



## 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 8

11/22/04 THOUGHTS

#### What does it take to create some beauty?

*"Beauty is a manifestation of secret natural laws", writes Rudolf Steiner in Art as Spiritual Activity.*

This drawing report emerges from the thought that people (especially me) are not doing enough to create beauty. As I explored this thought I came to the conclusion that it is a complete lie that people have to go out and make things beautiful. This is because real Beauty is like Truth and Goodness. They all are already here. Beauty, Truth, and Goodness exist as an Essential Reality that is whole, complete, and perfect behind the world of time, space, and change. This Essential Reality is not to be invented—it is to be personally experienced. The Arts are a valid pathway for anyone and everyone to personally experience this.

Start with a tiny corner or piece of your life. Draw it, paint it, sing it, dance it, drum it, weave it, sculpt it, act it out, write it.

Steiner continues, *"Being truthful means that we have the right connection to our spiritual past. Having a sense for beauty means that we do not deny the connections to the spiritual world in our present physical existence. Being good means to create a seed for a spiritual world in the future."*

The artist in you loves to dialogue with Beauty, Truth, and Goodness. You love to connect your personal self with your Impersonal Self. Today find a moment or two to pick up a pencil and mindfully feel it following the path of Beauty, Truth, and Goodness. Let it take you. Let it transform you. Be open.