

# DRAWING



# TOGETHER

promoting the Spirit of dialogue

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## Ink & Intuition #1b\*

### One Minute Exercise

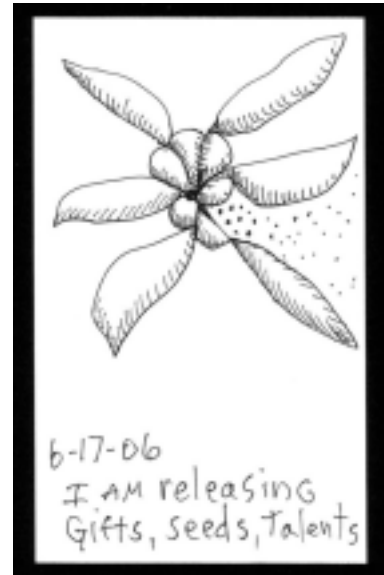
Time: 3 minutes

Materials: Pencil or pen

The one-minute exercise leaves you feeling surprisingly refreshed. Sounds around you suddenly register. Colors become brighter. You feel the chair supporting you where before you took it for granted.

This simple exercise opens a big door in awareness. It is wonderful to find something that works so well and takes so little time.

The oddest thing about this is that you will be sitting completely still—not moving any muscle in your body (except of course, you may breathe, blink your eyes and swallow). It is okay to do this exercise at home alone. It is okay to do this exercise out in public. At first when I did this out in public I thought other people would stop and stare at me sitting there so quietly, but no. No one seemed to notice my one minute of complete stillness. It was kind of cool. It is interesting to me how much more aware I become of my surroundings when I am still. And if I am interrupted in the middle of this exercise, I just smile and come back to the exercise later.



### EXERCISE:

1. Find a safe, comfortable place to sit completely still for one minute. I mean completely still. No twitching, looking this way and that, shifting position, arching your back, adjusting a collar, scratching an itch. The only muscles allowed to move are the automatic muscles to breathe calmly, blink and swallow. Your eye balls are not to move.
2. Your eyes soften and gaze at one spot for one minute. (Pick a spot that won't get up and walk away.) A good place to focus is an intersection of two stationary objects. Look for one now. Is it likely to stay put for one minute? If so, use it.
3. Now that you have found a place to focus, and a comfortable seat, all you have to do is sit and just BE. No list making or problem solving.
4. After one minute, pick up your pen with your non-dominant hand. Allow your slightly heightened state of consciousness to move the pen. No judgement, emotion or control. Be open to whatever develops on the paper. Make it okay to not know what will happen on the paper.
5. Thank yourself for taking one minute to be still.

\*See pages 180-182 of *Drawing as a Sacred Activity*, by Heather C. Williams