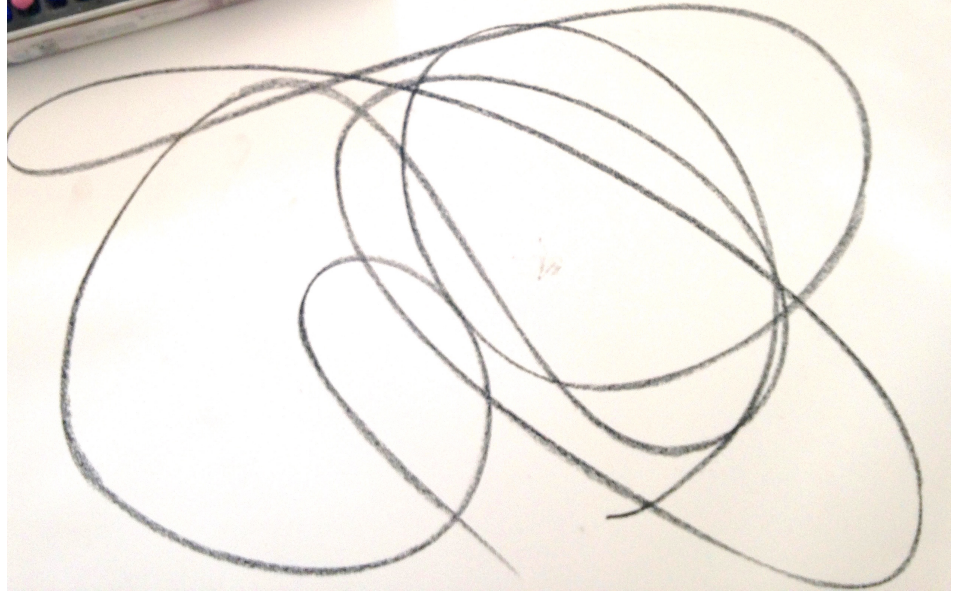


# scribble!

FOR SELF  
DISCOVERY!



In these pages you will find an easy DIY to try the "scribbling for self discovery method". Plus learn some of the fascinating history of scribble drawing that touches on pioneers of the Surrealist Art Movement, modern psychology and art therapy.



## Scribbling for Self-Discovery: The Fascinating History and an Easy How-To

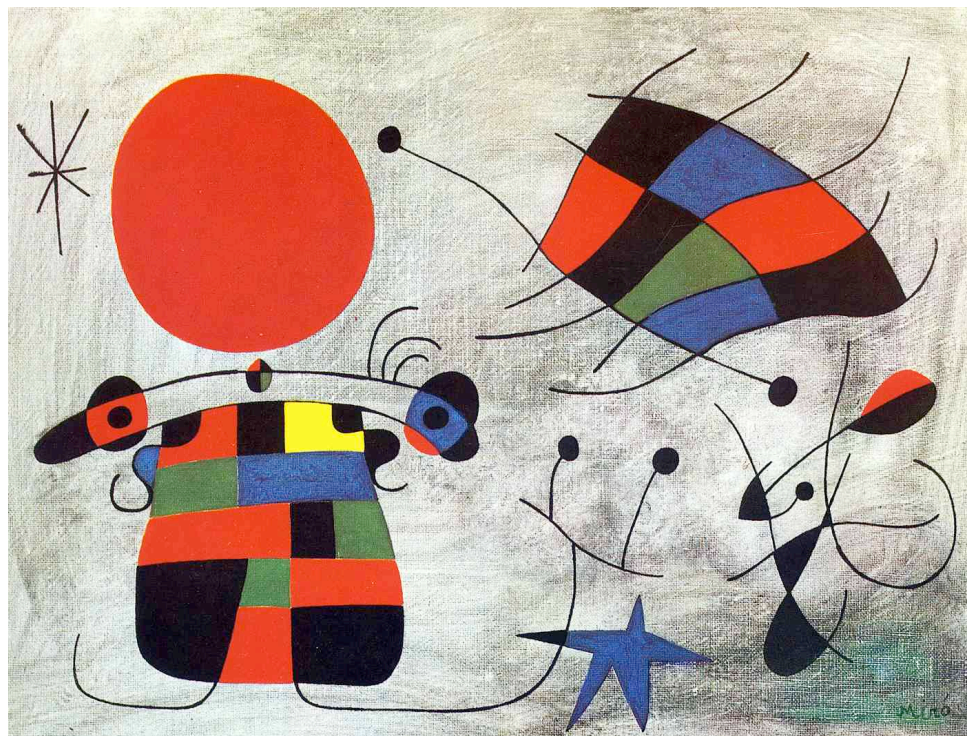
The Scribble Drawing is one of the most basic and fundamental expressive arts techniques.

It can be used as a warm-up or an entire session of art making. It is unparalleled in its simplicity - one could do this with the simplest of materials such as a pencil and a piece of paper - or any number of other materials from oil pastels, crayons, tempera paint or acrylic. Although simple and basic, the process is profound enough to be used for an entire lifetime of insights!

The scribble drawing process began with the surrealist movement in the early 1900's. Artists in the surrealist school sought to liberate their work from the control of the conscious mind. They employed a method called "automatic drawing", letting the hand randomly make marks

across the paper, to access art from the subconscious. A famous example of art created with automatic

drawing are Joan Miro's abstract paintings:





## Art Therapy Discovers the Scribble:

Later in the 1940's a pioneer in the field of Art Therapy, Margaret Naumburg, used the Scribble Drawing Process for work with her clients at the NY State Psychiatric Institute:

From Wikipedia:

"Naumburg's **directive** of choice was scribble drawing. Naumburg used large sheets of paper and allowed the patient to move his or her chosen material, paint or chalk pastel, around the page until satisfied but asked that the material not be lifted from the page from start to finish. After the drawing is created the drawer is then allowed to look at the artwork and try to create another form from the scribble. The client is encouraged to move the page around until an image is found. Once an image is seen in the scribble drawing, or painting, he or she is asked to color it in. At this point if the client wants to talk about the artwork while creating, he is encouraged to do so. This technique can also be done with the eyes closed. Closing the eyes encourages the creator to become less inhibited to force a form from the free flowing lines. Another way of using this technique is to use the nondominant hand. This forces the creator to use another part of the brain hopefully releasing the unconscious mind to form the symbolic imagery needed to gain access to more insight of the self. Scribble drawing was developed by her sister **Florence Cane**. She used this technique believing it helped release **unconscious imagery**.<sup>[12]</sup>"



Margaret Naumburg, a founder of the Art Therapy field.

"The process of art therapy is based on the recognition that man's most fundamental thoughts and feelings, derived from the unconscious, reach expression in images rather than words."

- Margaret Naumburg



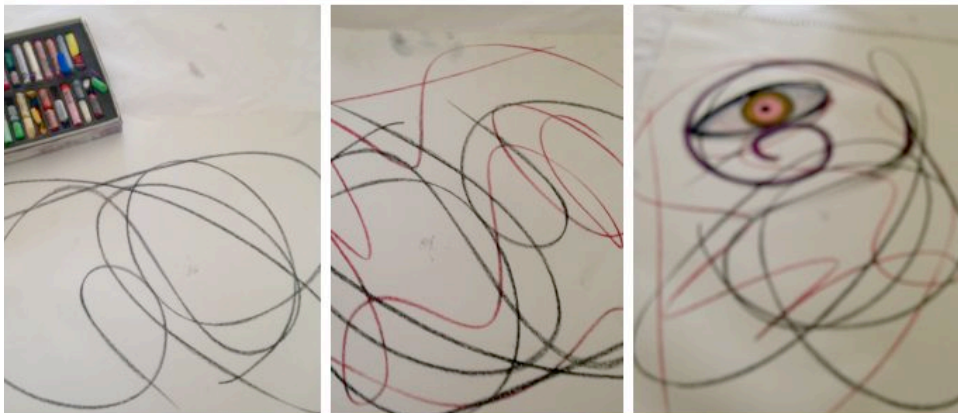


## An Invitation:

I have been practicing "scribble drawing" for healing and insight for about 25 years both personally and as a facilitator of expressive arts groups and workshops. Like Naumburg it is often my "directive of choice" because, put simply, it works! It seems to always lead me (and the people I work with) to a direct experience of the healing power of art – namely, art's ability to give insight into the

unconscious, to give voice to something that is just beyond the ego's grasp. It's powerful to think of using a process that was employed by the likes of Salvadore Dali, Miro and Andre Breton as well as one of the most famous pioneers in the field of art therapy, Margaret Naumburg, and so many art therapists who came after her. As you practice this process you can feel yourself supported by a stream of humanity from the troubled finding peace and self understanding and the genius finding new frontiers.

## Are you ready to give it a try?



**Gather up these materials, then follow the step by step instructions on the next page:**

### MARK MAKING MATERIALS:

Chalk pastels are my preferred mark making tool for this process, and good ones! Rembrandt brand pastels are amazing.

However other student grade chalk pastels will work as well, Gallery brand is one step down from Rembrandt but 1/2 the price, well worth it! Also, a new (to me) material is captivating lately – Portfolio brand water soluble oil pastels. Inexpensive, creamy and smooth and you can add water to them for a painterly, water-color effect. YUMMY!

PAPER – I like to work big in this process and buy the 18" X 24" sketch paper, newsprint or drawing paper in spiral bound pads.

\*\*You can also do this with anything you have on hand! Crayons and notebook paper, oil pastels, or markers.

# Scribble Drawing for Self Discovery - step by step instructions:

Allow 20-30 minutes of uninterrupted quiet time to do this process.

## 1. Meditate.

It's always helpful to meditate for a few moments before starting this practice – try taking 3 deep breaths and consciously connecting to your physical body. Feel your breath entering and leaving your body. Continue breathing in and out with awareness until you feel settled and centered.

## 2. Set an Intention.

Now, imagine a situation you would like insight, help or guidance with, jot it down either directly on the front of the paper where you will be scribbling on the backside of your paper or in a separate journal. (See note about artist morning scribble pages on the next page).

## 3. Scribble!

Select a chalk pastel color that seems to speak to you and put it in your non-dominant hand. Close your eyes recalling again the situation you are scribbling about. Take a deep breath and then scribble all over the paper with the chalk pastel using your non-dominant hand while keeping your eyes closed and without lifting the chalk from the paper

## 4. Find a shape, symbol, object or creature.

Now open your eyes and find an image or shape in the scribble, if you don't see one at first keep turning the paper different directions–trust your intuition and go with the first image you find.

## 6. Flesh out the image.

Use the tray of chalk pastels, paint or crayons to flesh out the image and develop the drawing. You may also fill in the background or add other elements, some days your scribble drawings may be very simple, others more elaborate. Follow your intuition and let it be fun!

## 7. Reflective writing.

After you are finished drawing in the scribble try doing a “witness writing”. The writing can be done methodically by answering a string of questions or free-form by simply writing stream of consciousness whatever comes into your mind about the drawing.

Some questions you can ask are:

- \*What's going on in this picture?
- \*What makes you say that?
- \*What more can you find?
- \*If this image could talk what would it say?
- \*Does this image have any advice for me about my original intention anything it wants me to be aware of, do differently, or change?



Scribble Drawing with chalk pastels.



Scribble Drawing with Oil pastels and 3-d feather added.



Scribble Drawing with tempera paint.



## My scribble process

In the early years of my experimentation with art processes for self-healing I adapted the scribble drawing process and melded it with "Morning Pages" as prescribed by Julia Cameron in her book *The Artist's Way*. The morning pages are 3 pages written out longhand and stream of consciousness style every morning as a way to clear the way for creativity.

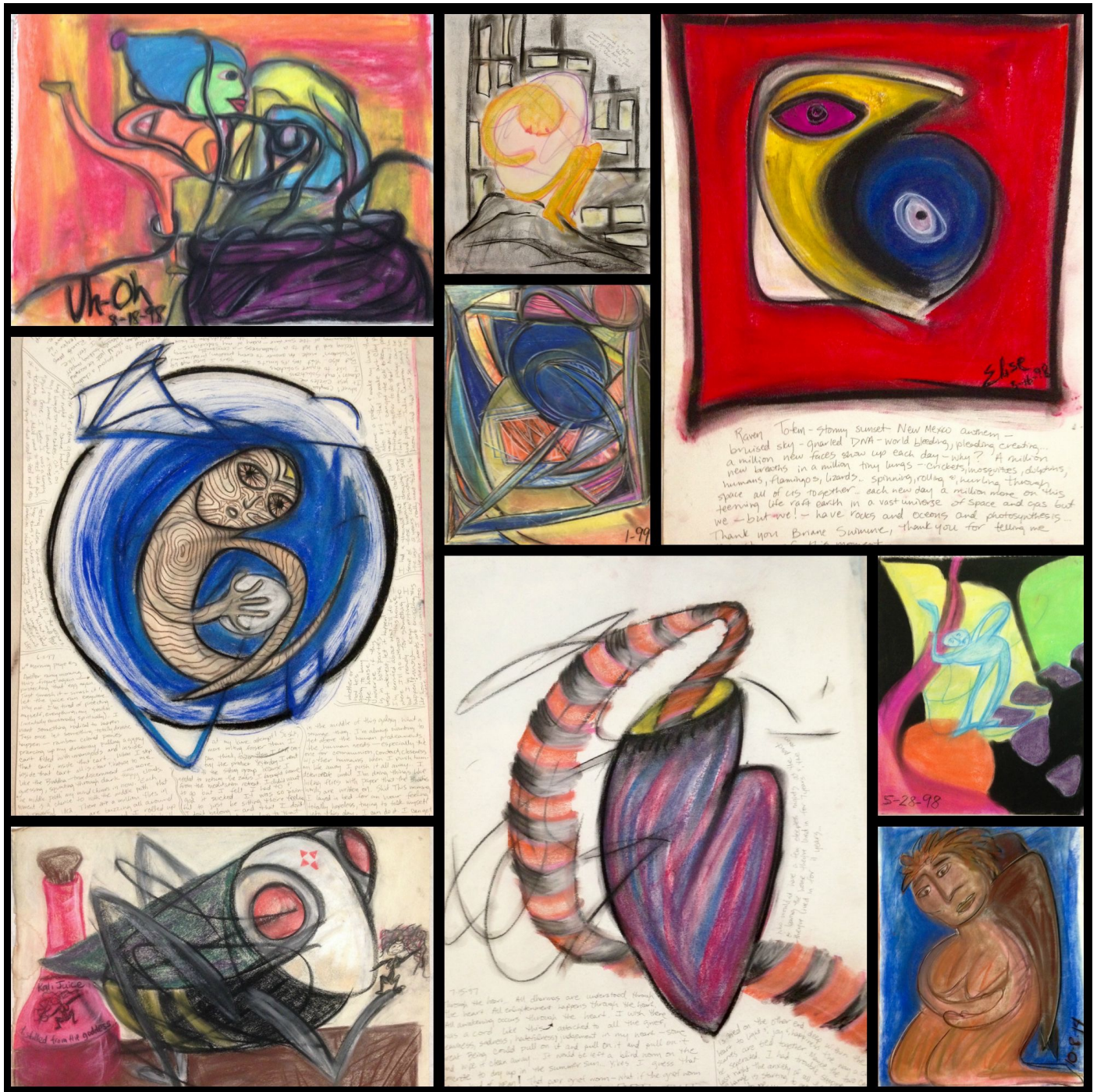
My morning page/scribble process went on for many years. Basically I did a scribble drawing (without an intention) and then journaled around the chalk

drawing with a pen, or journaled separately in a notebook.

In many ways the scribble drawing itself taught me how to draw, and taught me to embrace the quirkiness of my own imagery. Following the scribble with time for writing helped me understand and integrate the rawness of my feelings into the verbal level of consciousness. I owe a lot to the humble Scribble Drawing!

A small selection of my years of morning scribble pages are collaged together below.

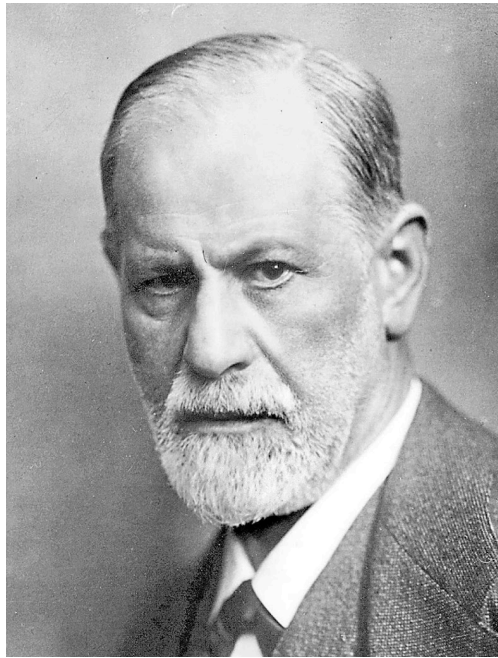
I wish you all the best in your scribble journey. And



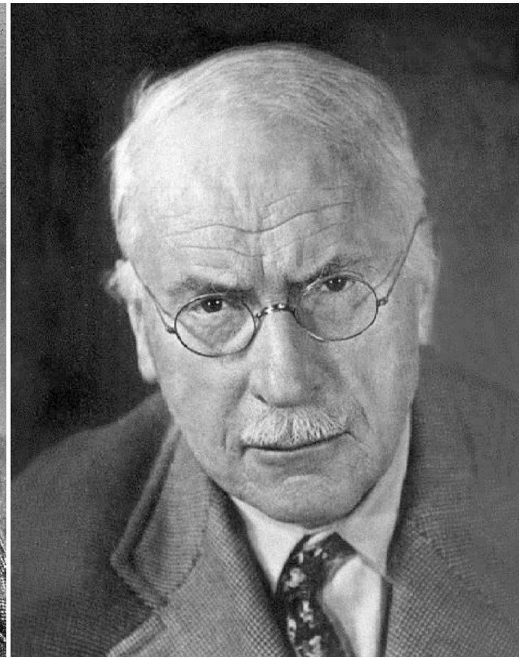


# Bonus!

ADDITIONAL  
READING ON  
THE  
PSYCHOLOGY  
OF ART AND  
SYMBOLS



Sigmund Freud (1856-1939)



Carl Jung (1875-1961)

## Balancing the One-Sidedness of Directed Consciousness With Art

From the time of Sigmund Freud and Carl Jung both psychology and art have been deeply influenced by an amazing discovery: the Unconscious.

The basis of Sigmund Freud's psychology was that much of the neurosis and mental illness experienced by humanity was caused by tensions held in the unconscious from repressed fears and anxiety, often sexual, and repressed instinctual energy. For Freud the unconscious was a black hole of repressed desires that got in the way of modern progress often threatening to derail the conscious ego and superego.

Carl Jung broke from his mentor, Freud, in part over their different understanding of the unconscious. Jung believed that while there was certainly a personal unconscious that contained repressed memories, feelings and desires there was also a collective unconscious that contained the treasures of humanities great mythologies: archetypes. For Jung the study of the unconscious was a doorway not only to a rich inner world, but to understanding and appreciation of the whole history of humanity the exploration of which was capable of bringing depth and meaning to the second half of life.

Jung's unique understanding of the function of the unconscious led to new ideas for treatment of the modern day mental malady: neurosis.

Jung believed that much of the neurosis experienced by modern humanity stemmed from what he called the "one-sidedness of directed consciousness".

What he meant was that a resistance can build up in the unconscious if the life path taken by the ego directed consciousness is consistently at odds with instinctual energies and archetypes of the unconscious.

Here's how Jung phrased it in his powerful work, The Structure and Dynamics of the Psyche:

"Directedness is absolutely necessary for the conscious process, but as we have seen it entails an unavoidable one-sidedness. Since the psyche is a self-regulating system, just as the body is, the regulating counteraction will always develop in the unconscious...Its regulating influence, however, is eliminated by critical attention and the directed will...To this extent the psyche of civilized man is no longer a self-regulating system but could rather be compared to a machine whose speed-regulation is so insensitive that it can continue to function to the point of self-injury, while on the other hand it is subject to the arbitrary manipulations of a one-sided will."

To illustrate this phenomenon one can imagine a stereotypical modern day person driving themselves to



stress, exhaustion and illness by their need for monetary success, meanwhile deep down their being craves green space and a simple life.

## Enter art as a balancing mechanism:

From the late 1800's, and to this day, many poets, artists, spiritualists and philosophers have been greatly influenced by these two great minds, Freud and Jung. In the rich zeitgeist of the turn of the 20th century there was much cross-pollination between psychoanalytic doctors, spiritual mediums, and avant gaurd artists and writers of the Dada and Surrealist art movements.

Professionals from these varied fields began experimenting with different ways to release conscious control of thought and creativity to experience the contents of the unconscious thereby achieving a fresh balance within the psyche.

In art, members of the surrealist school (1920-1950) sought to liberate their work from the control

of the conscious mind by employing an array of methods from collage to fumage to grattage . Surrealist writers, poets and artists experimented with various "automatic methods" such as "automatic drawing" where the hand randomly makes marks across the paper. These random drawings were sometimes finished works of art in and of themselves.

In many ways the surrealists paved the way for the modern art therapy movement, which began developing alongside the surrealist art movement.

Where the artist developed the products of the unconscious aesthetically as finished works of art the field of psychology harvested the production of images from automatic means for self-discovery and healing of neurosis through amplification and analyzation.

By "amplifying" the symbols you dream about, are attracted to and create in art work you can discover your own keys to self-understanding. Read more about amplification in the side bar and begin a rich inner journey!

## Amplification:

### Exploring the symbols of daily life that can lead you to wholeness.

Attend to the objects, people, phrases, images, bits of nature, dream fragments etc. that catch your attention. This is your Soul speaking and stretching towards you asking you to stretch towards it. I actually like to think of it as the Soul reaching from the center of our being and slapping a big post-it note on something outside us, way off in the distance (because that's usually where our attention is!).

When you notice, take note! And, when you take note, use creative process in some way to amplify the symbol or image so as to be in dialog with your Soul.

#### Examples:

##### 1. The Natural World

Simply going for a walk outside with an open minded presence can bring you in touch with the view, sound, or natural object your Soul needs. When you are captivated by the sweep of a hill, the curve of a tree branch, or the lone feather you find at your feet take note and photograph or sketch the image in your journal. Back home, or right in the "field" spend some time reflecting on this image that caught your attention. Try free-writing for 10 minutes about it, circle the significant words then use those words to write a haiku or free verse poem.

##### 2. Works of Art

"Works of art are vessels for human understanding and awareness and by meditating on them we spark our own creative spirit" -Lucia Cappachione

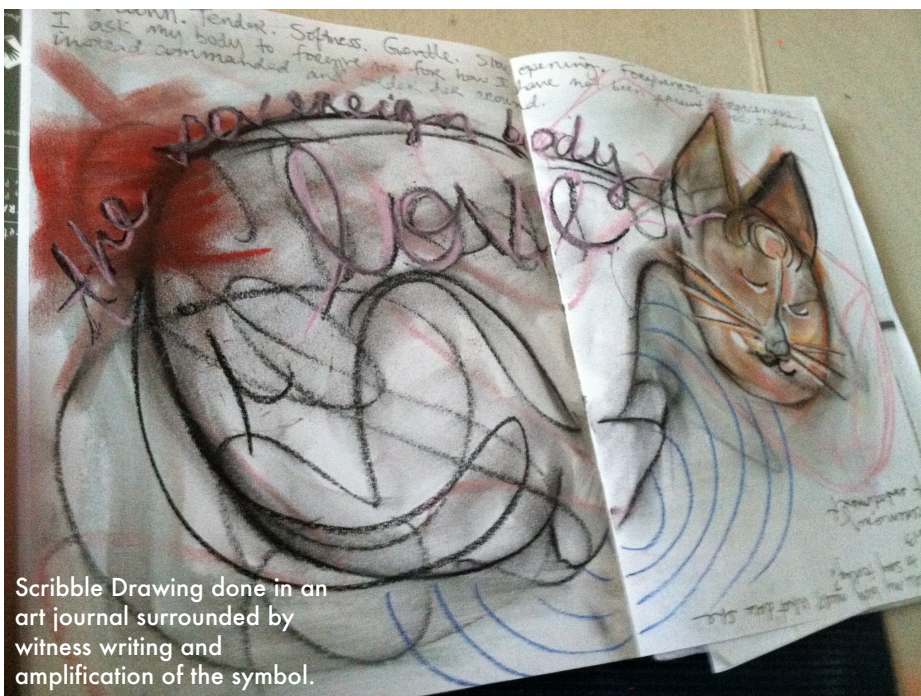
When a work of art (book, film, play or painting) impresses you deeply or effects you emotionally ask yourself: What meaning does it have for me? What inner wisdom or conflict is being mirrored back to me?

Use your journal to draw, sketch, or write your reflections.

##### 1. Remembering a Dream

If you only remember one fragment or image in a dream, draw it in your journal. Let the drawing introduce itself in first person and tell you about itself.

If you remember your whole dream try drawing or painting 1 scene or a cartoon version of the whole dream—see where this leads...



Scribble Drawing done in an art journal surrounded by witness writing and amplification of the symbol.