

Drawing

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Together

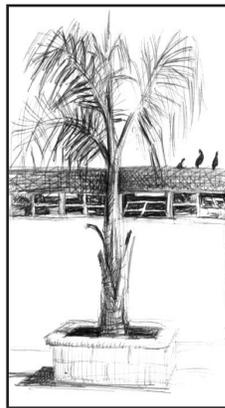
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Awakening the Artist Within through drawing and painting

Exercise Two: Drawing a Tree

Time involved: 20-30 minutes

Materials: A piece of paper and a pencil or pen



How do you feel about trees! Think about experiences you have had with trees. They speak to us all the time, silently yet profoundly. Their branches remind us to reach up to the light. Their roots remind us to be grounded. Their flexibility and strength in the face of storms remind us to bend during times of stress.

Is there a tree outside your window at home or work? Begin to notice this tree at a deeper level by spending some time drawing its directions. Even a scrappy bunch of twigs and bushes can reveal hidden beauty and bring forth a genuine feeling of empathy in you. Feeling empathy can renew your heart and soul and this renewal can carry you through the day. Your artist's eye is an essential part of transforming the consciousness of humanity. Of course, you have to use it to experience its transforming properties.

Trees are vitally important to our own lives. Not only do they provide beauty and shade, but they also provide oxygen which we breathe every single day. How grateful we are for our trees. In fact, plant a tree in your yard soon.

Drawing a Tree Exercise

1. Select a tree that expresses qualities that interest you: Sturdy, flexible, modest, proud, rambling, decisive, lonely, exuberant.
2. Sit a little distance from it and notice first, the beauty of this tree. Then notice directions and intersections. Choose a point of view that feels easy to draw.
3. Relax your wrist and arm. Breathe.
4. Very lightly draw a direction that feels easy to you. Extend the direction lightly and notice where one or more directions intersect this line. (Could be sidewalks, cars, grass, other branches, etc.)
5. Indicate intersections with a tic mark.
6. Compare a group of intersections in the tree with those on your paper. Adjust wherever necessary.
7. Notice lights and darks. Usually one side will be lighter, the other darker.
8. When you finish your drawing, give it a name.

See pages 180-182 of my book, "Drawing as a Sacred Activity" for more about this exercise.



The top tree grows at a local middle school where I teach. The middle tree grows in Australia where I facilitated a Louise Hay Training. The bottom tree grows at Los Angeles Airport. I drew it as I waited for a flight.

Final Note: One further idea that might bear fruit for you is to journal about this tree. What's its story? How did it get here? Let your imagination open up. In what ways does this tree resemble you or someone you love? Leave a gift for the tree and thank it for