

WORKSHOP

Intuitive Sketching

MUSE

APRIL 26 - 2020



We have come to be danced
not the pretty dance
not the pretty pretty, pick me, pick me dance
but the claw our way back into the belly
of the sacred, sensual animal dance
the unhinged, unplugged, cat is out of its box dance
the holding the precious moment in the palms
of our hands and feet dance.

We have come to be danced
not the jiffy booty, shake your booty for him dance
but the wring the sadness from our skin dance
the blow the chip off our shoulder dance
the slap the apology from our posture dance

We have come to be danced
not the monkey see, monkey do dance
one, two dance like you
one two three, dance like me dance
but the grave robber, tomb stalker
tearing scabs & scars open dance
the rub the rhythm raw against our souls dance.

WE have come to be danced
not the nice invisible, self conscious shuffle
but the matted hair flying, voodoo mama
shaman shakin' ancient bones dance
the strip us from our casings, return our wings
sharpen our claws & tongues dance
the shed dead cells and slip into
the luminous skin of love dance.

We have come to be danced
not the hold our breath and wallow in the shallow end of the floor dance
but the meeting of the trinity: the body, breath & beat dance
the shout hallelujah from the top of our thighs dance
the mother may I?
yes you may take 10 giant leaps dance
the Olly Olly Oxen Free Free Free dance
the everyone can come to our heaven dance
We have come to be danced
where the kingdom's collide
in the cathedral of flesh
to burn back into the light
to unravel, to play, to fly, to pray
to root in skin sanctuary
We have come to be danced
WE HAVE COME

WE HAVE COME TO BE DANCED

BY JEWEL
MATHIESON

PREPARE

SET AN INTENTION

Write down what you hope to move towards or grow within you today. For example I intend to notice my body today etc. .

BEGINNERS MIND

Recall the concept of having an open eager attitude that holds curiosity above all else. Let go of knowing & look for possibility in everything.

NOTICE THOUGHTS & FEELINGS

As sketch pay attention to the shifts in your feelings & your thoughts. Notice when you begin trying, striving or working.

01 CONTRAST



Using the photo on the left try to create 4 different sketches. In each sketch pay particular attention to the quality, experience, thoughts & feeling that each sketch has.

First, Set your timer for 2 minutes & try to sketch this image as best you can. Once its complete label it "trying" & write out a few words next to it about how it makes you feel.

Second, sketch this image using your non-dominant hand. Once its complete label it "non-dominant" & write out a few words next to it about how it makes you feel.

Third, Set your timer for 30 seconds do a very quick sketch of the image. Label it "Quick" & note again how you feel after its completion.

Fourth, Look away from the reference photo & make a sketch from memory. Resist the urge to look at it, if needed close your eyes & imagine the image to support your reference. Again label it "memory" & note your feelings about it.

Look at all 4 sketches, which one do you feel most connected too? What does the experience of each sketch say to you or what wisdom can it offer you as you move ahead?



SPONTANEOUS

Begin the exercise by connecting to your breath. Close your eyes & take a few in breaths for the count of 7 & exhale for the count of 11. Repeat this seeing if you can elongate & release just a bit more with each breath. Take a moment to hold your pencil in your hand. With your eyes closed connect with your pencil & notice its texture, weight, & size. Play around with it in your hand for a while staying connected to your breath.

With your eyes still closed begin making spontaneous marks on a page. Scribble & be messy playing around as you move your shoulder & engage your body in sketching.

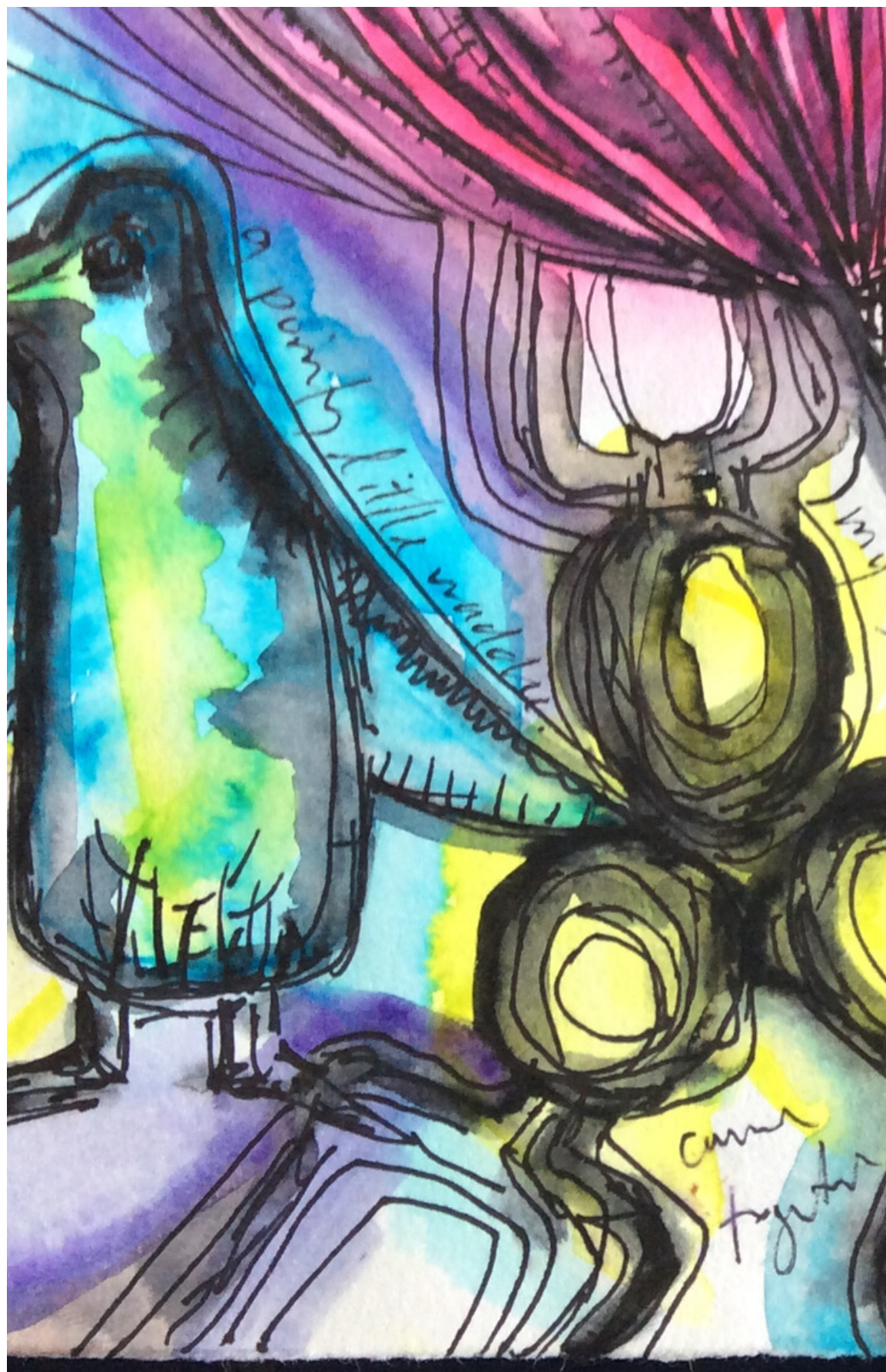
Open your eyes & continue playing around moving your pencil across the page. Find a rhythm and way to engage your body as much as possible.

Play with adding in a few loose circles, ovals, lines, squiggles, squares, triangles etc.

Now explore shading in various shapes & areas using dots, small scribbles lines cross hatching and smudges. Note how each shading feature adds or takes away to your shape. You should now have a layered mess of exploration & warming up!

On a new page make 2-3 circles, fluid scribbles and lines. Look at the sketches & see if you can make out an image. Use your eraser & keep playing to enhance or add to this image inviting it to emerge more strongly. Pay close attention to when your thinking, judgments, or ideas interrupt your intuition. Erase marks that are

03 A MOMENT



Begin the exercise by closing your eyes and connecting with your breath. See if you can relax your body & feel it sinking into your chair. Allow yourself to go deeper & deeper with each breath relaxing more & more. When you feel relaxed & present invite a memory of joy, stillness, or presence to come to mind. When have you last experienced this? Invite this memory to your mind & explore the experiences, colours, textures, movements, shapes & lines of this in your mind. Allow it to flourish in your imagination.

When you feel ready invite this experience to the page. What scene or part of a moment can you depict from this memory? Is it a small detail? A specific element? A connection? Don't try to capture the whole thing just focus on one element.

Begin bringing this into a sketch by making only loose broad shapes. For example if there is a person do a few loose shapes to outline the body. For an object use shapes to build the broader image.

Once you have outlined the rough shapes use your eraser & encourage play as you move your pencil in fluid ways to chance parts & use your eraser to take away parts. Give your self time, permission & curiosity to surrender control & allow the image to emerge as IT wants to.

When you feel like you have found some basic shapes begin by playfully adding in a few small details. This may be a simple mark on a face, a texture etc. Use your shading techniques from the previous exercise to add depth. You may also want to add colour for shapes & depth!

Play with this again noticing when you are taking the lead & when you are following the sketch. Feel the quality of this & allow this to be the focus rather than the product.