

College Guild

PO Box 6448 Brunswick, Maine 04011

Drawing From the Inside Out

Unit 7 of 7

UNIT 7: *Falling in Love*

"Love measures our stature; the more we love, the bigger we are.

*There is no smaller package in all the world than that of
a man all wrapped up in himself."*

~ William Sloane Coffin

When all is said and done, we can measure ourselves by what we have loved and how well we have loved it. Art is most often a facilitator for falling in love. This is because the artist has to look very deeply to be able to portray truthfully the object of his attention. And when we see deeply, we understand the underlying beauty that often lays hiding.

I imagine that if you look deeply into yourself, you will find those qualities that ever since your childhood you've known to be gentle, capable, and kind even if others didn't see that part of you. You are aware it is there, and prison is a landscape where those qualities can be forgotten or be impractical. But they are still there. Art allows you to remain in touch with who you truly are. It can be a lifeline to the future. This is so if you give that part of you the attention it needs.

Every time you draw a picture, be sure it has meaning for you, whether it is a drawing from your imagination or a copy of a prison scene or object. These have lessons to teach you if you give them the attention your artistic nature demands. Even practicing has meaning, leading you to a mastery of your art long into the future.

This is not a course to complete and forget. It is a way of being in the world, wherever you are. Fredrick Franck, a noted artist and teacher tells of his own experience of "falling in love";

Sometimes the impulse to draw overwhelms me, as it did one day in New York City when I saw an odd fellow approaching. He was the one person in the dense crowd that caught my eye. I had

not looked at him or then he would have gone from my eye to the computer in my brain that said "male, sixtyish, poor, white, limping, decrepit." Instead I had SEEN him, so something very different happened. When his image hit my eye, it ran unlabeled to my entire organism, through my arm to the hand that held the pencil. When it came to a stop I knew him, I had become him. I had been a child with him, a cocksure adolescent, I had grown old, worn out, his sore feet were killing me. This did not come about overnight, on the contrary, it was the result of endless practice in coordinating eye and hand, of drawing what I really saw. There is no trick to it and no shortcuts. There are no manuals for man approaching you. There is about these exercises. Each one is an your awareness, enriches your life, and perception of the commonplace as Discovery.



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What he is saying is that the image goes from the eye to the hand and THROUGH THE HEART. The man had become precious to him because he had really seen him, felt who he was in his own body. That is falling in love.

Assignment 1:

If you think back to your childhood, are there any images of places or people that you loved?

1. If so, draw one and try to feel what you felt when you were in this place as a child. label the drawing with that feeling.

Assignment 2:

Can you think of a situation where you felt you were being looked at in a way that pigeon holed you as a this or a that, too fat, too little, too dumb, too poor, too mean, too lazy, etc.?

2. If so, how did that make you feel? Draw a little sketch of yourself expressing what it felt like when they did this. Then draw a little sketch of how you would have preferred that person to see you.

If you cannot recall such an incident, think again. I think one will come to you if you are willing to remember it.

Assignment 3:

Or maybe instead you remember an incident where someone saw the good in you and you could feel that.

3. Draw a little sketch of yourself feeling exactly the way that made you feel, and label it.

Assignment 4:

4. Please write a summary of how you feel about drawing after taking this course. Will you continue to discover more about yourself and your world by drawing?

A drawing that shows how simply you can create a mood with the simplest use of line.



Since this is your final Unit, we'd appreciate any feedback or suggestions you have for improving the Course!

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

