

Weaving a New Story Program Notes

"The Gift"

This image represents courage, compassion and collaboration. In her hands, Liz holds the means via which is it possible to weave a new story about any experience where life has thrown you a curve ball and things are not as you want them to be. It represents the blending of mindfulness training and the creative process, offered to mother's (or indeed anyone) who are seeking to understand themselves more fully and through this, be more available to others and the world.



What are you sharing with the world?

"Sumptuous, gorgeous, and full of meaning"

Working with fabrics brings a lightness and a playfulness to the challenging work of increasing self-awareness. These sumptuous pieces show work that inspires and uplifts.



Where in your life can you bring playfulness and vibrancy?

"Even my wrong isn't right"

This piece shows that even "wrong" can be beautiful and meaningful. Here the artist was experimenting with perspective of "front" and "back" to create this eye-catching work.

Given permission to "get it wrong" activated strong judging and comparison habits. The textiles provided a more light-hearted way to engage with these mental patterns.



Where can you celebrate a "wrong"?

“Everything You Do Is Beautiful”

Liz’s way to work with “getting it wrong” is to embrace the experience in a mindful way and create through her “*Everything you Do is Beautiful*” quilt. This piece is one portion of a continually evolving work. It demonstrates that even in the darkest moments, a thing of beauty can emerge. This is the power of mindful creativity.



“Baby Mash Up Quilt”

What started as a mash up quilt ended up a glorious riot of colour and fun. This Baby Mash Up quilt was created from scraps of material that caught the artist’s eye, prompted a memory, or inspired her in some way. In this way, a process designed to soothe, contain and nurture mum can be shared as something to soothe, contain and nurture others.



“Golden Thread (the space between)”

What happens in the space between? Here an exploration of that which is usually unseen and unexplored. Creating a sense of holding and containment in that unknown “background” through detailed and precise stitching and use of colour.



Where in your life might it help to explore the space between?

“Taming and Training the Mind”

The discipline of the running stitch in combination with the Kantha quilting technique allowed the artist to tame and train her mind whilst creating this stunning piece. Pause and savour the colours, the contrasts and the creativity. Breathe in....breathe out.



What helps you to tame and train your mind?

“I was just trying to hold it all together”

Sometimes, we can’t even think straight enough to make a decision. We need support. The title of this piece was a poignant comment about the textiles work that resonated with most of the group. The artist used the pattern to support her intention to stay with the process, and the stitches and sewing movement to hold her attention in the present moment.



“When we need a helping hand”

A creativity explosion combining Sachiko style design, threads morphing and changing and deep meaning. Cocoon Family Support helps those affected by perinatal mental health issues. Their strength lies in being a very special 'Me too' club. This allows parents to speak frankly and honestly about their experiences, and find others who say 'yes me too.'



SewMindful has allowed mums to use their creativity and mindfulness techniques to help improve their mood and to create their own special club. The quilt shows that there is beauty to be found in every experience.

“The River”

This piece represents the notion of a river. The journey taken by this artist was breath-taking. The vibrant colours show the potential of creativity to bring joy even in moments of challenge. The river symbolizes this is a never-ending journey.

Where will your river take you?



“Living in Full Colour”

These pieces speak to the power of community, collaboration and creativity to support change. Having the courage to show up, create and share and move from fear and doubt to abundance. Mindfulness gives us the tools to be ok, even when things are not. This type of gentleness takes real strength.



“The Threads that bind us together/Babushka Baby”

This piece represents the final “sewing over” ritual where the whole group shared their experience of taking part. Three stitches represented where they have come from, where they are now, and how they intend to be....



Weaving a new story: A project investigating how mindful textile work can support mothers with postnatal depression is a collaboration between King's College London's Department of Neuroimaging and textile artist Liz Finegold, supported by the Cultural Institute at King's. Additional funding came from the Mindfulness Centre of Excellence and Cocoon Family Support.