

# Inspired Art Comes From Within

## Week Four – Using our tools for self portrait

Exercise: using light and dark tones as shapes and putting together like a puzzle

**Materials:** Large format sketch paper 18x24, assorted vine or willow, compressed, pencil charcoal. Assorted erasers

- Practice sitting in front of a mirror. High contrast lighting is best. With vine charcoal start you general shapes and map out the size of your face to the paper. Then beginning with the nose then eyes and lips work to get the scale you want.
- Though you are starting this to be a portrait of yourself ask yourself, does this look like me, do I care, am I going to go with what is trying to be expressed within or am I going to push to make my likeness. I encourage you to allow your picture to be what is best for the piece. It doesn't have to look like you, it's your choice.
- Close your eyes and get comfortable. Take a moment to relax with a breath. Don't worry about any noise around you. Imagine your looking at yourself in the mirror, notice your observations, look for things you like about your face. Relax. Now start you (visualization) drawing, it's looking like you but then this thing happens and you decide to let the drawing take on it's own life and your ok with that, hum its different than you, is it someone else, is it someone from your past, future or something else, is it an aspect of you.....you simply keep creating and really get in tune with the "feeling" place of being creative just for the sake of creating. You know you will evolve with technique so you are no longer asking when and how but rather allowing the flow of creative connected energy to flow through you. Take a breath and open your eyes when you feel at peace within yourself.

YOUR NOTES:

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