



Get Out Of Your Head

49 graphic design meditations

Design Principles	Type	Lines	Colours	Basic Shapes & Sacred Geometry	Musical Notes	Chakra & Mantra
Balance & Alignment	Display	Dotted	Violet	Circle - Sphere (Light)	B	Crown (Silence)
Space	Icon	Thin	Indigo	Pentagon - Dodecahedron (Ether)	A	Third Eye (AUM)
Emphasis	Mono spaced	Bold	Turquoise	Rhombus - Octahedron (Air)	G	Throat (HAM)
Repetition	Script	Free Form	Green	Star - Star Tetrahedron (Love)	F	Heart (YAM)
Contrast	Sans	Curved	Yellow	Triangle - Tetrahedron (Fire)	E	Solar Plexus (RAM)
Hierarchy	Serif	Wiggle	Orange	Hexagon - Icosahedron (Water)	D	Sacral (VAM)
Scale / Proportion	Slab	Crosses / crossed lines	Red	Square - Hexahedron (Earth)	C	Root (LAM)

1. Make a composition using only dotted lines.
 2. Make a composition made of circles.
 3. Sketch a Display typeface using only dotted lines, circles, and half circles.
 4. Make a composition using a variety of purple colours.
 5. Explore Balance & Alignment through drawings.
 6. What does silence look like to you?
 7. Design a letter B.
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8. Make a composition using only thin straight lines.
 9. Make a composition made of pentagons.
 10. Sketch an Icon typeface using only thin lines.
 11. Make a composition using a variety of Indigo and blue colours.
 12. Explore white space through drawing.
 13. What does the sound of the mantra AUM from the third eye chakra looks like to you?
 14. Design a letter A.
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15. Make a composition using only bold lines.
16. Make a composition made of rhombus and/or octahedrons.
17. Sketch a monospaced typeface using bold lines.
18. Make a composition using a variety of turquoise and light blue colours.
19. Explore emphasis through drawing.
20. What does the sound of the mantra HAM from the throat chakra looks like to you?
21. Design a letter G.

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22. Make a composition using free form lines.
23. Make a composition made of stars.
24. Sketch a Script typeface using free form lines.
25. Make a composition using a variety of greens.
26. Explore repetition through drawing.
27. What does the sound of the mantra YAM from the heart chakra looks like to you?
28. Design a letter F.

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29. Make a composition using only curved lines.
30. Make a composition made of triangles and tetrahedrons.
31. Sketch a sans serif typeface using curved lines.
32. Make a composition using a variety of yellow colours.
33. Explore contrast through drawing.
34. What does the sound of the mantra RAM from the solar plexus looks like to you?
35. Design a letter E.

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36. Make a composition using only wiggle lines.
37. Make a composition made of hexagons and icosahedrons.
38. Sketch a serif typeface using wiggle lines.
39. Make a composition using a variety of orange colours.
40. Explore hierarchy through drawing.
41. What does the sound of the mantra VAM from the sacral chakra looks like to you?
42. Design a letter D.

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43. Make a composition using only crosses and crossed lines.
44. Make a composition made of only squares and hexahedrons.
45. Sketch a slab serif typeface using crosses and crossed lines.
46. Make a composition using a variety of red colours.
47. Explore scale and proportion through drawing.
48. What does the sound of the mantra LAM from the root chakra looks like to you?
49. Design a letter C.