

DRAWING



TOGETHER

promoting the Spirit of dialogue

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Pencils & Perception Lesson #2*

Seeing Horizontal Directions

Time: 3 minutes

Materials: Pencil or pen



No matter where you look, you see horizontal directions. Table tops, fences, boxes, skirt hems, tops and bottoms of picture frames, beds, chair seats, tops and bottoms of windows, and lots more.

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

Contemplate the attributes (characteristics) of horizontal: restful, sleeping, peace, relaxing, grounded, quiet

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 horizontal directions. Allow an attribute to come to mind.
4. Find a horizontal 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 horizontal 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 3.



*See pages 35-36 of *Drawing as a Sacred Activity*, by Heather C. Williams