lines and the fantastical colors that coated my imagination.

In other words I was a creator, an artist, a writer and I was always in the process of translating the images I saw in my dreams to paper and canvas. All of that stopped after high school, save for a few random creative forays here and there.

I don't know exactly why I stopped but I do have some theories. Before I left for college I was always dreaming of what else was out there and a lot of that curiosity is what drove my creative spirit. Once I left home I traveled and experienced all of the things, both good and bad, that were previously foreign to me. The source of my inspiration had been sated by life and I think I needed to absorb it all before I could reconnect with art again.

When I first started Violet Roots I loved the process of experimenting with different blog styles, topics, layouts and meeting all of you. I still enjoy those things but as I approach my blogs first year anniversary in February I realize that blogging is more than what I initially thought.

Blogging has been an important part of my journey and I have no plans to

stop. Still. I realized that starting this blog was just an excuse for me to jump back into being a creator.

Recently I started to paint again and it feels incredible. I remember the joy of being covered in paint and forgetting to stop to eat, or even breathe really, until you're satisfied with what's on the canvas.

I want to share this aspect of myself with you but it terrifies me. In school whenever I had art class, or when I attended summer courses at F.I.T., I always dreaded the aspect of having someone else be able to see my work. It wasn't because I wasn't proud of my work. I LOVE what I do!

Still, I'm naturally a very private person and my art, my poetry, all of it is very emotionally driven. Showing someone a piece of my art is like standing there naked in front of them. My work is mostly abstract so a lot of people will look at it and react differently to it.

“Starting this blog was just an excuse for me to jump back into being a creator”

Most won't look at it and think, "oh she was devastated by X,Y and Z when she made that" but I'll know and that's what's freaking me out.

So many of you have been so supportive and I'm sure a lot of you will continue to be. Come the new year, I'll be incorporating art into Violet Roots. Music and Style will still be present but I want to give a more well rounded view of who I am as a person and the picture is incomplete without art.

I want to continue to be as open as possible and bringing my artwork out out of the shadows is the best way to do that. Hopefully the more I share it the less awkward I'll feel and if any of you are artists or creative in any way please feel free to show off your work as well. The more creative energy flowing the better!

So What's Next?

- **Winter is coming and so is Art on Violet Roots!**
- **Are Music Festivals worth your time & money?**
- **Is your music library in need of a refresh?**
- **Want to give back and look great?**

Also. . .not only will art be featured on VR but I'd like to involve you all in the process more and give you a few art related freebies to boot!

Are you signed up for my newsletter yet? It's a surefire way to ensure you stay in the loop! Plus, since I love you guys, all subscribers gain access to exclusive content and freebies perfect for all you





“You have to exercise the muscles within you that allow you to excel. . .”



January's #VRxMusic Bonus!

dance to these Violet Beats all month!

There aren't enough words to describe how excited I am about getting back into my art groove. It's not always easy to find the time for it but I've decided that I need to stop making excuses and just do it. It might mean losing an hour of sleep or spending less time on other things but that's the price that I'm willing to pay.

Being a creator, whether it's as an artist, a writer, a blogger etc., takes discipline. You have to put the time in. You have to exercise the muscles within you that allow you to excel at whatever it is you do. If you don't then you'll get rusty and it'll be increasingly harder to pick up that pen and get your mojo back. Now that I'm painting again I

thought I'd share some of the songs I've been listening to as I paint.

#VRxMusic Picks:

- Lianne La Havas - **“Unstoppable”**
- Lion Babe - **“Wonder Woman”**
- The 1975 - **“Love Me”**
- Purity Ring - **“Fineshrine”**

Which one is your favorite? Tweet

@violetrootsblog using the hashtag #VRxMusic and share what song you'll be listening to this January! Have a question? Email me at monika@violetroots.com