

# The Zen Drawing Pack The Art Of Thoughtful Drawing

**Michelle Dujardin** 

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The Zen Drawing Pack Michelle Dujardin, 2014-10-07 Awaken your inner artist and find peace with The Zen Drawing Pack Add soul to your sketches by ignoring conventional drawing techniques and focus on really seeing your subject Artist Michelle Dujardin will help you achieve a meditative state just by changing the way you see a subject and allow your hands to follow the movement of your eyes When you trust your own drawing reflex the art that you create will become more expressive and beautiful than what you ve done before Not great with a pencil Don t worry everyone can learn to draw this way and you don't need any special talent or class For any level of artist from a beginner with little talent to an illustration expert The Zen Drawing Pack is not about making perfect pictures it is about the experience of drawing finding inspiration and connecting to the world around you The Zen Drawing Pack contains 2 books one an 80 page book titled The Miracle of Zen Drawing and a 128 page guided journal to draw in using the meditative drawing technique along with 2 pencils **Zen Drawing Pack** Michelle Dujardin, 2014-10-07 Enjoy the experience of drawing finding inspiration and connecting to the world around you **Zen drawing a new way to become Mindful** Michelle Dujardin, 2014-08-11 This eBook is derived from the hardcover book called the Zen drawing Pack which was published in October 2014 by Rockpoint publishers and as an eBook called The Zen drawing eBook by the authors In this eBook version called Zen drawing a new way to become mindful the reader finds lots of extra background information on Zen Buddhism It also includes additional meditation techniques that can be combined with Zen drawing The drawing exercises included in this eBook focus on applying drawing to reach self awareness inner peace and stillness Zen drawing is based on the work of Frederick Franck Artist Michelle Dujardin explains how to use realistic drawing as a meditation technique in a practical and contemporary way This ebook is for people who are interested in finding new ways to become Mindful Michelle shows you how to connect with the world around you and achieve a meditative state while drawing Zen drawing will awaken your inner artist and allow your hands to follow the movement of your eyes This inner artist will change the way you see a subject helping you to create art that is more expressive and more beautiful than what you ve ever done before Not great with a pencil Don t worry everyone can learn to draw this way and you don't need any special talent or class For any level of artist from a beginner with little talent to an illustration expert Zen drawing is not about making perfect pictures it is about the experience of drawing finding inspiration and connecting to the world around you Zen drawing - a new way to become an artist Michelle Dujardin, 2014-07-25 This eBook is derived from the hardcover book called the Zen drawing Pack which was published in October 2014 by Rockpoint publishers and as an eBook called The Zen drawing eBook by the authors In this eBook called Zen drawing a new way to become an artist the authors have put less emphasis on the Zen Buddhism background of Zen drawing and more emphasis on the artistic benefits that can be found by using the techniques described in the hardcover book For instance by adding a chapter on the use of watercolors and ink As with all their books on Zen drawing this eBook is

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nature of what you are about to draw You will learn that whatever you are drawing it is essential not only to copy its outline but also to ask yourself is it soft smooth or rough to the touch How heavy is it Is it fragile or solid Then having grasped the fundamental characteristics or zen of the object make corresponding marks on the paper crisp textures a dense wash a scratchy or floating line The chapters cover keeping a sketchbook tools pen pencil charcoal watercolour and iPad perspective line and volume tone and texture structure and weight movement and rhythm energy balance and composition

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#### Table of Contents The Zen Drawing Pack The Art Of Thoughtful Drawing

- 1. Understanding the eBook The Zen Drawing Pack The Art Of Thoughtful Drawing
  - The Rise of Digital Reading The Zen Drawing Pack The Art Of Thoughtful Drawing
  - o Advantages of eBooks Over Traditional Books
- 2. Identifying The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an The Zen Drawing Pack The Art Of Thoughtful Drawing
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Personalized Recommendations
  - The Zen Drawing Pack The Art Of Thoughtful Drawing User Reviews and Ratings
  - The Zen Drawing Pack The Art Of Thoughtful Drawing and Bestseller Lists
- 5. Accessing The Zen Drawing Pack The Art Of Thoughtful Drawing Free and Paid eBooks
  - The Zen Drawing Pack The Art Of Thoughtful Drawing Public Domain eBooks
  - The Zen Drawing Pack The Art Of Thoughtful Drawing eBook Subscription Services
  - The Zen Drawing Pack The Art Of Thoughtful Drawing Budget-Friendly Options

- 6. Navigating The Zen Drawing Pack The Art Of Thoughtful Drawing eBook Formats
  - o ePub, PDF, MOBI, and More
  - The Zen Drawing Pack The Art Of Thoughtful Drawing Compatibility with Devices
  - The Zen Drawing Pack The Art Of Thoughtful Drawing Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - o Adjustable Fonts and Text Sizes of The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Highlighting and Note-Taking The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Interactive Elements The Zen Drawing Pack The Art Of Thoughtful Drawing
- 8. Staying Engaged with The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers The Zen Drawing Pack The Art Of Thoughtful Drawing
- 9. Balancing eBooks and Physical Books The Zen Drawing Pack The Art Of Thoughtful Drawing
  - $\circ\,$  Benefits of a Digital Library
  - o Creating a Diverse Reading Collection The Zen Drawing Pack The Art Of Thoughtful Drawing
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Setting Reading Goals The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Fact-Checking eBook Content of The Zen Drawing Pack The Art Of Thoughtful Drawing
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements

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