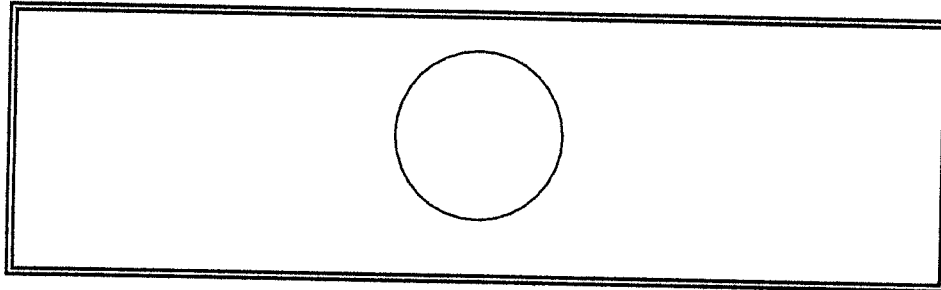




The Black Hand Drawing Manual **A guide to strength in Art.**



Everything is mind, the universe is mental.

There is a story told of a wise and great Chinese artist who was once asked to produce the most beautiful drawing. The wise man drew a perfect circle freehanded. There is a similar story told of Michelangelo. When the pope's men asked the artist why he should be the one chosen to paint the chapel, he drew a perfect circle free handed and gave it to the men as proof of his unparalleled skill. I do not know if these stories are true; they were just always told to me throughout art school. Some say it is not possible to draw a perfect circle free handed. You can check out YouTube.com and see some people try it - although of the 5 video clips I saw only one seemed to draw a circle that looked as if it could be geometrically perfect. Try drawing one; what do you think? I promise you it is possible; it really isn't even that hard. It is just a matter of having the proper alignment. I use the term proper alignment to refer to two different types of alignment working simultaneously: Neuromuscular alignment - having a great degree of control over your body, as in having acute hand-eye coordination and balance, and also, Physical alignment - aligning the physical forces of nature.

Drawing is the externalization of an internal condition. The degree to which this condition is clearly articulated depends upon the alignment of the artist's mind and body with the physical world. When you realize proper alignment your every movement and action is harmonious within the world. When you realize proper alignment there is no disconnection between body and mind. When the body is attuned to the mind, and the mind is attuned to the natural universe you reach proper alignment. Being properly aligned, your mind and body become a reflection of the limitless universe. When the mind is limitless, the body is limitless. Proper alignment results in effortless effectiveness.