



GCD.STUDIO

Guided Drawing Meditations

Ah, the Creative Block! Dare I say we have all been there? This project is my response to it.

There are countless amounts of books offering solutions to overcome creative blocks and improve creativity with creative activities, prompts, and suggestions to get into a creative mindset. I became highly curious about them and for this project I proposed to try them, and to create my own to explore the following line of enquiry:

(Enquiry)

What role do tools like creative activity books play in the development of creative consciousness*?

**Creative consciousness is referred to a heightened state of mind characterised by creativity, imagination, and innovative thinking. It entails being in tune with one's creative instincts and impulses, exploring new ideas and embracing unconventional approaches to problem-solving.*

(Process)

To begin with this project, I experimented with prompts I sourced from books, with the intention of starting to think by doing. After trying a few, I drafted a table to help me generate creative prompts related to both graphic design and meditation.

The components of the table ranged from chakras and their associated colours to sacred geometry, as well as graphic design principles. The prompts were challenging to follow as they required too many decisions by an individual to complete. Later, as I progressed to the production phase, the components of the table helped inform my design decisions.

While continuing to experiment freely with prompts and paper manipulation, I found inspiration in the grids I was creating for folding and perforating paper. Paper manipulation required me to concentrate and be extremely patient, while allowing me to observe my thoughts as I would during meditation.

This inspired me to develop grids paired with audio guided drawing meditations.

(Knowledge)

Creativity has been the subject of numerous scholarly studies, and several point the relation between Meditation and Creativity. For instance, the results of the study "Concentrative Meditation Influences Creativity by Increasing Cognitive Flexibility" suggest that meditation can enhance creative thinking and overall, participants were more creative after completing a meditation session (Müller, Gerasimova and Ritter, 2016).

Creative consciousness has been studied through the lens of neuroscience (Lutz, Dunne, Davidson, 2007), but also through the lens of meditation, as seen in, "Meditation, Spirituality and Educational Leadership: Consciousness Studies and the Future of Academe" where Ed Sarath writes about the uses of meditation in an academic setting to tap into deeper levels of consciousness rather than pursuing it merely for stress reduction (Sarath, 2005).

A statement which acclaimed artist David Lynch would probably endorse, as he openly shares the impact meditation has on his creative practice in his book "Catching the big Fish" (2006), the documentary "Meditation, Creativity, Peace" (2016), and his Foundation (2005).



(Communication)

While developing and producing the **21 Guided Drawing Meditations Pad**, I conducted two focus group trials, to gather a variety of feedback on the grids, and audio-guided meditations. The most emphasised feedback comment was how participants felt much more relaxed after participating.

(Realisation)

The outcome is a substantial pad containing three sets of 21 guided drawing meditations. Each set is printed on different type of paper, offering a unique visual and tactile experience. The first set features the grids printed in vibrant full colour on uncoloured 120g recycled paper providing contrast. The second set is printed in full colour on pastel-coloured 90g copy paper facilitating easy visualisation and relaxation. The third set is printed in greyscale on 160g bright-coloured paper creating a striking aesthetic.

Each page of the pad includes a QR code for convenient access to the guided drawing meditations, along with a perforated fold for effortless tearing, separating the grid from the code and creative prompt.

Bibliography

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