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My Backyard

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 6

10/17/04TH OUGHTS

I love to play with the light and dark of ordinary things. I love the state of mind and the images that are produced.

When I was beginning to draw I struggled to control the pen. True control rests in your eye not in your hand. How do you give control to your eye? You learn to look for *key lines* or *principles* like vertical, horizontal, diagonal lines. Also, you learn to look for values of light and dark. It is always lighter on one side of the line. Draw the direction. Draw the value.

We each construct our world out of the building blocks of thoughts, emotions, and how we see things. Drawing is a sacred activity because it empowers you to train your eyes or perception. If a drawing is not going well, you redraw the lines and readjust the values. If a relationship is not going well, you can redraw the lines of communication and make changes where necessary.

Drawing is a practice where you learn to make positive changes by perceiving principles rather than things.

CONSCIOUS PRACTICE

- 1) Find a place where you can sit undisturbed for 15-30 minutes.
- 2) Observe directional lines as they radiate from your particular point of view. For example, the sides of a building, top line of a fence, telephone wires, tree branches, etc. Observe the light and dark relationship on one side and the other of these directional lines.
- 3) Choose one directional line as a starting place. This will be a line that feels easy to draw, easy to see the direction, easy to see the light/dark relationship. Draw this line. Draw the darker side. Move your eye along this line and draw any other lines that intersect this one. Notice the angle of intersection. Follow the lines and values that your eye sees.
- 4) After 15-20 minutes, become aware of how you *feel*. You have been seeing and drawing principles rather than objects. You have been letting go of trying to control things. You have been allowing your eye to guide your hand.