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# Drawing

www.drawingtogether.com  
heather@drawingtogether.com



# Together

Heather C. Williams  
Artist ✨ Author ✨ Teacher

*Awakening the Artist Within through drawing and painting*

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## Warm Up Two: Horizontal Directions

Time involved: 3 to 5 minutes

Materials: A piece of paper and a pencil or pen

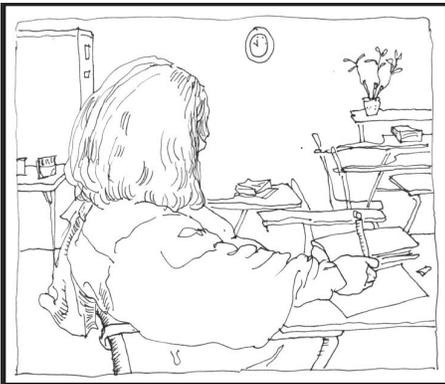
Wherever you look, you can't help but see horizontal directions. The tops of things are favorite places to find horizontal directions. Table tops, fence tops, the top of doors, picture frames, bed frames, windows. Tops and bottoms both are usually horizontal. How about books, boxes, desks, and shelves in the kitchen, library, office and work area in the garage.

Horizontal feels different from vertical in several ways. Whereas vertical feels brave and forthright, horizontal feels downright peaceful, even sleepy.

So in Lesson Two you are going to look for and draw horizontal directions. Nice and easy. Continue to stay away from hard lines and perfection seeking. Right now contemplate the attributes and characteristics of the direction we call horizontal: restful, relaxing, grounded, distant, quiet, stable, safe, undemanding. These are the attributes of horizontal.

### The Horizontal 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 horizontal directions.
3. Allow one of the attributes to come to mind as you gaze.
4. Choose one horizontal direction that feels easy to draw.
5. Gently place your pencil on the paper and move it the same general direction as the horizontal edge you are looking at.
6. Don't just draw one line. Draw the same horizontal 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 horizontal 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.



*Can you find ten or more horizontal directions in the room where this school girl sits?*

That's it! Come back and do this exercise again and again. See pages 35-36 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 horizontal and where and when you don't but would like to.*