

LEARN TO LISTEN WITH BLIND
CONTOURING



SELF- PORTRAITS

Mindfulness moments to initiate an
intuitive flow

Let's dive deep into self through the bewildering
universe of lines.

MINDSET MOMENT

SIX STATEMENTS TO HELP SHAPE OUR MINDSET:

1. EVERYONE HAS A CREATIVE BONE; YOU JUST HAVE TO DISCOVER IT.
2. STRAIGHT LINES ARE OVER-RATED.
3. ART HELPS US DISCOVER WHO WE ARE.
4. ACCEPT THE BEWILDERING UNIVERSE OF LINES; GET LOST IN THE MEDITATIVE STATE AND STRANGENESS THAT THEY CREATE.
5. YOU CAN'T MESS UP.
6. KEEP A JUDGEMENT FREE ZONE. FREE OF JUDGING OTHERS AND FREE OF JUDGING YOURSELF.

MEDITATION

Picture yourself standing at the edge of the ocean. It is night time and the dark surrounds you. The cool ocean breeze blows gently past. All you can hear is the sound of crickets chirping in the background. As you look ahead all you see is infinite blackness. A sense of calm floods through your veins. Even though you cannot see what lies ahead, you are not scared to take a step forward into the dark abyss.

You dip your toe in, feeling the icy cold sea. But the more you immerse your foot and the longer it lingers, the water becomes warm. Your body adjusts to the temperature as you take more steps forward. You move your arms and skim the ocean top with your palms. It feels silky and smooth.

You are now waist deep and fall back, ready to float. You lift your feet from the comfort of the ocean bed and trust that you will not sink. The coolness surrounds your head and all you hear now is silence. Floating there so effortlessly, you trust in the ocean to keep you from sinking.

You look up and there lies millions of stars, slowly emerging in the dark sky. With each twinkle you feel more alive. Soon the sky fills and their light shines brightly upon you. The stars dance and it is a magnificent sight to see.

This is a rare dance that many people miss, but you trusted in yourself to go forward embracing the blackness and taking that first step into the icy cold waters.

When you remove the fear and learn to trust in yourself, I swear to you there are wonderful things that await. Do not miss the dancing stars while you play it safe back on the shore.

WHY SELF-PORTRAITS

The purpose of blind contouring is to evoke a meditative state as you concentrate on the subject and movement of the lines. This practice can be done anywhere; a tool to draw with, something to draw on and a subject of focus is all you need.

It is all about facing blocks and challenging limiting beliefs. I believe that when someone feels 'stuck' in their creative journey (or life in general), unmotivated and/or uninspired, it is a result of an underlying issue. Oftentimes this manifests as a result of perfectionism, self-doubt, imposter syndrome and/or the need to control /know what is next. Fear of failure and the need to perform can be present as well.

Blind contouring is an activity that takes gentle and guided steps into play; removing any pressure, getting back to basics and embracing silliness. As a result, you release challenge those blocks within.

In regards to self-portraits, you are the subject and being guided to focus on your being. Concentrating on every aspect of self as you looked deeper within. By building trust in the lines to flow, you are in association building trust in yourself as you stare into your photo.

Reflection Questions:

1. What does your art have to say to you?
2. What do you have to say to your art?

Additional Reflections:

1. Life is a reflection of your thoughts, feelings and beliefs. What are you currently putting out into the world? What can you leave behind that is no longer serving you? As you draw, release any negative, out-dated and stagnant energies holding you back.
2. Sit in a state of gratitude. As you look at the image you've drawn, state 5 things you are grateful for today.
3. Time to free form. Take a deep breath and allow your thoughts to free flow onto the page. And if you are more of a visual person and feel ready, perhaps draw out what came up for you in this process.