



FUEL YOUR ESSENCE WITH CREATIVE PLAY & SOUL GUIDANCE

7 WEEK INTUITIVE CREATIVE ADVENTURE

JOURNEY 3

Dubble your pleasure, dubble your fun!

 **Watch: Video:** <http://youtu.be/TsTg9x6Dc9o>

This journey is for pure fun and pleasure and to stay curious, be surprized by the “random” intelligence at work! I had so much fun with using an app called “dubble” that I wanted to share this with you and give this an entire journey to explore.

What this app does is blending your images randomly with someone else’s image. It’s like a double exposure only that we have no control over who takes the 2nd image. So this random mixmatch gives us another opportunity to invite in the unknown and see what happens and be surprized what will show itself.

When you dubble your images and receive your matches, notice your reaction and see if there is actually a message or a quirky guidance at work in the way it makes you feel, inspirates you to somethign else or brings insight of some sort.

Perhaps it turns you on ;) to do or explore something that makes your he/art sing. Take note of what it inspires you to do or be and how playing like this has an effect on your creative flow, life pulse:

CREATIVE TOOL 3 - »DUBBLE« - DOUBLE EXPOSURE

★ Purpose:

- Play with images
- Letting go of control and meaning
- Receiving the unknown
- Co-Creation
- Seeing new aspects, dimensions
- Sharing your work public
- Repurposing
- Trust

★ How does it work?

1. Download the “dubble” for free from the app store
2. Create an account
3. Upload pictures from your phone (they will be sized to a square, you can position them)
4. Dubble: the app will dubble them automatically the first time, if you want to “redubble” them use the icon with the camera and the round arrow underneath the dumbled or single picture (I suggest for fun to start only using “dubble with the world”, that way you have no idea what your image is going to be matched with, later you can also try the “dubble with favorites” and “dubble with yourself”... in fact if we let each other know our alias names, we can dubble amongst our group later on...)
5. Keep dubbling: dubble as often as you want or feel like a “WOW” and notice what it is that amazes you in resonance.
6. Save to camera roll (using the “...” icon) and/or share (use the fork button) either directly on facebook (but no option to share in a group) or instagram (sign up its fun too!)
7. If you share on instagram, you can use some filters and make adjustments to bring out certain aspects of the dubble image), you can share your dubbles on facebook also via instagram or directly from your “camera roll”
8. If you created a series create a collage (i.e. using “Fotor”) or share several images in one post in the group.

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★ **If you don't have access to the app:**

(unfortunately, it's only for iPhone, iPad and iPod but in development for Android... so stay tuned!)

1. Choose 1-5 images and find someone who has the app (either a friend or connect with someone in our group) to send your pictures (www.wetransfer.com)
2. Trust. Let go and let them dubble it for you... and send the dubbled images back to you
3. Share with eachother about the process of trusting, choosing images for another etc.
4. Share your images with the group and maybe alittle about your process together

or

- Use an alternative app for Android that blends 2 or more pictures (double exposure)
Here is a list: <http://appcrawlr.com/android-apps/best-free-apps-double-exposure>
- Play with blending your images and notice what new aspects, dimensions may appear that perhaps give the original image a new meaning or dimension

★ **What images to “dubble your fun” with**

You can use any image of course. Here are a few suggestions or “dares” which images to dubble with

- images from your **Vision Quest / treasure hunt**, perhaps your **drawings**
- use a “**selfie**” (pictures of you) series (I find this super fun as magically some essence or other ;) qualities may appear > I dare you to share them with the group ... maybe create a collage
- **create some more pictures, here are a few tips from “dubble” how to go about it:**

We're not going to lie to you; not all dubbles work. So here are some top tips for better dubbles!

shoot lots - *the more you shoot the more your dubble stream will come to life! random dubbles will be arriving all day and night as other users upload and dubble with you.*

don't be scared - *never think that you're not good enough to dubble. Anyone who can point a smartphone camera at something and tap a button is welcome.*

framing variation - *play with the framing, to the left or right, up or down and even rotate. this way the two main subjects (if there are any!) can be kept apart.*

be realistic - *a bad shot won't always make a good dubble, at the same time however it some-times can, so we are not going to make any examples. you're the judge.*

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experiment and diversify - put your finger over the flash to create a red layer, cover half the lens, add filters, use fun lenses and don't worry. anyone can do this.

less is more and more is more - a single object in a simple environment can make a great double as can a busy photo with texture and patterns. try them both!

never give up - quitting is for losers.

HAVE FUN AND ENJOY!

★ More Opportunities to Play and Create with this:

- share your images on **Instagram** directly from dubble... there you can use the filters and adjustments to change contrast and colors to create more effects. If you share them on Instagram use this hashtag #7wica (so we can find them all of them collected)...
- I've used many images for sharing on my public pages, blog, and program invitations... so again for those of you who also run their own essence based heart businesses – this is a great automagic tool that saves energy to think up cool marketing ideas and imagery...

Here are some other sharing options and/or how to keep creating with your images:

- You can create a slide show if you know how with Animoto (<http://animoto.com>)
(I haven't used it so far but I know it works well and is for free.)
- You can create a board on Pinterest (<http://www.pinterest.com>) and share the link to that board with the group
- You can print your photos and create a collage and take a picture of it.
- You can use a free app to collage pictures into one. I use Fotor. (<http://www.fotor.com>)
- You can write the message you received or keywords on your images via Over (iPhone app: <http://madewithover.com>) or Pixlr (free webtool: <http://antoniawibkeheidelmann.com/7wica-2/>)
- Perhaps one of the images inspires you to draw, paint, cook, make music, dance...or create a new business thing ;)

KEEP PLAYING, EXPERIMENTING AND FOLLOW YOUR BLISS!