

# DRAWING



# TOGETHER

promoting the Spirit of dialogue

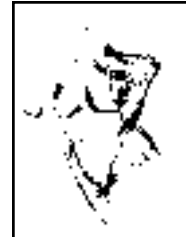
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## Pencils & Perception Lesson #4\*

### Extended Directions: *Being willing*

Time: 3 minutes

Materials: Pencil or pen



Extending the directions helps you to make a structurally sound and proportionately beautiful drawing. Begin by drawing the directions that *feel* accessible to you. It is important to hold your pencil or pen lightly and to loosen your wrists, elbows and shoulders. FEEL the direction. Is it vertical, horizontal, or diagonal? Just move your pen in the same direction and do not be concerned with where it begins or ends.

Extending the directions allows the form to develop on your paper without you having to exert lots of energy trying to make it happen. Instead, your energy goes into relaxing, opening your heart, and simply being willing to follow the directions that you see.

### EXERCISE:

1. Sit still for one minute. Close your eyes and take 3 slow breaths.
2. Gaze softly at the world before you.
3. Select a direction to draw, one that feels accessible to you.
4. Hold your pencil loosely. Relax your fingers, wrist, elbow and shoulder.
5. Loosely draw the direction just like you did in the previous 3 exercises. Only this time extend the line (or direction) past where it begins and ends. Draw the same line again and again until you really *feel* it.
6. Now look at the actual line in space and notice another direction that intersects it. Draw this new line again and again until you *feel* it.
9. You are ready for Lesson 5.



\*See pages 38-40 of *Drawing as a Sacred Activity*, by Heather C. Williams