

Focus

Take a painting from scribble to structure.

So far we have been working with intention because what we focus on manifests in our art. But sometimes the monkey mind takes over, which is when our thoughts jump all over the place. Taming our monkey mind takes work, but there are tricks we can use to make it easier. A friend of mine uses this trick when she finds herself having negative thoughts. She will say, “Cancel, clear,” as if deleting a program on the computer.

How else can we tame the mind and stay focused? By honoring the impulse, rather than pushing it away. When we honor the monkey mind and let it have its way, it will play out and leave room for focus to come in. Focus can then be used to manifest the desires we have.

This technique may be easily adapted in other areas of our lives. That which we focus on is drawn to us. The law of attraction. This is where the cancel-clear comes into play. When you are focusing on your outcome and a negative thought pops up, hit the cancel-clear buttons in your mind and go back to focusing. Don't give yourself a tough time for losing focus, just let go and return to where you were.

So in this exercise just go with it! To get started, grab a selection of your favorite supplies and a large piece of mixed-media paper (18" x 24" [46cm x 61cm]). It's time to scribble and play!

Training our monkey mind can take work, but sometimes there are tricks we can use to make it easier. We have been working with intention, what we focus on manifests. A friend of mine uses this trick when she finds herself having negative thoughts. She will say, cancel, clear, as if you were deleting a program on your computer. Monkey mind, is when your thoughts jump all over the place. How can we tame the mind and stay focused? First go with it, scribble and play. Honor the impulse rather than pushing it away. When you honor it, some of the resistance subsides, then we go in and change the behavior.

When we honor the monkey mind and let it have its way, it will play out and leave room then for focus to come in. Focus can then be used to manifest the desires we have. First become aware of them, then pay attention and finally focus on it in order to manifest the results you seek.

We will use this technique in art and it may be adapted for manifesting in other areas of your life. That which we focus on is drawn to us. The law of attraction. This is where the cancel-clear comes into play. When you are focusing on your outcome and a negative thought pops up, hit the cancel-clear buttons in your mind and go back to focusing. Don't give yourself a tough time for losing focus, just let go and return to where you were. Continual practice does make this easier and what better way to hone your skills than by practicing with art.

Supplies

gesso
I began with a mixed media paper 18x24"
Assorted acrylic paints-I am beginning with Cobalt teal, white, green gold, pyrrole red and magenta
Gloves
Palette
Palette knife
Markers
Foam rollers
Blue foam stamps
Dabbers
Sponges
Colored pencils
ruler
Whatever else you are prompted to grab-this is play time



1. Gesso both sides of the paper and let dry. I gesso both sides so the paper doesn't buckle.

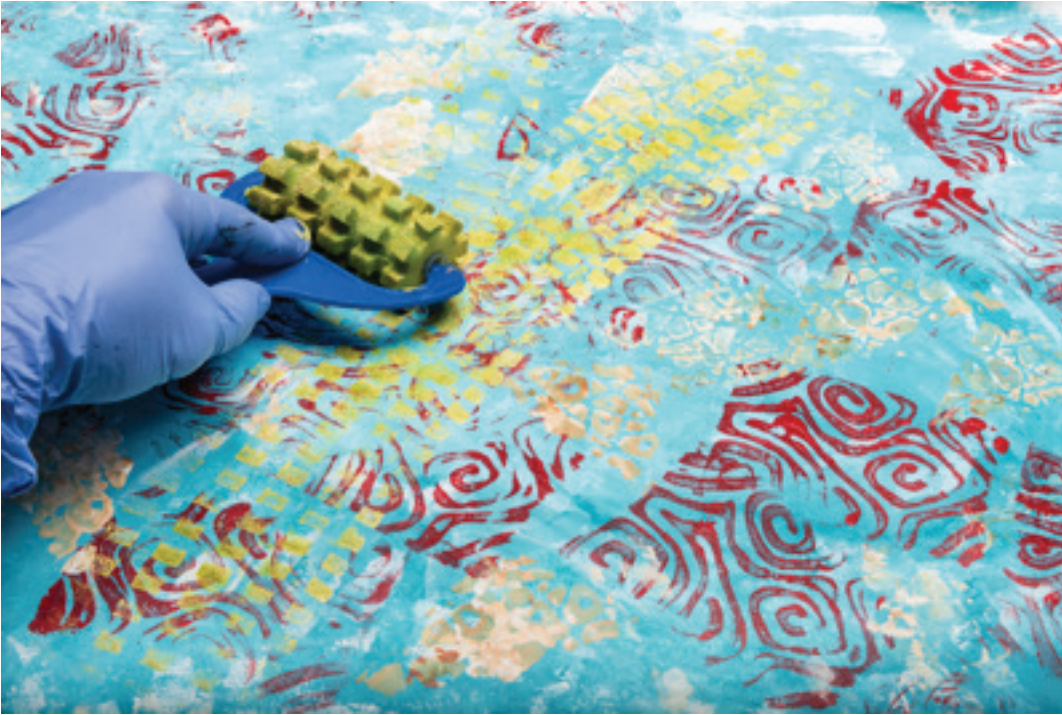
Put your gloves on and squirt out some blue and white paint. Use your hands to move the paint around. Engage your restless self and play like you are 5 years old, finger-painting. Remember that feeling, embrace it.



2. Let this layer dry. Squeeze out some red paint on your palette and load up your blue foam stamp. Just start stamping all over your paper with abandon. Repeat with another stamp and color.



- 3.** I used green gold and white and loaded up my textured foam roller and took it for a spin all over the paper.



- 4.** Next, I used Quinacridone gold with a brayer and added touches here and there.



5. Grab a couple of sharpie brush pens in one hand, or both and begin to scribble. By holding two, you can't get too particular. The point is to engage your monkey mind and let it run wild.



6. Now let's smear some paint using your whole hand. I am smearing orange in certain sections.



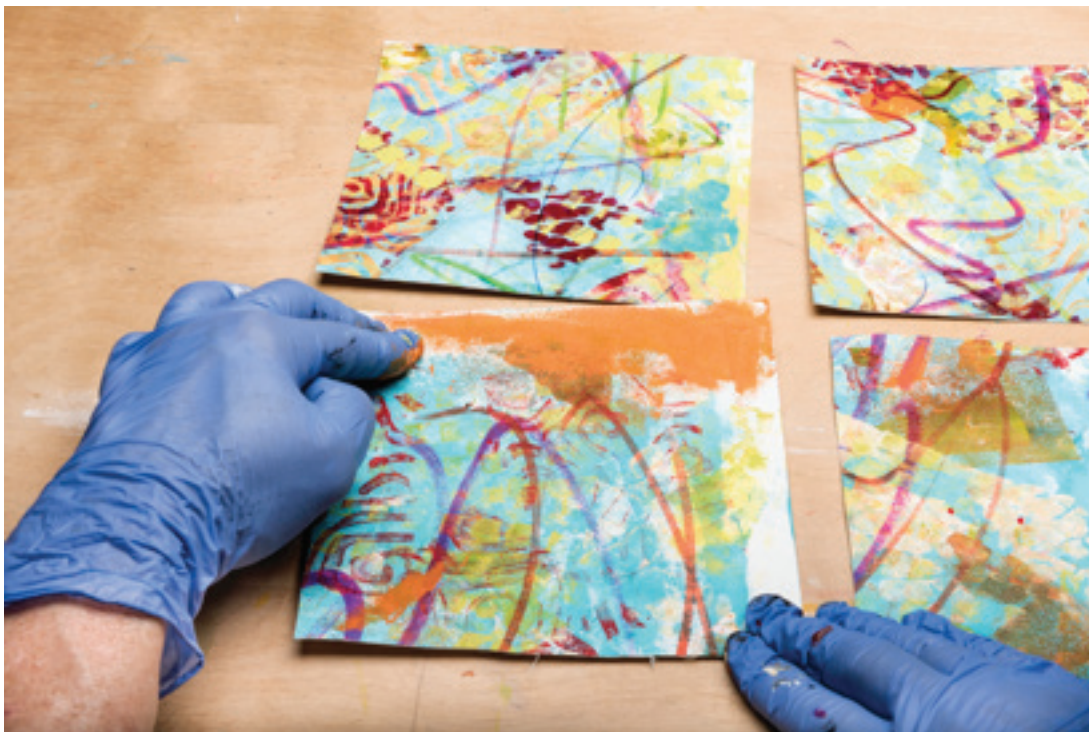
7. Okay, now take a deep breath and let your paint dry. We are going to switch gears and begin to focus.



8. Turn the paper over and map out a grid of 12 6x6 squares on your 18x24" paper using a pencil and ruler. Cut up the paper so you have 12 squares.



- 9.** Now as I focus on each individual square, I am going to look at shapes, lines, colors and patterns. Again, focus on only one 6x6 square and start to develop it as a painting unto itself.



- 10.** I use the same tools that I used on the big sheet.



11. Add colors and patterns



12. Cover up areas and add texture. I used white with a touch of red.



13. Continue to develop the composition.



I continued to focus on each individual piece. I listened to my inner muse and rotated, added more paint, covered some areas up, even a bit of collage. Each piece has a unique voice.