

Drawing meditation - Find a place in nature and sit. Just breathe and observe what is in front of you. After a while, begin to look VERY carefully at the object you intend to draw; one leaf, a section of a tree, one blossom, one weed, a group of stones, an interesting, etc. "Draw" it with your eyes only. After you've done that, put your pen to the paper and very slowly begin to draw the outlines of the object WITHOUT LOOKING AT YOUR PAPER.

Begin another drawing of the same object and draw very slowly and this time glance at your paper as you draw – but keep your attention on the object. Let your pen go into the middle of the object now as well as the outlines. Do not try to shade – just draw the edges. Make a third drawing being as careful as you can to capture each and every nick, cranny, hole, bump etc. Make several drawings if you want of the same object from different angles. Enjoy the process as much as the product.