

USING YOGA PRINCIPLES TO AWAKEN THE ARTIST WITHIN

SIMPLE GUIDELINES FOR GREAT
SUCCESS IN DRAWING.

BY CALLEY O'NEILL

1. RELAX! DEEP BREATHE. FOCUS ON THE FEELINGS IN YOUR BODY AND OPEN UP A MANTRA. MY NATURAL STATE IS CREATIVITY.
2. START SMALL, CHOOSING A SIMPLE OBJECT TO DRAW WITH YOUR INTENTION SET TO EFFORTLESS EASE, JOYOUS PLAY, AND SEEING CLEARLY WITHOUT THINKING.
3. KEEP IT SIMPLE. THIS IS A SIMPLE PLEASURE. SIMPLICITY IS BEAUTY.
4. FORMAT: LIFT UP YOUR HANDS, PUT YOUR THUMBS TOGETHER AND MAKE A HAND SQUARE FRAME TO SIZE AND SHAPE THE VIEW. IT'S MAGIC! RELAX.
5. SEE. MEDITATE. BREATHE DEEPLY.

QUIET YOUR MIND. STAY CONSCIOUS WITH AN UPRIGHT ALIVE TALL AND YOUTHFUL POSTURE. COME INTO THE NOW. DRAWING IS A HEALING MEDITATION. THIS IS ABOUT ENJOYING WHAT YOU SEE, NOT WHAT YOU HAVE HEARD DRAWING IS.

6. BEGIN TO DRAW THE BASIC STRUCTURE VERY, VERY LIGHTLY. THIS IS A KEY. SEE THE BASIC RELATIONSHIPS, THE UNDERLYING STRUCTURE AND THE OVERALL SHAPES AND LAY THEM IN FIRST TO GET A SENSE OF THE PROPORTIONS.
7. SEE, FEEL AND DRAW THE TEXTURES. LET YOUR IMAGINATION FLOW INTO YOUR ARM AND HAND. IT'S ALL TEXTURE. LET JOY FLOW TO YOUR HEART AND JUST PLAY, LETTING THE MOVEMENT OF YOUR HAND MIMIC THE TEXTURE.
8. LOOK AT WHAT YOU ARE DRAWING AND NOT AT YOUR PAPER. LOOKING

FAR TO NEAR STRENGTHENS YOUR EYES.

9. DEEPEN AND DARKEN YOUR LINES PROGRESSIVELY ONLY AS THEY PLEASE YOU. YES, I LIKE THAT. THEN EMPHASIZE IT. THIS WILL CREATE LIVING LINES THAT BREATHE. INTENTION SHOWS THROUGH!
10. LET THE DETAILS WAIT. DO THAT WHICH YOU HAVE TIME TO DO. HAVE FUN WITH THEM WHILE YOU STAY TRUE TO THE FOUNDATIONAL STRUCTURE. BALANCE CHAOS AND CONTROL. RELEASE! RELAX.
11. DILIGENTLY PAY ATTENTION SO YOU CAN HEAR AND WEED OUT JUDGMENTAL, FEARFUL AND CRITICAL THINKING. DRAWING IS NOT A COMPETITION; IT IS A MEDITATION ON EXPRESSING YOUR OWN CREATIVITY AND PERCEPTION NOW. HAVE FUN WITH THE PRACTICE. YOU DON'T HAVE TO BE A CAMERA. EXPRESS

YOURSELF.

1 2. PRACTICE. PRACTICE. PRACTICE.

CARRY A RECYCLED PAPER DRAWING PAD WHEREVER YOU GO. USE A 5 (LIGHT) THEN A 7 (MEDIUM) AND FINISH OFF WITH A 9 (BOLD) HB CLICK PENCIL WITH RENEWABLE ERASERS. ENJOY SEEING CLEARLY. KEEP RELAXING

1 3. READ FREDERICK FRANCK'S **THE ZEN OF SEEING** AND PRACTICE.

1 4. BE PRESENT AND DEVELOP CONFIDENCE THROUGH MANTRAS IN ENGLISH.