

Inspired Art Comes From Within

Week Two – Detaching From The Outcome

Exercise: Fast Sketching

Materials: Compressed Charcoal, Charcoal Pencils, Sharpener, Erasers
Exercise: Loose fast drawing on big paper of figure changing poses every 5min +. Experiment with the different charcoal. Try out the materials.
Read some fun quotes.

* How did you see the difference from last week in regards to pace of work?
What did you notice about where you felt more comfortable?

* Practice drawing quick sketches using your pencil in a notebook or larger.
Try to keep your hands loose and moving; don't let your thinking slow you down.

- Make up a meditation about your studio space, the space you would enjoy creating in, see your materials, music and tools set up and ready to go. Envision the joy you have walking around in such a space, what do you hear, what do you smell, what do you see. At the end of visioning all the details see yourself letting go of any doubts or judgments you may have about being in such a space, really see yourself being comfortable in the space. Each time you do this, you can create any type of space, outdoor, indoor, group, tree house.....go for it.

YOUR NOTES:

Ruth Chase Boudreaux
530-409-2330
chasecreative@yahoo.com
chaseboudreaux.com