

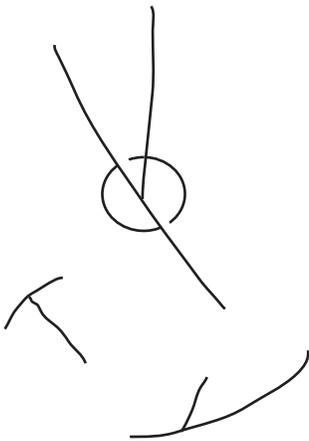


## Warm-Up Five: Intersections

Time involved: 5-10 minutes

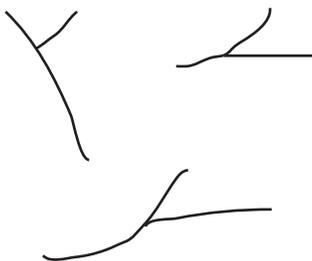
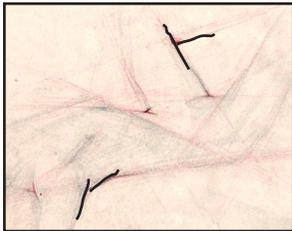
Materials: A piece of paper and a pencil or pen

An intersection is a place where two directions come together, similar to a place where two streets cross. Specifically you are going to look for where one direction ends into another direction. Intersections form a “Y” shape. One direction dead-ends into another. Look up from the paper. What do you see? Right now I see an intersection where the horizontal edge of my fence meets the vertical edge of the neighbors house. An intersection is where one form goes behind or comes in front of another form. There are an infinite variety of Y shapes in our world - visually speaking. Through your willingness to pay attention to this *anchor point*, the energy of the forms flow onto your paper.



Furthermore, you must look and evaluate the nature of each intersection. Is the direction vertical, horizontal or diagonal? If diagonal, exactly what kind of diagonal? You are not an engineer here so you don't speak in terms of 35 or 90 degrees. You might say something like, “*The right diagonal comes down from above and intersects the middle of the lower left diagonal direction*”. You can FEEL this and DRAW this better than you can verbalize it. The neat thing is you can do it!

### The Intersections Exercise



1. Sit still for one minute. Close your eyes and take in 3 slow breaths.
2. Open your eyes and gaze softly at the world before you. Notice the edges.
3. Select one edge/direction that feels accessible to you right now.
4. Follow this direction until you see another direction intersecting it.
5. Draw the first direction. Remember that your lines are drawn loosely.
6. Draw the same direction gently, repeatedly, ten times and more. **Feel** as if your pencil is running along the edge back and forth several times.
7. Now look at the intersection out there in the world. On your paper, draw the new direction and notice very carefully how it intersects the first direction you drew.
8. Notice which direction dead-ends into the other one? This is the form that tucks behind the other one. Interesting, isn't it?
9. Continue drawing intersections and appreciating the apparent miracle of what you are learning to do with a simple pencil and piece of paper. You can do it!

That's it! Come back and do this exercise again and again. See pages 40-44 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 intersections. Maybe you live near an intersection of two streets. Maybe you have a personality that makes it easy (or difficult) for you to intersect with people in a social way. No judgement, just being aware and awake and grateful to be here now. It takes all kinds to make a creative world.*