
Drawing

www.drawingtogether.com
heather@drawingtogether.com



Together

Heather C. Williams
Artist ✨ Author ✨ Teacher

Awakening the Artist Within through drawing and painting

Warm-Up One: Vertical Directions

Time involved: 3 to 5 minutes

Materials: A piece of paper and a pencil or pen



Wherever you look, you can't help but see vertical directions. During an earthquake those vertical directions collapse and it's not a good feeling. We love our vertical directions. They speak of stability, uprightness, strength, independence, confidence. So take a moment right now to look up from the computer or paper you are reading. Do you see a tree? How about a table. Check out the table legs. Vertical? I hope so. What about the door? It had better have two verticals. Maybe you are seeing your neighbor's house or fence. Maybe you are looking out your window. Verticals? You bet. Plenty of them.

So in Lesson One you are going to look for and draw vertical directions. Nice and easy. Stay away from hard lines and perfection seeking. Right now contemplate the attributes and characteristics of the direction we call vertical. In addition to the ones mentioned above like stability and confidence, think of "reaching for the sky", support, alignment, positive, capable. You name some others. These are the attributes of vertical.

The Vertical Directions Exercise

1. Sit still for one minute. Close your eyes and take in 3 slow breaths.
2. Open your eyes now and gaze softly at the world before you. Notice the vertical directions.
3. Allow one of the attributes to come to mind as you gaze.
4. Choose one vertical direction that feels easy to draw.
5. Gently place your pencil on the paper and move it the same general direction as the vertical you are looking at.
6. Don't just draw one line. Draw the same vertical direction gently, repeatedly, at least ten times and more. It's a *feeling* you are after here.
7. Remember to relax your fingers, wrist, elbow and shoulder.
8. As you draw your pencil along the paper, feel that you are connected to the vertical direction you are looking at. In fact, feel that you are touching the fence or window or door with your pencil. Of course, your pencil is on the paper. The important thing is that you act as the *medium* between the pencil, paper and the world.
9. The artist in you enjoys living "in-between" worlds. It's a free place. It's where creativity thrives and grows.



That's it! Come back and do this exercise again and again. See pages 32-35 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 for a few minutes about where and when you feel that you express the attributes of vertical and where and when you don't but would like to.