

UPSIDE-DOWN DRAWING

Before you begin, read the following instructions:

- 1. Find a quiet place to draw where no one will interrupt you. Finish the drawing in one sitting, allowing yourself thirty minutes.**
- 2. Look at the drawing in its upside down position for one minute. Regard the angles and shapes and lines. You can see that the lines all fit together. The lines themselves help create spaces between lines, and you can look at the shapes of spaces between lines.**
- 3. When you start your drawing, begin at the top and copy each line, moving from line to adjacent line, putting it all together like a jigsaw puzzle. Don't concern yourself with naming the parts; it's not necessary. In fact, if you come to parts that you COULD NAME, such as the h-a-n-d-s, or the f-a-c-e, (remember, we are not NAMING things), just continue to think to yourself, "Well, this line curves this way; this crosses over, making that little shape there; this line is at that angle," and so on. Again, try not to think about what the forms are and avoid any attempt to recognize or name the various parts.**
- 4. Begin your upside-down drawing now, working your way through the drawing by moving from line to line, part to adjacent part.**
- 5. Once you've started drawing, you'll find yourself becoming very interested in how the lines go together. By the time you are well into the drawing, your Left-mode will have turned off (this is the kind of task the left hemisphere readily takes too: it's too slow and it's too hard to recognize anything) and your Right-mode will have turned on.**