

# Claiborne Ashby

September 7, 2025

Good morning,

First things first — butterflies! I've been painting butterflies and butterfly-inspired abstracts, and they're almost finished. They'll be available for purchase on my website later this month. I'll let you know when.

The process of making the paintings and setting things up to offer them for sale has been quite a task. I'll be relieved when everything is up and running. For now, you can see a preview and find out a bit more in my **studio updates** at the end of this newsletter.

Wish me luck in getting everything completed!

In addition to painting butterflies, I've been surveying my bookshelves and remembering a time when I had boxes full of books on spirituality. So many books I couldn't find anywhere to put them. I eventually gave most of them away, but some are still with me.

I'm curious what made me keep them, so I'm going to make a few **upcoming posts** on the ones that catch my attention. This month is the first — *Be Here Now* — writing about it reminded me how much I love having it on my bookshelf.

Keep scrolling for the blog post.

And then scroll further to see the butterfly paintings.

Happy Virgo season (how can it be almost fall already??).

xo,

Clay

## On the Blog

### Be Here Now



At one point in my life, all I could do was read books on spirituality. I couldn't find any other reason to get out of bed every day. So for seven months straight, all I did was go to work and come home and read.

I pored through book after book — all the big name authors and many lesser known ones. *Be Here Now* was one of those books. I actually gave it away at some point and then bought it again later, because I missed it.

It was probably 20 years ago, but I still remember finding it. . .

[READ THE REST ON THE BLOG](#)

## Links & Notes

### Writing:

This article by Tara Mohr is the best thing I read all month.

[Three Pieces of Advice to Writers \(and to anyone creating anything\)](#)

### Bracelets:

Currently visualizing a stack of these [Navajo bracelets](#) on my dresser.

### Artist Inspiration:

A random web search introduced me to [Cungelella Art](#). They call it modern Aboriginal art, and I love all the intricate patterns and details.

## In the Studio

A little collection of butterfly paintings is in the works!

Here's a preview:



They're all acrylic on canvas. The square butterflies are 16 x 16" and painted on the sides. The two butterfly-inspired abstracts are 18 x 24" and painted on the sides. They'll all be varnished and ready to hang.

I'm painting one more square butterfly and then I think I'll be done. I'll let you know when they're up on my website. In the meantime, if you have questions about anything, just reply to this email and I'll do my best to answer.

## Quote of the Month

*"We're talking about metamorphosis  
We're talking about going from a caterpillar to butterfly  
We're talking about  
How to become a butterfly.  
I mean: the caterpillar isn't walking around  
Saying: Man I'll soon be a butterfly  
Because: As long as he's busy  
Being a caterpillar  
He can't be a butterfly.  
It's only when caterpillarness is done that one starts to be a butterfly"*

~ Ram Dass, *Be Here Now*



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