

Drawing Report #1

by

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Seeing something old as new

NOTE: If drawing is new to you, please be gentle with yourself. Instead of comparing your drawing with other people's, put your energy into listening and following the directions that YOU see in nature. YOUR point of view is one of your most sacred possessions.

PRINCIPLE #1: You are part of the Eternal flow of Universal Consciousness. The Present Moment is where you feel the Power of this flow: your True Identity.

Today I saw something for the first time—a pattern in the leaves. I have walked past this ground-cover plant with red flowers, a thousand times, yet never saw the pattern in the leaves! I had to consciously take the time (about 10 minutes) to sit quietly and just look around! I didn't plan to look at the leaves. It made my day to see something old as new. I invite you to try this yourself. It only takes about 10 or 15 minutes to see something old as new.

The principle idea is to find a quiet place to sit undisturbed for 10-15 minutes. Have a pen or pencil and paper on your lap. The first couple of minutes can be just quieting down, doing nothing but gazing and allowing your thoughts to settle. Then, focus your attention on the *edge* of something and be with it for a minute or two. (The edge of a plant, a chair, a wall.) Just look and notice lines, shapes, patterns, colors, darks and lights. Finally, put pencil to paper and draw the lines and directions that you see. (You cannot draw *things*. You can only draw lines and directions.) You'll feel the awakening!

Your *child-like eye* is also your *artist-eye*. This eye help you to re-awaken and feel connected to the Present Moment and to the world around you. You may not have used these eyes for a long time but they are still part of you and can be awakened through practice. Ten minutes is all you need to begin the practice of seeing something old as new.

The Power is within you. Draw it out with Love!

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Author, *Drawing as a Sacred Activity*

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