

# Drawing to See

**Source** → This activity comes from Frederick Franck's [The Zen of Seeing](#).

**Supplies** → You will need paper and a pen. ✓

**Time** → This activity can take a moment or last all day, but 15 minutes will do.

To practice **Drawing to See**, Franck asks you to sit and stare at an object intimately before beginning to draw it. Then, he asks you to draw it without looking away. That means you must draw without seeing what you're drawing. The idea, in the long run, is that you transcend the self by truly seeing what you are drawing. Here's how to do it:

**First** → Get Away

Leave your environment and go someplace new, preferably someplace where you will gaze upon living things (plants and/or animals, including humans, are equally great).

**Next** → Sit and Select

Sit down, let your eyes "land" somewhere in the space, take a few deep breaths and sit quietly with what you've selected for a moment or five. You aren't examining the object, rather you're quieting the mind and being with it. You can even close your eyes.

**Then** → Draw

Without looking at the page, take your pen and begin to draw the object you see. If your pen roams off the page, simply pick it back up and put it anywhere else on the page. If you finish drawing, draw it again. Draw just a part, or draw it really small or really big. Spend as long as you like drawing what you see.

# Un-curating your life

**Source** → This activity comes from [The Space Deck](#).

**Supplies** → You will need nothing. ✓

**Time** → This activity takes between 15 – 30 minutes.

In **Un-curating Your Life**, you challenge the external structures and limitations that generate a neat presentation of yourself to the outside world. Here's how to do it:

**First** → Think and Document

Spend time thinking and recording the ways and tools you use to “curate your life.”

**Then** → Question

Ask yourself the following questions:

- What parts of your life do you share publicly?
- What factors influence this portrayal?
- What are the benefits/disadvantages of self-curation?
- What parts of yourself do you keep in the archives?
- What do you want to change?

**Last** → Consider

How can you create space for yourself and others to be candid and genuine?

# Sit Spot

**Source** → This activity comes from [The Space Deck](#).

**Supplies** → You will need nothing. ✓

**Time** → This activity takes between 10 – 20 minutes.

In **Sit Spot**, you find a space that allows you to focus and clear your thoughts. Then, you pay attention with your senses. Here's how to do it:

**First** → Find a Space

You want to go to a place, preferably outside, where you can hear both natural and man-made sounds.

**Then** → Do Nothing

Remain still, close your eyes, and sit comfortably for a few minutes.

**Then** → Listen

Reflect on the contrast of natural and human-made sounds.

**Last** → Consider

How many sounds did you hear?

How many were loud? Soft? Clear? Appealing? Annoying?