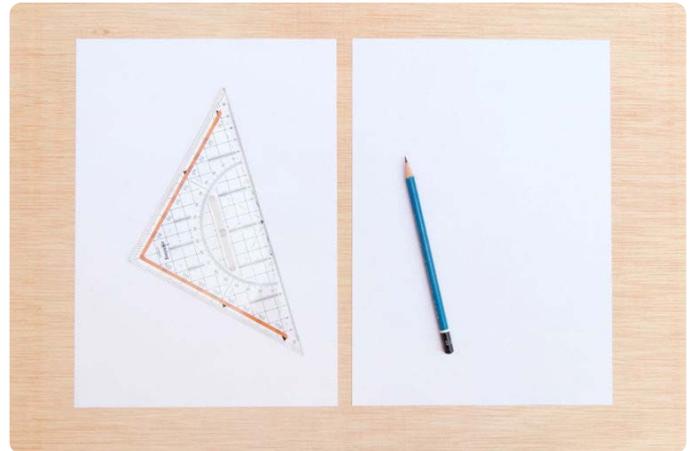


## Step 1: Materials

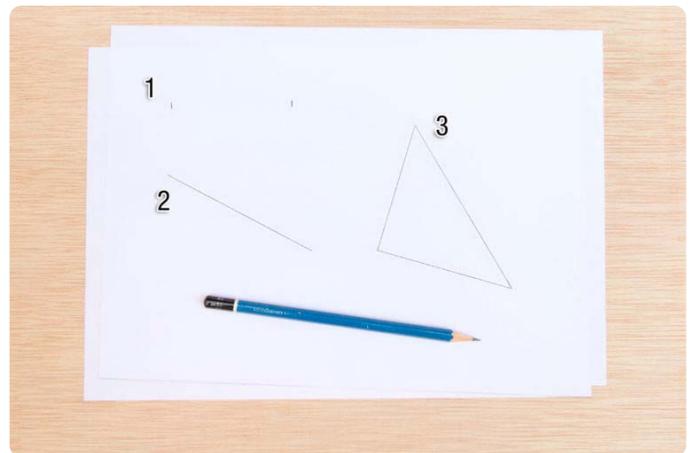
Pick up a pencil, two sheets of paper, and a ruler.



## Step 2: Draw Shapes

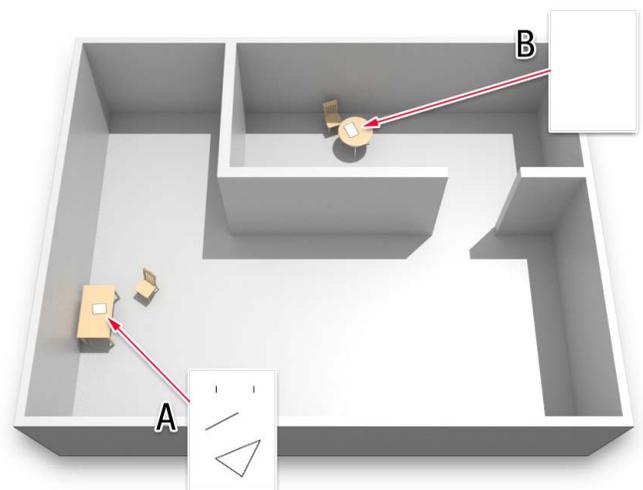
Choose one sheet of paper (let's call this sheet A) and draw 3 things on it:

- 1. A distance between two marks.
- 2. One angled line.
- 3. One triangle.



## Step 3: Setup

We are now going to place these two sheets in different rooms. You can put both of them on a flat surface or tape both of them to the wall.



## Step 4: Memory Drawing!

Ready? You have one goal: re-draw the shapes on the blank sheet by walking back and forth between (A) and (B).

The rules

- You cannot use any measuring tools.
- You cannot erase.
- You can walk back and forth as many times as you like.

How to do it

I recommend working through the shapes one by one. So let's begin. Stand in front of the page with the shapes (A). Look at the two marks and take in the distance between them. Important: When observing, keep your hands relaxed by your side at all times. Use your eyes to measure.

When you have a good sense of this distance, walk to the other room and draw the same distance on the blank paper (B). Important: You can not erase. ***So place your initial marks lightly.***

Now return to the page with the shapes (A) and look at the original distance again. Ask yourself: are the marks I have drawn further apart or closer together? Return to your drawing in the other room. Refine the distance. Again, keep your marks light. As you gain more confidence, allow your marks become darker.

Continue going back and forth like this until you feel really good about the distance. Then do the same with the inclined line, and then the triangle.

***This is meant to be difficult.***

With the distance, the only thing that matters is matching the distance between the marks.

With the line, the only thing that matters is matching the inclination of the line in

relation to the sides of the paper.

With the triangle, the only thing that matters is matching the shape itself. If you want to stretch further, aim to match the size as well.

## Step 5: Revealing

To check how you did in this session, collect both sheets and hold them up against a window.

Where did your marks deviate? Are you surprised by how close you got? Shocked by how far off you were?

What can you learn from this?



Making Drawing Easier

I opened this article with a suggestion that the way to make drawing easier, might be to make it harder. You can experience this for yourself with another small experiment. Draw the triangle again, but this time instead of going to another room, draw it right next to the original shape. It should be so easy that it almost feels like cheating. ***Make it hard to make it easy.*** What else can you apply this insight to?

We've challenged ourselves to draw something that is in another room, without erasing, and without measuring. By using constraints like these, you can create deep presence with your work.