From the Lines in My Hand

Lugar Específico - entre Arte e Educação



N° of pax 1

indoors | outdoors

1 hour

Cultural Mediation | Art Expression

Purpose

SELF KNOWLEDGE:

- creativity / art expression
- Reflection on the areas of Life

Materials

- A3 paper
- colors (pencils, crayons, markers, pastel oil, wax)
- recording device (smartphone, recorder)

Preparation

- prepare an available room where you can be undisturbed
- prepare your materials

Intro

Escher's artwork The *Drawing Hands* has each hand drawing the other, which can be a metaphor that we can draw who we are, which is the inspiration for this activity.

There are those who believe that our life gets registered physically in our bodies and those who can read our destiny in our hands - the Palmistry occult science, originated in ancient india. What we propose is to recreate this practice through a symbolic approach. This exercise is an invitation for an active meditation through observation and drawing.

FROM THE LINES IN MY HAND

STEPS

1. Get a paper and a pencil, focus your attention on the palm of your non-dominant hand until your mind can disconnect from the idea of "hand", and allow an abstraction of the formal perception of the object. Can the hand stop being a hand and become a surface that has tangled lines? What can these lines tell us? What is hidden in them? To what paths can they lead us to? Get lost in the details and lines marked on them. Then, without deviating the look, start drawing on the paper all the lines that you can see. Do it for as long as you need.

2. Now, take a look at your drawing and try to find 3 symbols or shapes that you recognize among the entangled lines, and outline them with a color. At this point write near each shape the first word that comes to your mind when you look at each of the 3.



3. Consider the words you identified, think which one can be associated with the 3 pillars of your life: Health (self care, time for yourself, food, mental, emotional and physical health); Love (family, friends, relationships); Work (creation, construction, tasks, commitments, responsibilities). Then write the area of your life you have chosen next to each shape.

4. Finally, reflect about the messages that can be hidden in the associations made, while recording an audio that you can hear later.

REFLECTION

- How did you feel during each part of the activity?
- What did you learn about yourself, life pillars and the associations?
- How do you think this activity can contribute to resilience building?

COMMENTS

- You can listen to the audio and look at your drawing everytime you feel you have lost yourself to reconnect or recall who you were at that time.
- You can redo this activity 6 months to 1 year later and notice the differences, because we are constantly recreating ourselves.
- Being aware of our bodies (pain, marks, tensions) can bring us important information to align it with our purpose and our true self, which makes an important practice to introduce in our lives.
- This activity is inspired by the book *Drawing on the Right Side of the Brain*, by Betty Edwards.