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*The Joy of Focus*

## Thoughts on the Art of Drawing Together the Conscious and Unconscious Mind

by

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*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 following the directions that YOU see in nature. YOUR point of view is one of your most sacred possessions. Your artist's-eye (or child's eye) helps you to feel connected to the Present Moment and to the world around you. You may not have used this eye for a long time but it is still part of you and can be awakened through practice. Ten or fifteen minutes is all you need to begin the practice.*

### DRAWING REPORT 5

#### 10/10/04 THOUGHTS

To paint or draw something often requires that you revisit the same place again. Today I returned to the same spot as last week bringing with me my thumbnail sketch, viewfinder, charcoal stick, and blank canvas.

When you return to the same place again many thoughts emerge. You compare then and now, review experiences that have happened, float in memories. Critical thinking grows in the soil of comparisons. We need that. Yet at the same time we need another kind of thinking—one that grows in the soil of Oneness of the Present Moment. I AM HERE NOW. I declare this moment Whole. The place I return to is a timeless and fundamental Reality that exists back and behind the material world. The artist uses a material place as a doorway to the intangible and sacred. You SEE the intangible not with your physical eyes but with your heart and mind working together like lovers.

LOVE defines the place of return. Love is an Intangible Power that maintains the cosmic patterns of the planets, makes flowers bloom, lions roar, spiders spin webs, and makes human beings build and create.

#### CONSCIOUS PRACTICE

- 1) Return to the place where you were for Drawing Report 4. If you cannot go there, go to any place you have been before.
- 2) Sit quietly and observe the physical lines, textures, colors, lights and darks of this place. Compare how it is now with how it was then. Notice any similarities and differences. Observe your inner thoughts and feelings. Observe the flow of memories and thoughts. Appreciate your critical thinking abilities.
- 3) Switch into another kind of thinking that grows in the soil of ONENESS. Declare: I AM HERE NOW. Declare this moment and this place Whole. Appreciate the fundamental Reality that exists back and behind the world of time, space, and change. FEEL your heart and mind embrace this place of Oneness.
- 4) Imagine and feel LOVE flowing through your arms and hands. Re-draw again the lines knowing you are a channel for the flow of Oneness.