



Art Experience: **Finding Your Line**

MATERIALS & SETUP

For this Art Experience, you will need:

- **Drawing surface** - experiment with different papers, cardboard, newspaper, etc.
- **Drawing material** - experiment with dry materials (pencil, charcoal, graphite, pen) and wet materials (ink, watercolor, paint), etc.

GROUNDING PRACTICE

1. Begin by taking your seat before your materials and drawing surface. Feel your feet on the ground and the seat beneath you, come home to your body, and feel your breath.
2. Connect with the elements of **sky** (the open and limitless quality of space from which your line will emerge), **earth** (the ground of the materials with which you are working), and **human** (your present moment experience right now).

LINE DRAWING PRACTICE

1. Touch your drawing material down in the center of the page and begin drawing a slow, continuously moving line. Tune into your grip, feel your body and breath, and allow the line to move and unfold - simply follow the line. See what emerges...
2. When you notice a certain style or quality of line emerge, use the "artist's mind" to experiment with it - play with scale, pressure, speed, angle, etc. Come back to awareness of body, breath, and grip as you work. Notice the interplay of thoughts and emotions that arise - whether positive or negative. See them as part of the experience, and come back to the breath, the body, and the line on the page.
3. After exploring one line motif for a few minutes, let go of it and "meander" off to a new section of your paper. Allow yourself to settle, follow the line, and see what emerges next. Repeat this process, exploring three different line motifs on your page before tracing your lines back to the center of the page and lifting off.

WITNESSING

Observe your work and contemplate:

- *Where does the line seem to flow most naturally?*
- *Are there elements of your experience (body sensations, the senses, thoughts, emotions) that are made visible in the line somewhere?*
- *Which motif resonates most clearly with you?*

EXTENSION

Choose a line motif or section of your drawing that resonates with you and explore it further in a variety of different media. Produce several small studies, or a larger piece based on this original motif.