



Exercise One: Drawing a Door

Time involved: 20-30 minutes

Materials: A piece of paper and a pencil or pen

Every door leads somewhere. Look at the doorways around you. Notice vertical, horizontal and diagonal directions. With the strong, reliable verticals, door frames are relatively easy to draw. However, most door frames hold doors that swing away from you or toward you and that's where the fun begins. The tops and bottoms of doors, while logically you know they are horizontal, in visual space they definitely are not horizontal. To draw them you have to trust your eyes and follow what you see with your pencil.



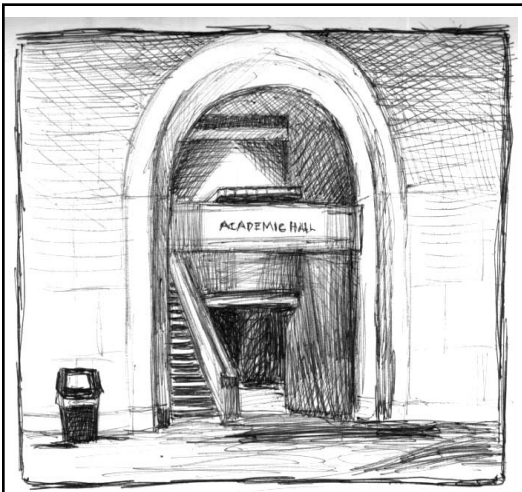
A doorway in a high school classroom.

Doors can represent new opportunities. Reflect on your life for a moment. Imagine walking down a hallway that has many doors. What door in your life would you like to close? Perhaps a door to an unhealthy relationship, an old, limiting pattern? Picture yourself standing before this door and notice what it looks like. Imagine closing this door. Now, walk down the hallway and choose a new door. A new relationship, new job, new belief. Picture yourself standing before the door to this new room in your consciousness. What does this door look like?

Look for an ordinary doorway near you now. A wooden door opening toward or away from you is what you want. For now stay away from exotic entrance ways and French doors with 15 little glass partitions. Keep it simple.

Drawing a Door Exercise

1. Sit some distance from the door of your choice. Gaze at the vertical, horizontal and diagonal directions and intersections.
2. Relax your tummy, wrist, arm. Breathe.
3. Loosely draw the door frame remembering to extend the directions and to feel them as you draw them on your paper.
4. If the door is open, and I hope it is, look along the door frame without the door. Notice any directions that intersect the vertical lines of the door frame. Make tic marks at the intersections. Enter the room with your pencil moving along these directions. Notice which side of the directions or intersections is light, which is dark. Draw what you see.
5. Now focus attention on the door frame with the open door. Extending directions will be a great help to you in placing lines appropriately.
6. When you finish drawing, give this door a title or name.



A doorway at California State University San Marcos

See pages 53-55 of my book, "Drawing as a Sacred Activity" for more about this exercise.

Final Note: One further idea that might bear fruit for you is to journal about the story of this door and maybe the story of the room that this door opens up for you. What's on the other side of this door?