

# Inspired Art Comes From Within

Week One – Connecting with the tool that is YOU

Exercise: Blind Contour

**Philosophy:** Creativity comes from within; when you're connected to your spirit the spirit that makes you you then you will create your best work. Your art IS awesome when it's original to you and your spirit that creates it. **"You are the best teacher you will ever have when you ask yourself the right question"**. The focus is on your vision and the "feeling place" that art brings to your life, the outcome/work is the imprint of your inner vision not weather or not you painted the cup to look like a cup. I give assistance when I'm asked so that it honors your individual needs as well as encourages you to guide yourself.

**Reading: Kalil Gibran "Said a sheet of snow white paper"**

\* I want you to REALLY look at things around you. The light, the dark, what color is it I'm REALLY looking at, not the assumed color. You can take notes or write about what you see if you want.

\* Practice drawing using "blind contour" on object, yourself in a mirror or someone else. REALLY feel your inner you guiding the tool/pen/pencil, disconnect yourself from making the "right" line or getting it "right".

\* Close your eyes and connect with you, see yourself Art making. Your enjoying the freedom and your trusting your expression, you love what your making but you love making it even more, you almost don't even care what it looks like. Then you get to a point that you want to achieve something like get the tree to have a look and feel of what your seeing, you stop and ask yourself, what do I need to see to go in the direction I'd like, recognize you know how to do it already and then wait until it feels right to start again, see yourself resolving the block and freely and joyfully creating.

**YOUR NOTES:**

Ruth Chase Boudreaux  
530-409-2330  
[chasecreative@yahoo.com](mailto:chasecreative@yahoo.com)  
[chaseboudreaux.com](http://chaseboudreaux.com)