



Drawing Your Own Path: 33 Practices at the Crossroads of Art and Meditation

John F. Simon Jr.

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"*Drawing Your Own Path* is a smart, subtle, sophisticated, compassionate, radically eye-opening and mind-altering guide to creative and artistic liberation. Thank you, John Simon!"—Ruth Ozeki, *A Tale for the Time Being*

"John F. Simon, Jr., widely recognized as an early pioneer in the use of computer-generated imagery in contemporary art, has turned his attention to the act mark-making as a doorway into self-awareness and the essential touchstone of visual creativity. He leads us through a sequence of meditative drawing exercises, and shares insightful, touching anecdotes of his many years of experience as a practicing artist."—Peter Halley, Artist

"The mysteries of the mind and universe are coupled with a very practical guide to drawing. It is an unlikely but wonderfully fruitful combination, a step-by-step approach to awareness and art."—Lawrence Rinder, Director, UC Berkeley Art Museum & Pacific Film Archive

"John's marvelous artwork emerges from a deeply inspired and intuitive unfolding. His gift of finding one's own creative process is beautifully transmitted in this delightful guide."—Jon Bernie, *Ordinary Freedom*

"Drawing Your Own Path is an invitation to those who have never drawn before and a warm, informative, intelligent and lovely book to read. It offers refreshing, new ways to look at and experience the steps to make drawings today."—Sharon Loudon, Artist, Editor of *Living and Sustaining a Creative Life*

Drawing Your Own Path is an account of how multi-media artist John Simon's daily drawing discipline became a meditation practice, and how that meditation illuminated his creative source. A practical guidebook full of Simon's own art, *Drawing Your Own Path* offers meditators an alternative path to 'just sitting' and offers artists a way to mindfully examine and deepen the source of their creative ideas. Readers are guided through thirty-three meditation and drawing exercises, exploring concentrated looking, mindful sketching, and improvisational awareness, all designed to help practitioners discover the vast creativity within themselves and in their daily lives.

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