

BOTH HANDS transcript

Hi Artists...

I'm jumping right into today's lesson...

On this first piece of paper, I'm using oil pastels, one in each hand... and just taking a brief moment to close my eyes and breathe deeply and slowly for a few breathes.

Then without lifting the pastels, I'm letting loose, spontaneously drawing with both hands....

I'm drawing with each hand independently.... and also interacting with each other.

This is a fun, easy exercise that brings balance to our mind and body. It's a reminder that you have Two hands! Both can be used in your art-making. A lot of times when I'm stuck I'll switch to my left hand and it's always such a revelation.

It's a reminder to use ALL of our resources, and to exercise all our of whole selves. What other ways can you exercise a different part of yourself? Can you use a tool you've pushed to the back of your art cabinet for years?

Is there a technique you're not good at so you just never try it?

On a second sheet of paper, still using two pastels... I'm bringing my hands to the center of the page...

...taking a moment to center myself....

Then I draw with both hands reflecting the each other....

Allowing them to mirror each other.... I'm keeping them touch the page the whole time...

just using my hands to relate to each other... you can make your drawing as loose or intricate as you like, but be sure to keep drawing the same shapes as the same time with both hands.....

If you're loving the results of this exercise, I urge you to take it further by spending some more time on either piece... You can fill it in, add more colors, contrast, depth, and create a more finished piece if you're feelin' it...

Or just leave it as an exercise. It's a great one to have in your tool belt and I urge you to come back to it again and again.

Once I'm done... I'm feeling balanced, and reminded of just the existence of my other hand! it can be a part of my art-making too....

Using both of hands can open us up to this expanded awareness that we're more than just our regular routine and habits. So embrace your non-dominant hand and keep it in mind for future projects...

It's great to switch when you need to shake things up.

Hope you had fun with that... see you next lesson :)