

College Guild

PO Box 6448 Brunswick, Maine 04011

Drawing From The Inside Out

Unit 1 of 7

*"Without College Guild I would not have had a creative outlet,
a sense of belonging and self-worth."*

~ Donald ~

INTRODUCTION: Drawing Original Artwork



*"I think self awareness is probably the most important thing
toward being a champion." ~ Billie Jean King*

It's been said that the most important question we can ask ourselves is, "Who am I?" The question doesn't refer to your vacation, your social status or your personality. Nor does it refer to whether you're brave or cowardly, kind or mean, or any of your behaviors. It refers to who you are deep inside.

The Buddhists speak of "what was your face before you were conceived?" Both questions refer to the basic good that is underneath all the traits we acquire as we grow and age. Quakers call it "The Inner Light". In all of us, there is an underlying yearning to be in harmony with what's beautiful and true, even when it lays in hiding. Each of us is uniquely precious! For this reason no other person can do the artwork that you can do.

Drawing is one way you can touch this deepest part of yourself. This doesn't mean drawing is only about what's best in you. Drawing can come from your fear, anger, pain and any of the tragedy and suffering you see and feel. It can come from the beauty you know as well. Like life, art is both! It's a way to see oneself and one's world clearly, rather than through the lens of our worst learned habits and misperceptions, or the opinions of others. This can affect many other aspects of your life as well.

So, to draw you need to really see. This means we don't assume that because you have two eyes you see things as they are. We're fooled all the time. The idea is to not be fooled by habit, or by what the mind tricks you into seeing. Because of our life experience each of us sees the same scene, object or situation differently. Finding your own way of seeing clearly is your journey into drawing. It's the journey of any worthy artist.

All of this means that everything you need for drawing is right inside of you -- the only exception being a pencil or pen and paper. You don't need a degree in art, or even a class in art. You need only to learn to see yourself and your world clearly and know you can give meaningful form to what you see and feel. You can! That's what this course is about.

If being a fine artist interests you, this course will guide you to find your way as a true artist. It's a journey, a pilgrimage, an exploration -- no need to travel outside the prison walls to experience and enjoy it! Welcome!!

UNIT 1 : Freeing Yourself to Create

"Freedom is what you do with what has been done to you"
-- Jean-Paul Sartre

During this first Unit, allow yourself to challenge your idea of what a drawing is about. Frequently, inexperienced artists think that they must create a photographic image of an object or area. A drawing is your own way of seeing an object, a portrayal only you can make. Your task here is to find your own way of seeing an image and drawing it. There are seven Units in this course.

Assignment 1:

The way to start is to limber up. This means to let go of the desire to make a photographic image, or any image at all. Let your hand relax its grip on the pencil or pen. Do not think of anything in particular, just start to move your pencil over the paper, just watching where it goes. If it begins to form something that looks like an object, you can follow that, or not, just let your hand roam the paper until you feel you are done. You might think of it as doodling. Just loosen up your hand right up your arm.

1. Do this on three different papers (double sided are fine).

Assignment 2:

Find an object or objects together in your space and draw them without lifting your pencil from the paper. There is not "right way" to do this kind of drawing as long as you are not trying to make it look real. Just feel how your hand moves loosely over the paper and see what comes. Keeping your pencil on the paper keeps you from trying to make an exact drawing.

2. Do this three times with different objects.

Assignment 3:

This assignment is a very important one. The most famous of artists did this practice often. It is called Automatic Drawing. Doing this practice every day is a great way to draw meaningfully. Place the point of your pencil on the paper and watch it as you move it with no idea where it will go, just keep focusing on the point where the pencil meets the paper and moving it over the paper. Respond only to how you feel about that line, not what object it is creating. Make the line go where you feel it should go moment to moment as it is moving. Be inquisitive about where the line wants to go, give it an intelligence that is not about you. But also guide it as you respond to where it wants to go. When you are done, there may be an indication of something you have been experiencing hidden in it. If you did see some personal meaning in it, write what you see on the drawing. Use your imagination!

3. Do this three times and send these, then do it on those days up to the time you receive a new Unit, and choose ten of those to send with Unit 1 return assignments.

Assignment 4:

Make a drawing that is of a memory that is pleasing to you -- some event or place or person that you cherish. Be sure you do not copy anything such as a photo or some picture of a similar scene. Draw it from your own memory in your own way. It is important that you find your own unique way of speaking through drawing. Drawing really is a personal language.

4. Send it to College Guild. All drawings sent will be returned.

Below are some examples of drawings that are done with a relaxed hand. See how the artist captures the sense of rest or action so that you can actually feel what these people feel.



Ballpoint
Ballpoint pens have a particular fluidity that encourages free manipulation. You can let the tip trail and turn to create a nervous, active line or press hard and scribble vigorously to develop a bolder image.

Pencil
The line quality depends upon the softness or hardness of the pencil, the quality of its point, and the pressure you apply. Sometimes you need to maintain a sharp point so that the line is clean and incisive; a blunted tip gives a softer feel to the drawing. You can angle, turn, and twist the pencil point to vary line width and texture.

Remember: First names only & please let us know if your address changes