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## Chapter Six

# The Sensation of Weight



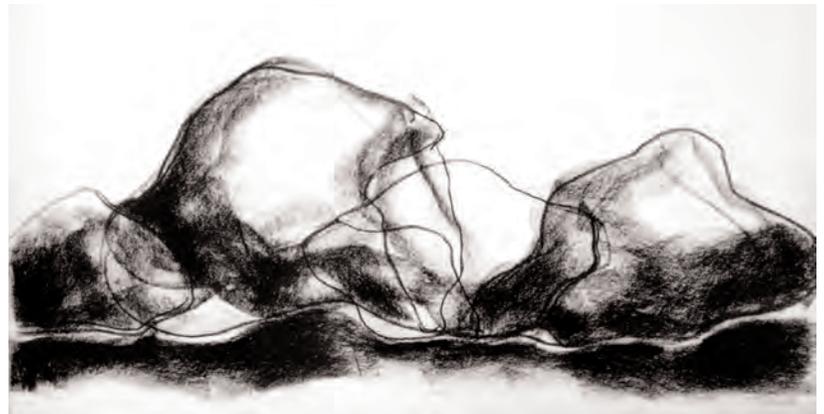
1. Van Gogh, Peasant Woman Digging, black chalk, *Van Gogh's early figures seem to grow from the earth itself.*



2. L. Friez, sensing weight, eyes closed.



3. L. Friez, sensing a stone, eyes closed.



4. Linda Friez, influenced by weight, eyes open

*Let your sense of movement and touching be influenced by the stone.*

## Experiencing Your Weight

**Experiment:** *Whether you are sitting or standing, close your eyes, and notice where you are touching the chair or the floor. Under the floor is the earth. Can you give your weight to being supported by the earth, not only where you are touching it, but in your back, shoulders, and even in your head. If you are holding yourself away give this up and let yourself be supported. As you yield to the downward pull of the earth, follow it gradually until you are lying on the floor. Take your time, noticing all the steps in between. When the floor is fully supporting you, can you be awake to the downward pull throughout your body?*

*When you are ready, come up to standing again. Feel this new relationship to the earth, from your legs up through your back to your head. After a while slowly shift your weight from one foot to the other, noticing the point where the weight becomes equally distributed, and then moves to the other side. We shift our weight in this way many times a day, as we walk. Now we are giving this interaction with the earth our full attention.*

## Drawing with Your Weight

**Experiment:** *Prepare a piece of paper, with your media beside it. Continuing to stand, place your hands on the paper and gradually let your weight come on to it with eyes closed. Feel the difference between pressing and giving your weight freely, from your feet clear to your head. As you let more weight on, and then take it off, you can have a dialogue with the mass of the earth through the medium of the paper. Then find the crayon or charcoal, sensing its weight. As you meet the paper with your crayon, let your weight come through as directly as possible. Then play with the shift of weight with the crayon, letting it go wherever it wants to go.*

## Including a Stone

**Experiment:** *When the first drawing is complete, prepare another piece of paper, with your media ready beside you. Find a medium sized stone (2"x3"), and set it beside your paper and close your eyes again. When you feel ready find the stone and lift it. As you hold it in your hand, notice any influence of the stone inside of you. After a while follow the pull of the stone down to the table, gradually letting the table carry its weight. When you feel ready, pick the stone up again.*

*Find a drawing medium that feels right for this new exploration, and touch it to the paper with your eyes closed. Let your drawing be influenced by your experience of the stone, trusting what happens.*

*When the drawing has come to an end, open your eyes and take the time to see your stone. Draw again with your eyes open, letting your experience with closed eyes influence the way you touch and move on the paper. Your sense of weight can still be active, even with eyes open.*



5.. L. Kornfield, sensing a stone, eyes closed.



261. Liana Kornfield, sensing a stone, eyes closed.



262. Liana Kornfield, influenced by the stone, eyes open.

*The sense of weight is active, even with eyes open.*