

24. Shreya - An Artistic Chicken

Joke: Hi everybody. Thank you for listening to another episode today, we'll be talking to the amazing watercolor artist and friend Shreya

Shreya: hi, how are you doing?

Joke: I'm good. How are you? I'm great.

Shreya: Doing great.

Joke: It's so nice to have you here. We have been chatting for a while. We know each other now I think for almost a year.

Yes, I think a little over a year. So cool.

Shreya: A little over a year,

Joke: a little over a year. And we've been on a creative journey together. but tell us, who are you? What do you do? And do you have a big, scary, hairy goal?

Shreya: Okay. hi everybody. I'm sh I'm a watercolor artist. I've been painting for about four to five years now, and I've also been teaching watercolors online and offline and coming to my big, scary goal.

My scary goal would be to comfortably live,

Joke: From your watercolors?

Shreya: Yes.

Joke: From your arts. That's so cool.

That is a big, yeah. That is a big, scary, hairy goal, but I'm sure you're gonna make it.

Shreya: Thank you.

Joke: yeah, you're so good. I love the work you do. so, but you you're based in India.

Shreya: I am from India, right

Joke: whereabouts in India? Are you based?

Shreya: The southern part of the country. I'm from Hyderabad, India

Joke: I I've tried, I've tried pronouncing that several times, but I just fail all the time. so, but that's in the south of India. And is there, is there a lot of, watercolor art around there in the area?

Shreya: not really, I've seen a very few artists around, but, not really, no

Joke: You're a unicorn

Shreya: I mean, around here, it's all about, you know, Studies and, how well they're doing in studies. And if they're becoming an engineer, it's all very educational, you know, it's all about the conventional form of education and then they don't go towards art.

Joke: Right. Right.

Shreya: So it's like that over here should,

Joke: but you're changing that because you are on a roll with your

Shreya: Yes. yes. I'd like to think so.

Joke: You are., you've already been teaching a lot. as you said, you've been watercoloring for five years now.

Shreya: Yes.

Joke: Yeah.

Shreya: That was quite a journey four, I mean, five years now. That's that's a lot of time. Yeah. I mean, I start, I started out because I was not, okay.

I just wanted to have fun. Mm. And that's how, I mean, I wanted to have fun. I needed to get my mind off things and that's how I started. I started painting and after a long, long time, Here talking about my journey with you. And talking about my journey with you and also teaching a lot of other people about water colors. Yeah. That's been fun.

Joke: It is fun. Yeah. So, so you say you started watercoloring because it's fun then to get your mind off of things.

Shreya: Yes.

Joke: Does it help?

Shreya: Absolutely

Joke: cool.

Shreya: It's meditation. It's almost like meditation, right? Yeah. The other world, the outer world doesn't matter anymore. When I'm, when I painting, when I have a paint brush in my hand, painting what colors all over the oh yeah. Canvas.

Joke: You're you're in the zone when you do that, right?

Shreya: Yes. Yeah. Yes. Oh. So nothing else matters.

Joke: Nothing else matters except watercolors. That is . Hey, and you, so you've been on this journey of watercoloring for the last five years. We've met through a course last year and we've been in touch ever since. I love going on this journey with you. We've experienced so many things together, so cool.

So many, many, and one of the things we've been chatting about is, being a Multipotentialite would you consider yourself to be one?

Shreya: Well, in a sense. Yes, because when it comes to art, it's not like you can stick to one thing. No, you know, true. Mm-hmm there are so many things to explore when it comes to art. I guess that's why art is, are who, you know, Because they have to hold all their, uh, materials and everything. I think, I mean, in a sense, I think every artist is a multipotentialite. Because they do not stick to one medium. For me, it's watercolors. I go with acrylic acrylics also, there's poor painting, there's traditional painting and there's a lot of abstract work that goes behind it.

And there's always painting. You have, you can, use oil pastels, just sketch with pencils or charcoal. So. It's not just one thing. It's never one thing, but us artists, I think every artist is a multipotentialite. Like, so yes. When it comes to your question, I think I'm a multipotentialite, too.

Joke: I agree, like in, in arts you have several media, but you also have several techniques and so many things to discover. Well, there's so many areas and I agree, oh, I think most artists are multipotentialites. So you have been doing watercolors mostly, but you also use other media to try stuff out. Do you like have many ideas when you, I think you do, but I'm just asking to be absolutely sure. When you have, you want to create a watercolor painting and you go like, okay, I've got 20 ideas. I wanna try out right now. What do you do?

Shreya: Well, first and foremost, if I have a lot of ideas, I do. I open my Google docs in my phone, and then I write idea dump.

On top of it. And then I start just start to write all the ideas I have in my mind. Or put it on a sticky note and then put it in front of me somewhere on the wall.

Joke: Yeah. Everywhere.

Shreya: So that's why notes everywhere. Yeah.

Joke: And how do you decide, how do you pick an idea? What are your criteria or go to?

Shreya: Uh, yeah, I go through all of them and then. Whatever. Uh, I mean, if I can picture it really well, and if I think I can do it, I go for it.

Joke: If you think you can do it, what if you think you can't? Do you ever think that?

Shreya: If I can't, I mean, I do. Started out, but maybe along the way I just stop because if it's not working out, it's not working out.

Joke: sorry. Just, yeah. Okay. So you pick the ideas based on whether you can do it or not. And if the vibe is right, I think, yeah.

Shreya: Yeah. If I can picture it in my mind. Right. Cause

it's all visual, right?

Joke: absolutely. Yeah. Okay. So basically everything you made. Has been in your head already? Predefined visualized.

Is that fair to say?

Shreya: Yes. And if I find reference pictures that, that are similar to my visuals, you know, I go go search all the reference pictures online and then based on that, I make a big, Yeah.

Joke: I, I love how visual you are.

Shreya: Thank you.

Joke: I love that. if I write ideas down, I write words. Do you write words or do you draw your ideas out?

Shreya: I don't draw my ideas out. I just write them down. I mean, first I have the visual in my mind and then later I just, I mean, when. When it's, it doesn't stop at once. Okay. It doesn't just come and go at one time. Just keeps coming back again and again and again.

Yeah. Then I'm like, OK, there is something to this and then I write it down.

Joke: Okay. So it's basically the ideas that stick with you longest and that keep coming back.

Shreya: Yeah. Yeah.

Joke: So do you have like, um, so you say you have your notes everywhere.

Shreya: Well, I , well, mostly on my phone, like I said, Google docs, and then I just write it wherever.

I mean, if I want to see it properly, just write it on my notes page or I know everywhere there are some on my phone, there are some will wall over here. You know, ,

Joke: it's always nice to be surrounded by your, uh, ideas and your notes.

Shreya: Yeah. Yeah. I mean, sometimes I, I mean, I do go through with them, but then sometimes I forget that they exist.

So when I open it again, I'm like, oh, okay. But came up with this idea a long

time ago. Oh I mean,

Joke: there are so many ways to deal with ideas I really think that one that won't leave your mind for a couple of months. Even, is one of the ideas you definitely should tackle.

And, um, you know, we are all visual creatures, it's nice to be surrounded by it So in your, in your creative, journey, we've been talking. So much about this, about the famous imposter syndrome?

Shreya: Hmm.

Joke: Yes. Yes. Yep. what are your thoughts on that?

Shreya: I don't like it

Joke: I don't like it either. I Okay. So we both don't like imposter syndrome.

Shreya: No.

Joke: What would, what would be your, um, number one tip on how to deal with imposter syndrome?

Shreya: Well, one thing you could do is to remember all the things you've done right so far.

that have worked out.

Joke: That is gold because it is so easy to forget all the things you've done right. So far. Yeah.

Shreya: Yes. I mean, we tend to forget about it all the time. It's like we discount our emotions and our thoughts and all our achievements at times. And. It's important to remember that, especially when imposter syndrome hits and then, you know, you don't like that

so you have to tackle it some way, or the other mind, mind out by remembering all the things that went, right? Yeah. Like you've done so far. I mean, You've come so far in your journey, you've done something so far, you know, something's going right. If you're still sticking to the path, that means you something's going right. , right? it's because something, I mean, there are always roadblocks in

between, right. So just because there's one roadblock does not mean that you have to just stop, and move somewhere else.

Joke: That's deep, man. there will always be road blocks, but we can go over those. Blocks or around them underneath them. I don't know how, but we can dig a hole under the block , But one of the, I love the, I love the tip and, you know, we, we always chat, you know, we always send each other a message like, Hey, remember, you're doing really well. And it's, it's apparently part of the game to feel a bit overwhelmed by everything and distracted and go, like, I don't know if I'm doing the right thing.

And there are so many other amazing artists, you know, But remember you are awesome. If you've come so far sticking to the road,

Shreya: yes.

Joke: So remember what you've done. Also stay in touch with other people who inspire you, who motivate you. it's very easy to feel alone in a creative journey.

so it's good to be with lovely people together.

Shreya: absolutely true. Also. I think everybody needs their own personal cheerleader.

yeah, somebody needs to be there to cheer you on the whole time. So you don't forget where you are and who you. Know, you tend to forget that sometimes.

Joke: Yeah. Yep. Yep. Do you create any art to remind you of the journey and how far you've come?

Shreya: Not really. I just, I think, you know, I just look back at things I used to do before the art I used to do before, and then the art kind of hard I do right now. And then that's like a good reminder, you know? It's a good reminder to how far you've come.

yeah, I mean, that's motivational too, because you know, you've improved so much. Yeah. Yes .

Joke: So besides, uh, imposter syndrome, Do you have any shiny object syndrome or maybe wanting to do everything by yourself?

Like the superwoman or are those syndromes not really present?

Shreya: Well, I mean, I do like to do everything by myself because I'm a bit of a perfectionist

so everything has to be perfect just the way it is, but then I'm also learning how to let go of that. So it's a process.

The whole process.

Imposter syndrome will always be there. Like you said, superwoman syndrome. Yeah. That's there too.

Joke: Oh, those syndromes, but you know, if many of, of them yet too many of them it's getting crowded in here. You are.

well, fortunately we have each other and we have, a great tips by you on how to tackle those. and it's a good idea to remember that it will always be there that might never leave all right. So we've been talking for a while and, um, we are both in the creative community on Instagram, mostly, also on Facebook. what are your thoughts on, on being in a creative community?.

Shreya: Well, I mean, you do find a lot of people that are similar to you. You will find a lot of people that support you. You will also find a lot of people that don't really support you that much, but they're still there existing.

But sometimes it can get a little, uh, you know, too much for us because it's the constant need to turn out content every single day to keep up with the rest of the world.

Yeah. It's a little, I mean, it, it gets a little, hectic, you know, it gets a little too, it stresses you out little bit.

Joke: Yeah.. Do you have, like a content strategy to be in there online? Or do you go online whenever you feel like it? Or?

Shreya: I mean, right now I haven't been posting much on my Instagram, but if I do start to, I will follow up system for that, because

that makes things easier. Yeah. Yeah. I mean that does help you organize things better. I think having a plan and strategy will be better than just, just thinking about what every single day and just posting up for the sake of it. Yeah,

Joke: yeah, yeah, exactly.

Yeah. Only for the algorithm.

Hmm.

So speaking of Instagram, even though you haven't posted in a while yeah. Can people find you mostly on Instagram or where can people find you?

Shreya: Well, I am actually on Instagram. I do look at what other people are doing. So yes, I will be on Instagram. I am under the name, an artistic chicken. I know you guys might be thinking, oh my gosh, what is that?

Joke: I love the name. but yes, please do explain what, what's the story behind your name?

Shreya: I don't know. I mean, I thought

it was fun and I thought it's something people don't do. Usually when I tend to go to it, things that people don't usually do. So I stuck with the name. I'm like, okay, this is, this is going to be, and then I just stuck to it.

It's been there for a while now.

Joke: Love it. An artistic chicken.

Shreya: Yes.

Joke: Is that also your website?

Shreya: No, I haven't. I have been working on my website, but it's not officially out yet. So I mean, you can find me on Instagram and Facebook.

Joke: Awesome. Please people go check out an artistic chicken. So would you like to share a specific quote with us.

Shreya: Yes.

Joke: Awesome.

Shreya: Well, I don't know. Sadly, this there's this one thing that's been popping up in my mind for a while now. So I'm just gonna go ahead and say it's okay to give up sometimes.

Joke: Oh, all right. Would you care to explain it? I love it. I love it because most of the times it's always about like, keep going, continue.

Don't give up da, da, but it's okay to give up. Sometimes

It's all good. Yeah. Yeah. So what, what made this pop in your head?

Shreya: Well, so there are things that work out. There are things that don't work out, but say it was stuck into one thing for a very long time. And then that simply isn't working out at.

No matter what you do, no matter how much you push. Yeah. So maybe if it's okay to pursue something else instead of that, you know, put it at the back burner and then come back later maybe, but it's

okay to give up. It's okay. Because it's not like not everything works out all the time.

Joke: No, it's not meant to be.

Shreya: It's not always like that. So I think that's okay.

Joke: Yes. All right. We will definitely letter that. And with that

All right. So do you have anything else you'd like to share? Ask? What, what are your plans for the upcoming, uh, weeks or months?

Shreya: Well, I am going to be launching a new online workshop soon. maybe in a couple of weeks or maybe in a week. I can't tell you that

Joke: yet, but yeah. and where, and people can find you on Instagram to check out, workshop. Yes. Yeah. Awesome.

Shreya: Blanks and details and everything. Awesome. I'm going to my Instagram account, which,

because I, it has to be done.

Joke: It has to be done and it will be done and it will be awesome.

Okay. So online workshop coming up, your Instagram revamped coming up, your website, possibly coming.

Shreya: Possibly coming up.

Joke: okay. Lovely, lovely Shreya. Thank you so, so much for your time.

Shreya: Oh, thank you for having me. Thank you so much for having me. It's been an honor. It's been a pleasure. I love talking to you today.

Joke: Always, always love talking to you and we will talk to each other again soon, and everybody was listening. Please check out

Shreya. She is awesome. Her work is amazing. just go check it out. all right. Bye Shreya.

Bye.