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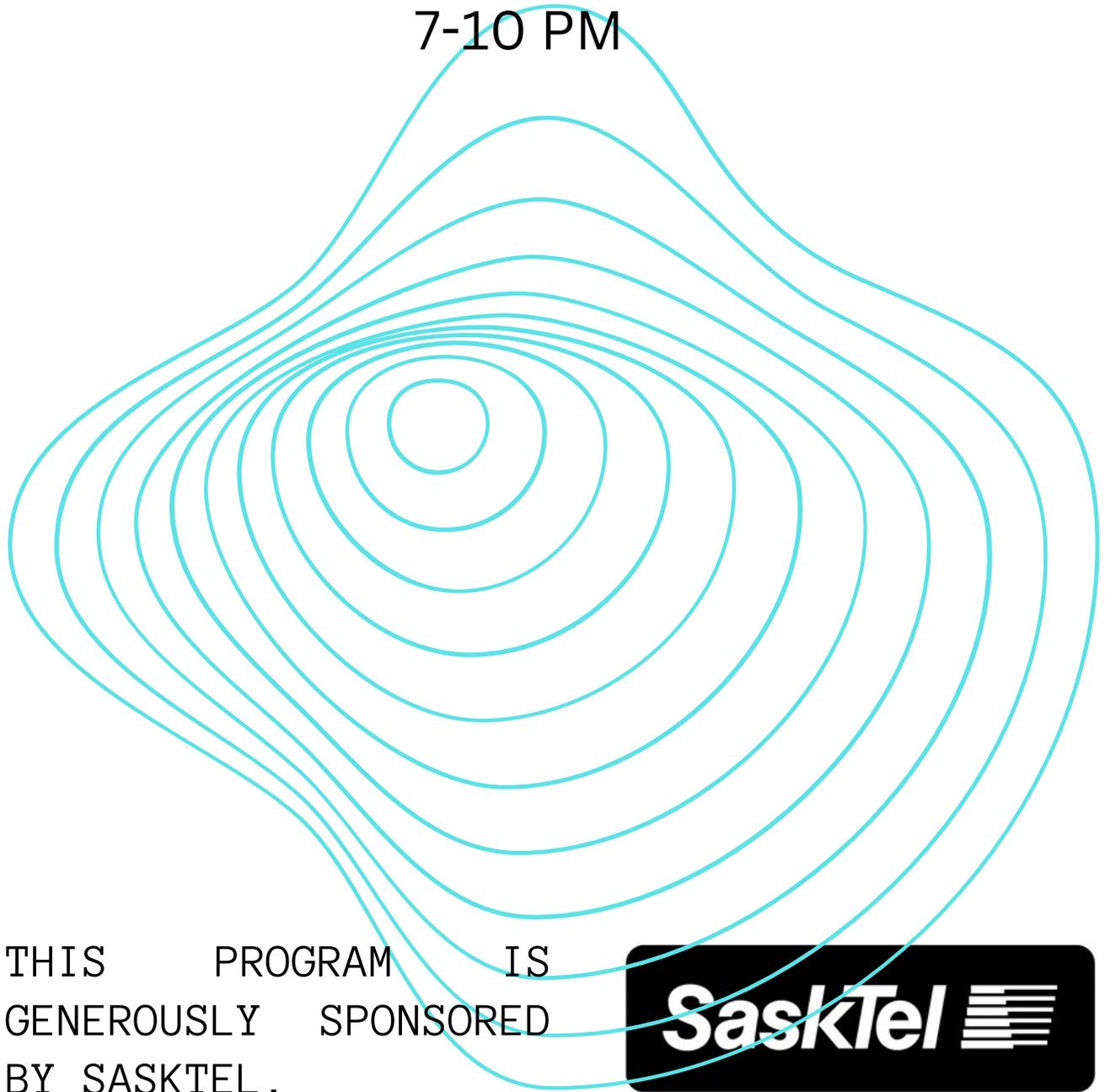
Engaging.
Contemporary.
Art.

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Flow State Drawing & Drone

Thursday, November 3

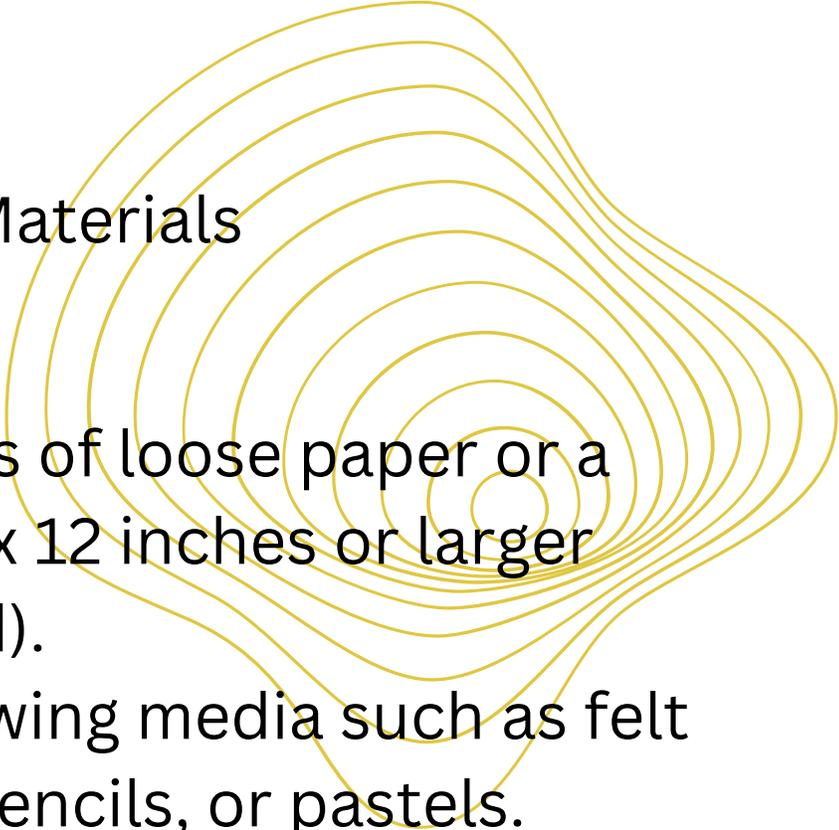
7-10 PM



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Materials



1. Several sheets of loose paper or a sketch pad (9 x 12 inches or larger recommended).
2. Coloured drawing media such as felt pens, colour pencils, or pastels.
3. Comfortable seating and hard drawing surface. (Those participating in the gallery will have access to drawing donkeys and boards.)
4. For those participating over Zoom video conference, a computer, tablet or smartphone with camera, microphone, stable internet connection and Zoom app installed.

Colour Breathing

Select one of your coloured drawing instruments. I recommend that we all start with yellow or a similar colour.

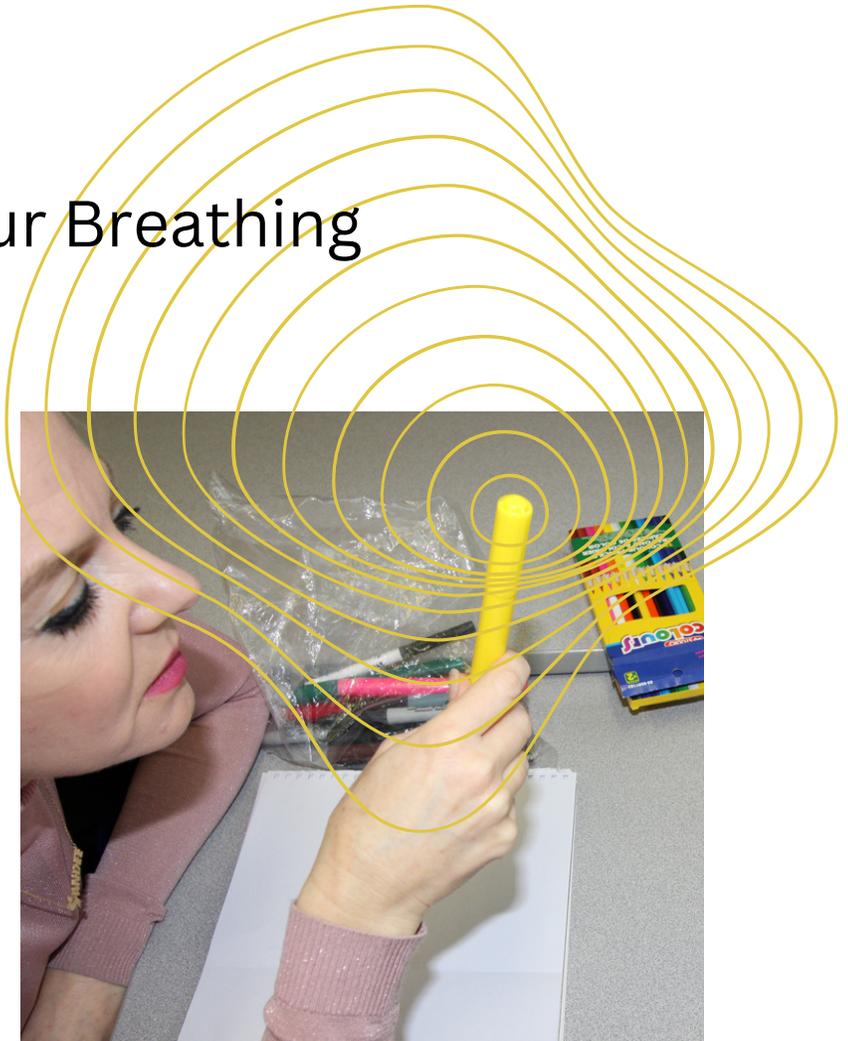
Without focusing your gaze, look at your drawing medium concentrating on the colour.

For yellow, think of warm healing light traveling into your body as you breathe in.

Breathe in for a count of six, then breathe out for a count of six.

Imagine inhaling cheerful and invigorating yellow light through your right nostril as you breathe in. Then, visualize the yellow light travelling through your head and third eye to exit through your left nostril as you exhale.

Visualize the colour as a healing presence that brings with it a sense of peace and well-being. Continue to inhale and exhale for six counts each.



Colour Breathing

Now visualize the energy of the colour yellow entering your fingertips.

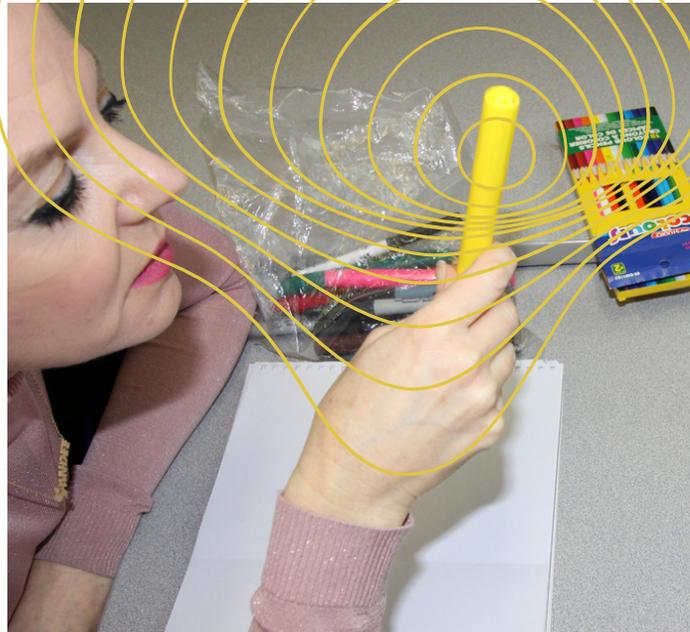
The yellow warms your fingers and buzzes slightly as it spreads through your fingers and across the broad part of your hand.

Envision the golden energy travelling up through your wrist and forearm. Feel the warmth in your elbow.

The warming, soothing yellow energy continues to move through your upper arm and across your shoulder blade. Feel it, like sunlight, moving down your side, around your body and legs.

Notice a feeling of energy and heat flooding your knees before the yellow continues to move down your calves to your feet, which tingle slightly as the yellow light caresses the soles of your feet and reaches your toes.

Envision the yellow light encircling your shoulders and neck from your shoulder blade, relaxing these muscles. The warm tingling moves to your ears and over the top of your head.

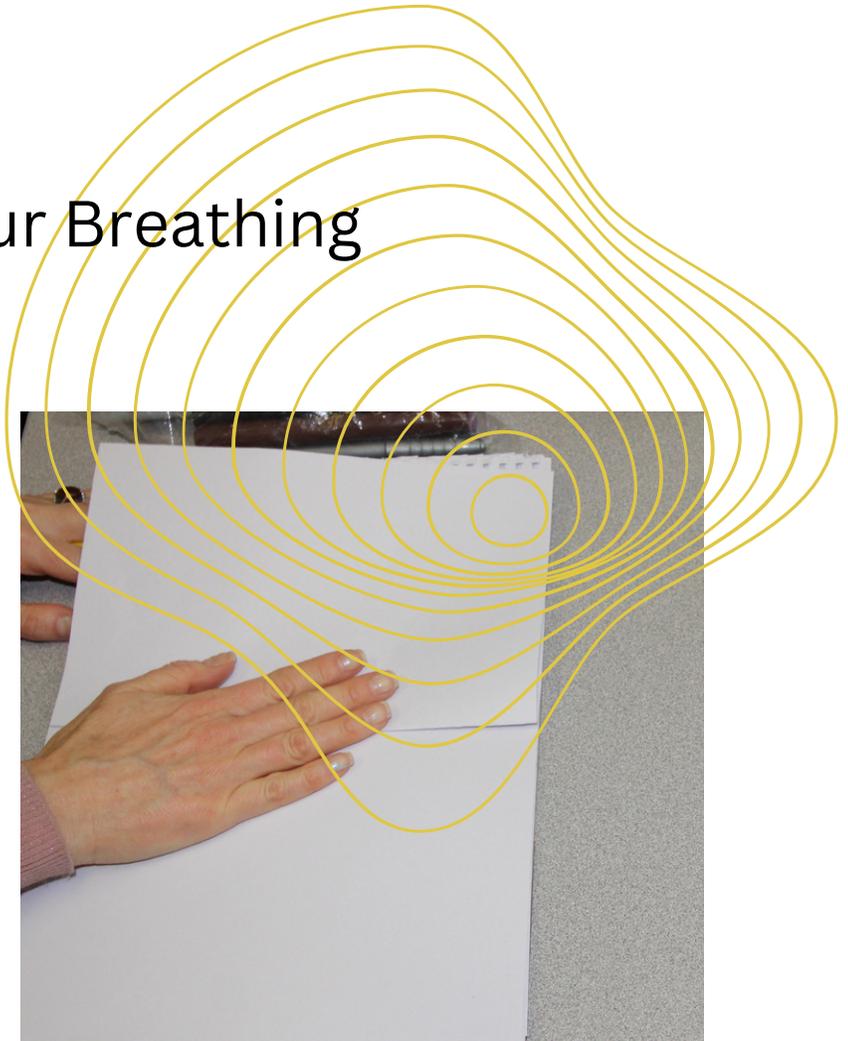


Colour Breathing

fold your page in half then unfold. You should now have a right side and a left side, separated by the fold line.

Still thinking of the warm, healing, positive, tingling energy of the colour yellow, draw a shape that captures these qualities anywhere on your paper.

Continue to imagine the soothing colour yellow radiating up your fingers and traveling from your hand throughout your body as you fill the shape with your colour.



Mirrored Drawing

Choose two new coloured drawing implements. I choose blue and red.

Focus on your dominant hand first. What colour is the pen or pencil in this hand? Is it a warm or cool colour? Is it's energy strong or mild? Does it fizz, crackle, ooze or tickle as the colour moves from the implement to your fingers?



Imagine this colour spreading from your fingers through this side of your body only.

Then focus on the pen or pencil in your non-dominant hand? Is it a warm or cool colour? Is it's energy strong or mild? Does it fizz, crackle, ooze or tickle as the colour moves from the implement to your fingers? Imagine this colour spreading from your fingers through this side of your body only.

Mirrored Drawing

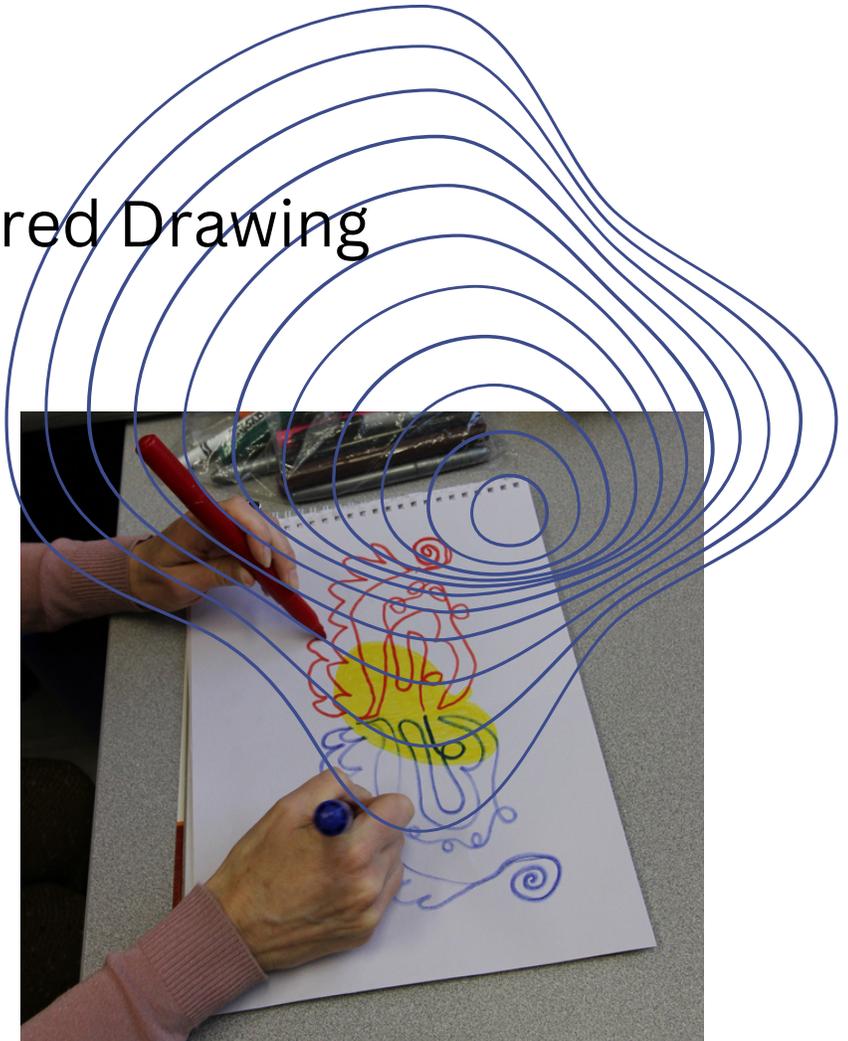
Compare your hands. Does one hand feel lighter than the other? Does one hand feel more energized than the other?

Keep these different sensations in mind, as you begin drawing with both hands, mirroring their actions on either side of the fold.

Don't concentrate on the drawing but on the sensations and movements of your hands. When your left hand moves to the left, your right hand should move to the right.

Move your hands in lazy arcs and gentle bends across the paper. Don't try to control the movement of your hands or what you are drawing, beyond synchronizing the movement of your hands.

Consider: is there a type of line (smooth and curved, angular or jagged) that suits the qualities of your colours? Does the drone sound suggest a certain type of line to you? Follow your intuition.



Mirrored Drawing 2

Choose two new coloured drawing tools.

Much as we did in the colour breathing, meditate on the colour in your dominant hand. What qualities does this colour convey: cheerful, bright, calming, cool, or electric?

Draw the a shape on the side of your page as your dominant hand that expresses the qualities of the colour.

As you fill the shape in with colour, imagine the colour's temperature, energy and mood flowing through your fingers and throughout your body.

Once complete, do the same on your non-dominant side.

I find it hard to colour with my non-dominant hand, so I make this shape smaller.

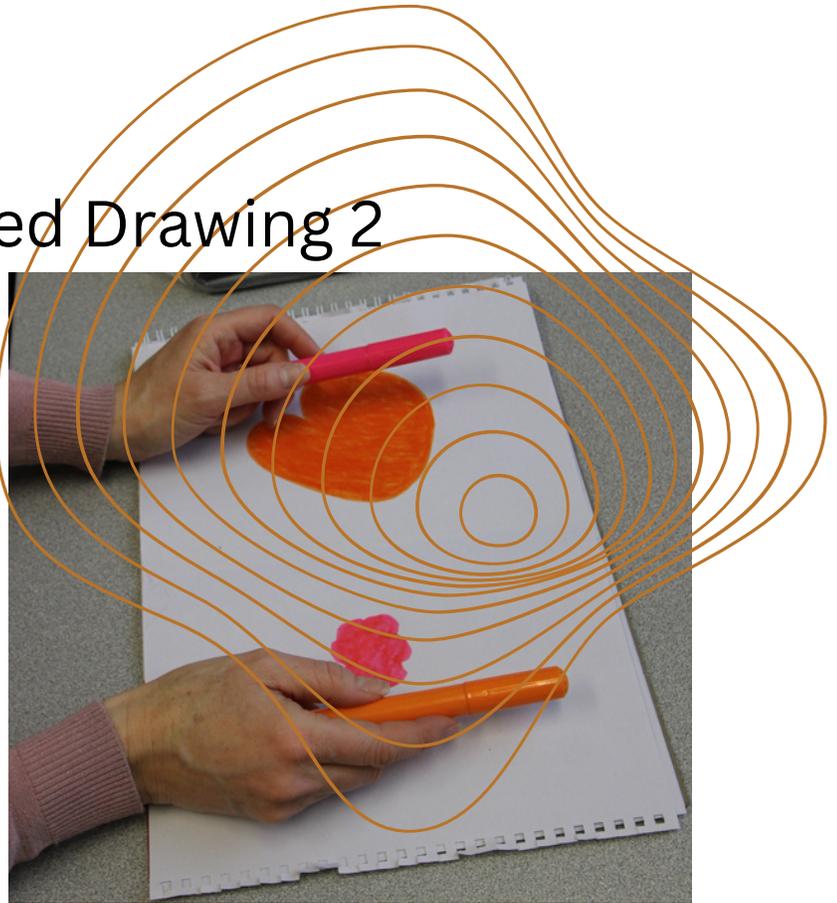


Mirrored Drawing 2

Rotate your paper 180 degrees, so that the shape drawn with your dominant hand is now on your non-dominant side. Continue to use the same colours with your dominant and non-dominant hands.

Focus on the differing sensations in one hand versus the other.

Make simple, repetitive drawings, while mirroring your left and right hand. I suggest a series of parallel lines starting at the centre line of your page.



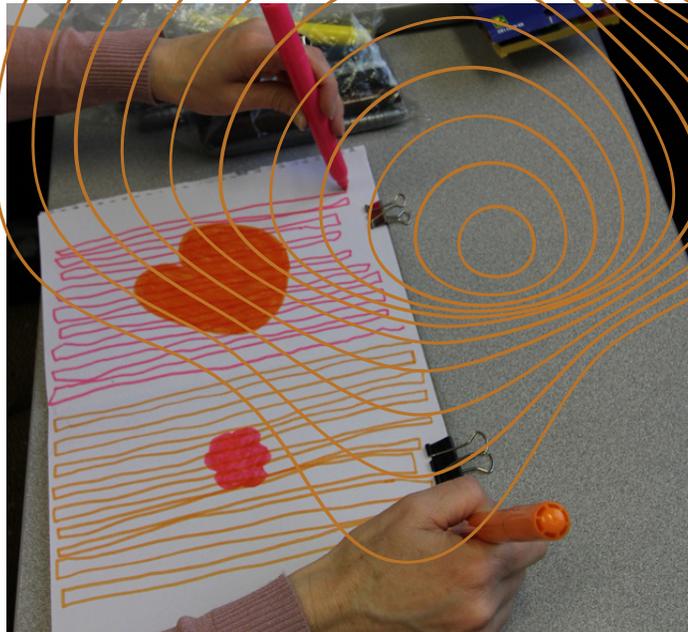
Mirrored Drawing 2

Instead of looking at what you are drawing and trying to visually match the left and right sides, feel the movement and mirror the movement of your hands.

Your nondominant hand will produce shaky lines.

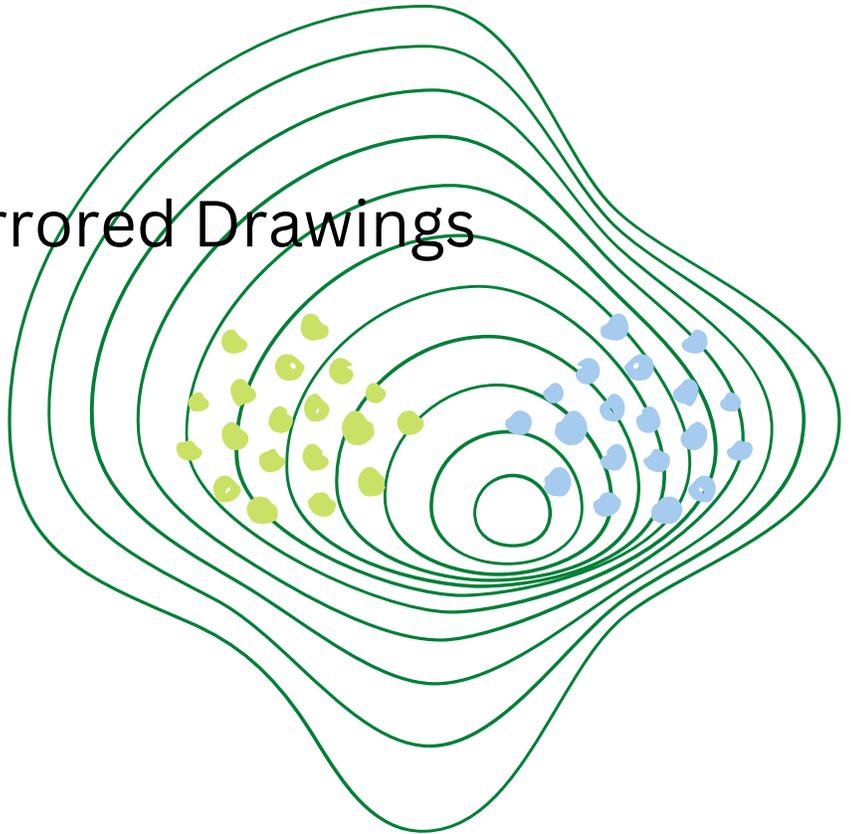
If you finish quickly, try making parallel lines running perpendicular to the set you just made. Be sure to focus on the sensation of the colour in each hand as you draw.

If you are ready to step up the difficulty a bit, listen to the drone and allow a wish, dream or desire to come into your mind. Starting at the centre line of your page, write this word or words in cursive making a backward reflected letter with your left hand as you make each letter with your right hand.



More Mirrored Drawings

- Try drawing a series of dots or Xs, mirroring the action of your hands.
- Pick an item in the room to draw, distorting the contour line by mirroring your drawing on the other side of the paper.



More Colour

- Meditate on all of the colours you have available, drawing a shape for each and filling each shape in with colour, until these shapes fill your page.
- Colour in an entire page with a single colour. (This might get a bit soggy if you are using felt pens, colour pencil is recommended for this exercise.)

