

# Touch Drawing™ How To Do

Touch Drawing is a simple yet profound process. All you do is touch paper that has been placed over a surface of paint. The resulting impressions are seen on the other side of the page. Lines flow directly from your fingertips! You can create many drawings in a single session allowing for great freedom of expression. The images are a visual record of your inner process. Touch Drawing has endless applications as a tool for therapy, creativity and spiritual awareness. No artistic experience is necessary!

## Materials

- Student grade oil paint or printing ink in any colors you like. We recommend water mixable student grade oil paints.
- Printmaking roller (brayer) is used to roll the paint smooth. Soft rubber roller is best.
- A smooth, nonabsorbent surface like glass, plastic, bath board or dry erase board is used for a drawing surface.
- Plenty of paper; very lightweight like wrapping tissue is good but anything will work.

## Doing Touch Drawing

- Put a small amount of paint on the drawing board. It is best to start with one color.
- Roll the paint smooth and place a sheet of paper on top of the paint. If the paper gets covered with paint before you touch it, you have put too much paint on. Let the paper soak up some paint, roll the board and try again.
- Touch the paper with your fingernails, fingertips and palms. Try using both hands some of the time.
- Try drawing with your eyes closed. Let your hands dance on the page.
- Become aware of body sensations and trace them on the paper. They might be abstract patterns or images.
- Lay the drawings on top of one another as they are done.
- Roll the board smooth between drawings. Only add paint after a few drawings.
- Draw whatever you feel in the moment. They do not have to be 'pretty pictures'.
- The longer you stay with it, the deeper you will go.
- When you are finished drawing, roll the paint smooth and leave it to dry.

## Processing Drawings

- Look at the drawings in order from first to last as a record of your inner process.
- It is helpful to have a partner to witness your drawings.
- Use journal writing to reflect on your images. Giving titles can bring great insight.
- Number and date each set of drawings.
- Select some to embellish with color when they are dry.

**Deborah Koff-Chapin** has been developing Touch Drawing™ since 1974. Please give our website address to people you share Touch Drawing with.

This sheet gives the most skeletal instructions. The book *Drawing Out Your Soul* offers a much fuller sense of the process. If you plan to introduce Touch Drawing to others in any formal setting, we request that you purchase the video, CD and Facilitator Workbook so you have a complete understanding of the process. We will in turn support your efforts through a communication network. The deepest experience of Touch Drawing is offered at the annual Touch Drawing Gathering.

For information on workshops, educational media, materials or Deborah's artwork including SoulCards, call 800-989-6334 or visit [www.touchdrawing.com](http://www.touchdrawing.com).

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