

DRAWING



TOGETHER

promoting the Spirit of dialogue

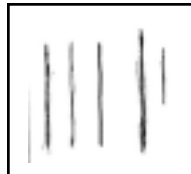
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Pencils & Perception Lesson #1*

Seeing Vertical Directions

Time: 3 minutes

Materials: Pencil or pen

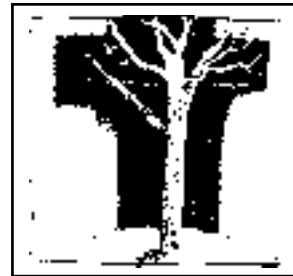


No matter where you look, you see vertical directions. Tree trunks, table legs, doorways, sides of houses, fences, windows, picture frames, dressers, backs of chairs, and lots more.

Look up for a minute and see the vertical directions in your world right now.

Contemplate the attributes (characteristics) of vertical: straight, up, reaching for the sky, lift, support, alignment, independent, confident, positive, capable, individual and more.

We are starting out very simply.



EXERCISE:

1. Sit still for one minute. Close your eyes and take 3 slow breaths.
2. Gaze softly at the world before you.
3. Notice vertical directions in your point of view. Allow an attribute to come to mind.
4. Find a vertical direction that feels easy to identify.
5. Gently place your pencil on the paper.
6. Move your pencil in the same general direction as the vertical direction you see.
7. Relax your arm, wrist, elbow, shoulder.
8. As you draw, (once, twice or a hundred times) feel that you are drawing into yourself the attribute.
9. That's it! Now you are ready for Lesson 2.

*See pages 32-35 of *Drawing as a Sacred Activity*, by Heather C. Williams