

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 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 acid free 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. Lift the paper to see the imprint on the underside.
- Roll the board smooth between drawings. Only add paint after a few drawings.
- Lay the drawings on top of one another as they are done.
- Try drawing with your eyes closed. Try using both hands. 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.
- 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 on the board.

Looking at Your Drawings

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

Deborah Koff-Chapin has been developing Touch Drawing™ since 1974. Please give the website <https://touchdrawing.com> 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 a formal setting, we request that you purchase the video, guided audio and Facilitator Workbook so you have a complete understanding of the process. Please also join the private Facebook Group - <https://facebook.com/groups/touchdrawing>. The deepest experience of Touch Drawing is offered at the annual Touch Drawing Gathering.

For more information, videos, workshops, educational media, drawing materials or Deborah's artwork including SoulCards, visit <https://touchdrawing.com>
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