

Noetic Lines Worksheet

Pause • Reset • Unwind

Let the lines lead the way to ease the stress of the day.

1. PAUSE

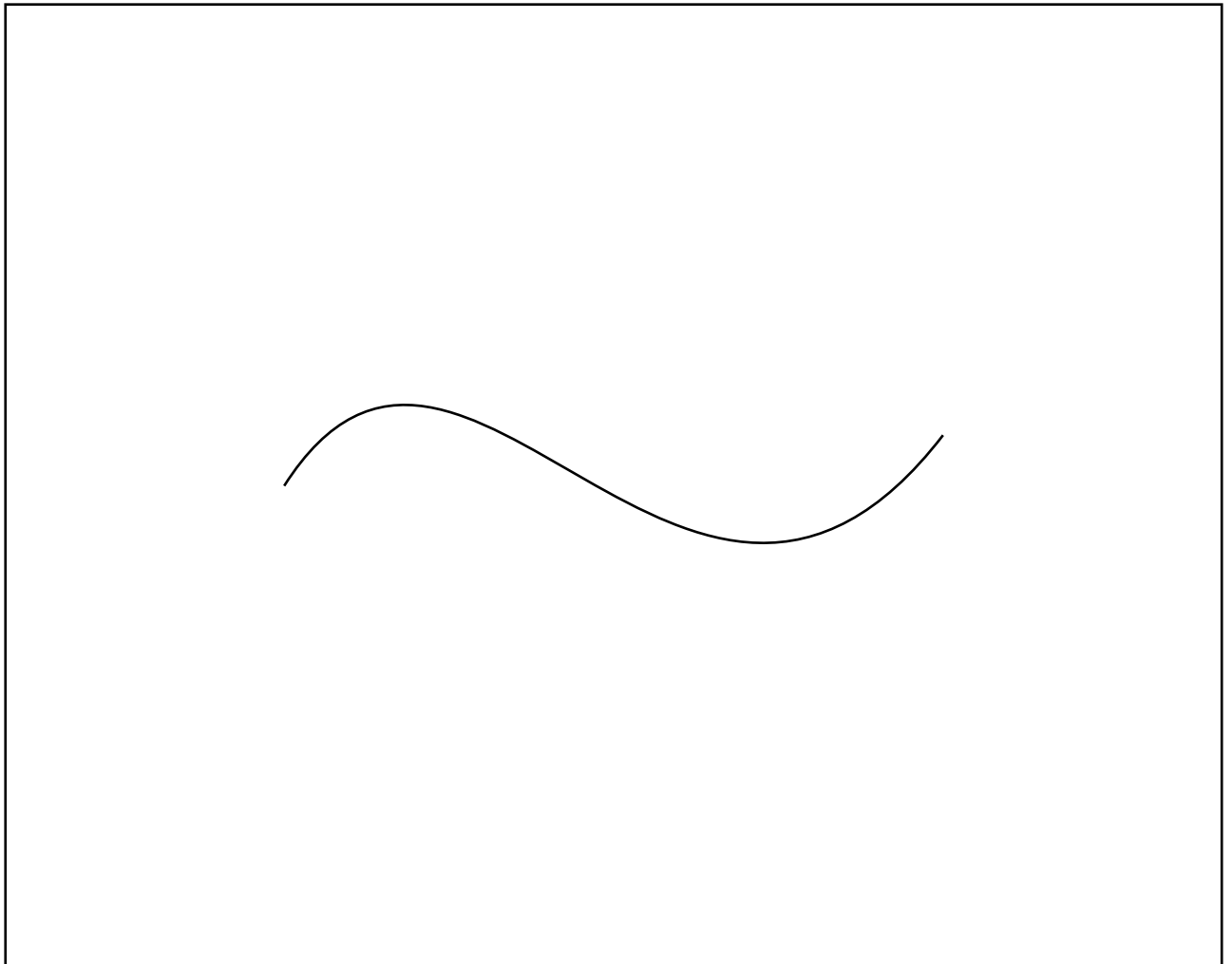
I invite you to pause, take a deep breath, and exhale. As you begin, create the foundation cells that your patterns will later grow from. Allow the lines to flow freely without worrying about the outcome.

2. RESET

As you begin to draw, let intuition guide you and reset your way of thinking. When you plan to draw in a certain direction, choose to deviate and make a different marking. Use your non-dominant hand if you want.

3. UNWIND

As you fill your page with whatever feelings you brought to this paper, unwind yourself for a moment. Close your eyes and imagine where your next marks will be, then make them. Now open your eyes.



You don't need to see the whole picture to make the next mark.