

10 Meditative Drawing Exercises

For these exercises, all you need is some paper and something to draw with.
Paper options: bound sketchbook, notebook, printer paper, or scratch paper.

Drawing utensil options: pencil, pen, marker or ink and brush.

- 1. Draw a series of open circles.**
(Works best if you use a brush with ink or water.)

This is called *enso*, the Buddhist symbol for emptiness.



- 2. Draw an infinite line.**

This sideways figure 8 is called a Mobius, otherwise known as the symbol for infinity.



- 3. Draw your breath.**

Following your breath, in and out, make a wavy line.



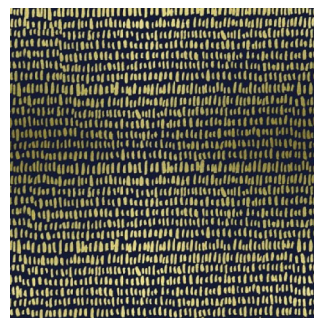
- 4. Squiggle your nerves away.**

Let your hand go wild to blow of steam or calm your nerves.



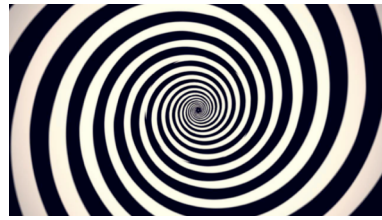
- 5. Fill a page with hatches.**

Make a series of small marks. You can layer them at different angles too.



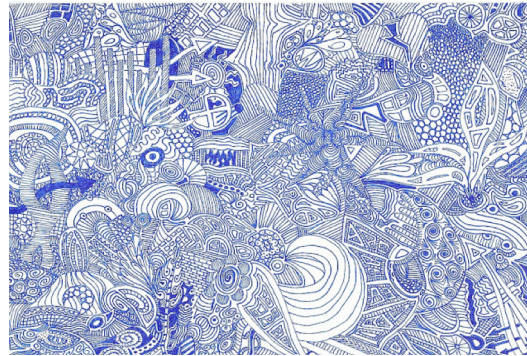
6. Spiral (*not* out of control)

Fill a page with one, or several tightly wound spirals.



7. Draw on automatic pilot.

Let your mind wander far and wide. Release your judgments and expectations. Just let your hand draw whatever comes to mind.



8. Make a happy accident.

Turn a stain or scribble into a cartoon character, animal, or anything. Improvise!



9. Design a mandala.

You can use a pattern from the Internet, or make your own circular design made of repeating marks and shapes. Then, you can color it in!



10. Tear it up!

When all else fails, tear a hole through layers of paper. If you use a stack of drawings, this might make an interesting art piece.

