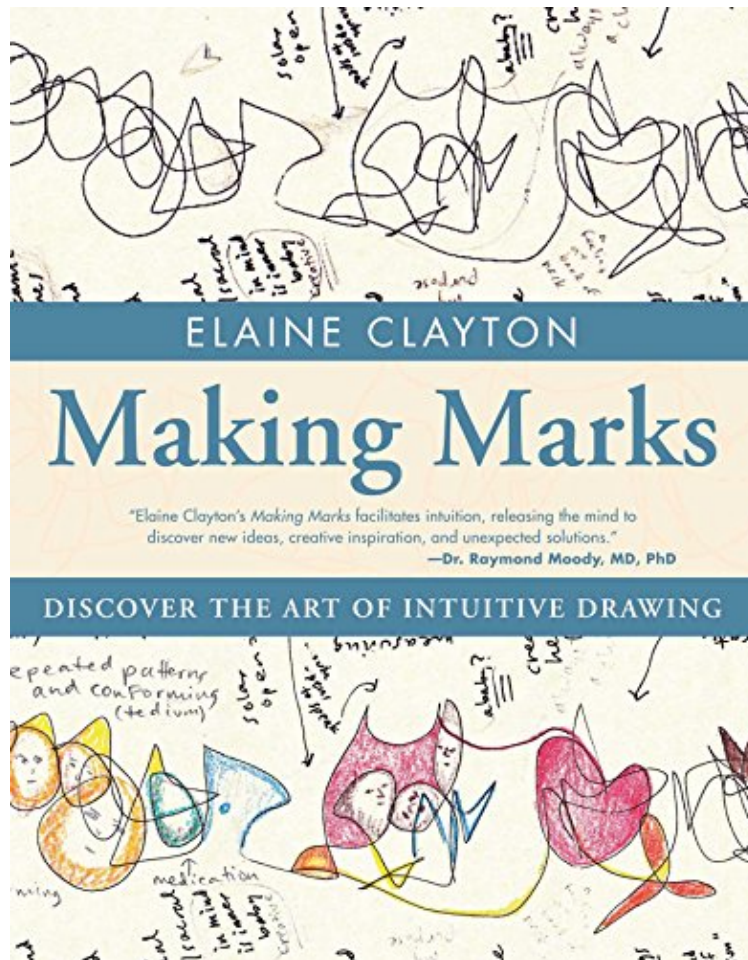


Making Marks: Discover the Art of Intuitive Drawing

Elaine Clayton

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Elaine Clayton : Making Marks: Discover the Art of Intuitive Drawing before purchasing it in order to gauge whether or not it would be worth my time, and all praised Making Marks: Discover the Art of Intuitive Drawing:

8 of 8 people found the following review helpful. Making Time for Making Marks By A. Wells This book gave me permission to mark up the page without regard for structure or boundaries, then open my mind to the subtle shapes and forms of familiar images. At first I think I tried too hard to "see" something in every curve and angle, and I was a little frustrated, but after a series of markings, I relaxed and let the page speak to me instead of my trying to invent a hidden story. One of the valuable things I'm learning with this process is that by allowing myself to set aside the time it takes to make marks on a blank page, I'm giving myself permission to leave the demands of an ordinary day and explore my creative intuition. I'm enjoying this process and recommend this book. 1 of 1 people found the following review helpful. Must Read to Appreciate By MO S1dney This is an extraordinary book that leads the reader through the art of self-examination in surprising ways. Intuition is present in all of us. Discovery comes easy with Elaine Clayton's Making Marks. 1 of 1 people found the following review helpful. intuitive calling and self expression - good guide for

self expressionBy Carrie Ferrariintuitive and insightful -exploration into creativity without boundaries

Through the simple act of drawing—whether it's doodling or creating detailed illustrations—embrace your inner voice and unlock the power of your intuitive intelligence. Do you remember being a child and the pure joy brought on by a box of crayons and piece of paper? Do you still find yourself sketching away every time you pick up a pencil? That's because drawing is a natural impulse that stays with us throughout our entire lives. Whether you are doodling in a notebook or carving your name in the sand, this simple, stream-of-consciousness activity is a window into your deepest, truest self. In *Making Marks*, you'll learn that every single line, smudge, or spot you make contains visual imagery with the power to heal the past, develop your sense of empathy, and reveal solutions and answers you never realized before. You don't need to have any specific experience or skills to benefit from this book; through simple steps and interactive exercises, people of all ages and artistic abilities can gain insight and learn to reconnect with their creative selves. With beautiful black-and-white and full-color illustrations, *Making Marks* is a powerful guide to self-discovery. Tap into your unconsciousness as artist and spiritual guide Elaine Clayton takes you on a journey of the soul.

Unknown "Drawing is a powerful act that can tap into a deep-seated, intuitive process involved with creativity and the emotional life. Elaine Clayton's *Making Marks* facilitates intuition, releasing the mind to discover new ideas, creative inspiration and unexpected solutions." (Dr. Raymond Moody, MD, PhD) "When you pick up a pencil and allow yourself the freedom to make marks and lines, your hand can unlock deeply held memories and emotions which are beyond words. In *Making Marks*, Elaine Clayton describes her original process for awakening the reader's creative, intuitive awareness. Whether or not you think you have artistic talent, this book will give you the self-confidence to explore your own hidden potentials." (Laurie Nadel, PhD, bestselling author of *Sixth Sense: Unlocking Your Ultimate Mind Power*) "This is a remarkable book. It shows how a universal urge—to make marks—can be a doorway to dimensions of consciousness of which we're unaware in our waking life." (Larry Dossey, MD, author of *One Mind and The Science of Premonitions*) "The benefits of art practice is not limited to producing a work of art. It is a way of finding the space between rational thinking and intuitive discovery. This wonderful book is a guide to help everyone locate and explore the space in-between." (Marshall Arisman, painter, illustrator and educator) "Elaine Clayton shows us how the value of drawing for pure pleasure can transform our lives." (Marga Odahowski, Director of Studies, International Residential College at Univ. of Virginia) "Elaine Clayton reminds us all that the simple act of mark making can be a generative act. She unpacks the contemporary mental constructs that obscure the power of drawing first discovered by our earliest human ancestors, and invites us through this primal activity to dive back into the well of the possible." (Maria Artemis, internationally known sculptor) "A wonderful vacation from everyday life and mind awaits you in this book. Set the lines free and see where you go!" (Karen Rauch Carter, author of *Make a Shift, Change Your Life!*) "Elaine Clayton knows how to blend her huge artistic talent in her book, with our inner consciousness and genetic spiritual nature, resulting in the positive emotional rewards we all seek." (James D. Baird, PhD, author of *Happiness Genes*) "With her wise insights, engaging sketches, and easy-to-follow exercises, Elaine Clayton has made me a convert of 'stream drawing,' or intuitive drawing. *Making Marks* is a magical toolkit for exploring our deeper, instinctual selves that I recommend to anyone wanting to live life more richly and joyfully." (Mary Reynolds Thompson, author of *Embrace Your Inner Wild and Reclaiming the Wild Soul*) "As a dream expert who dabbles in art, I love this book! Its deep and delightful insights evoke the glee of a child sliding down a bannister as you ride into a greater awareness of yourself and the ties that bind your creativity and intuition. This book connects you to your soul." (Stase Michaels, author of *The Bedside Guide to Dreams and Two Minute Dream Techniques*) "A genuine 'how-to', the book is filled with exercises that invite readers to experiment with drawing in different ways...A freeing, comprehensive, fully illustrated guide to the inside." (Ilene Cooper Booklist) "Drawing is a powerful act that can tap into a deep-seated, intuitive process involved with creativity and the emotional life. Elaine Clayton's *Making Marks* facilitates intuition, releasing the mind to discover new ideas, creative inspiration and unexpected solutions." (Dr. Raymond Moody, MD, PhD) "When you pick up a pencil and allow yourself the freedom to make marks and lines, your hand can unlock deeply held memories and emotions which are beyond words. In *Making Marks*, Elaine Clayton describes her original process for awakening the reader's creative, intuitive awareness. Whether or not you think you have artistic talent, this book will give you the self-confidence to explore your own hidden potentials." (Laurie Nadel, PhD, bestselling author of *Sixth Sense: Unlocking Your Ultimate Mind Power*) "This is a remarkable book. It shows how a universal urge—to make marks—can be a doorway to dimensions of consciousness of which we're unaware in our waking life." (Larry Dossey, MD, author of *One Mind and The Science of Premonitions*) "The benefits of art practice is not limited to producing a work of art. It is a way of finding the space between rational thinking and intuitive discovery. This wonderful book is a guide to help everyone locate and explore the space in-between." (Marshall Arisman, painter, illustrator and educator) "Elaine Clayton shows us how the value of drawing for pure pleasure can transform our lives." (Marga Odahowski, Director of Studies, International Residential College at Univ. of Virginia) "Elaine Clayton reminds us all that the simple act of mark making can be a generative act.

She unpacks the contemporary mental constructs that obscure the power of drawing first discovered by our earliest human ancestors, and invites us through this primal activity to dive back into the well of the possible." (Maria Artemis, internationally known sculptor)"A wonderful vacation from everyday life and mind awaits you in this book. Set the lines free and see where you go!" (Karen Rauch Carter, author of *Make a Shift, Change Your Life!*)"Elaine Clayton knows how to blend her huge artistic talent in her book, with our inner consciousness and genetic spiritual nature, resulting in the positive emotional rewards we all seek." (James D. Baird, PhD, author of *Happiness Genes*)"With her wise insights, engaging sketches, and easy-to-follow exercises, Elaine Clayton has made me a convert of 'stream drawing,' or intuitive drawing. *Making Marks* is a magical toolkit for exploring our deeper, instinctual selves that I recommend to anyone wanting to live life more richly and joyfully." (Mary Reynolds Thompson, author of *Embrace Your Inner Wild* and *Reclaiming the Wild Soul*)"As a dream expert who dabbles in art, I love this book! Its deep and delightful insights evoke the glee of a child sliding down a bannister as you ride into a greater awareness of yourself and the ties that bind your creativity and intuition. This book connects you to your soul." (Stase Michaels, author of *The Bedside Guide to Dreams* and *Two Minute Dream Techniques*)"A genuine 'how-to', the book is filled with exercises that invite readers to experiment with drawing in different ways...A freeing, comprehensive, fully illustrated guide to the inside." (Ilene Cooper Booklist)About the AuthorElaine Clayton is an artist, author, certified Reiki Master, Intuitive Reader, and creator of *Illuminara Intuitive Journal*. She is also the illustrator of children's books and conducts workshops in schools, libraries, and museums on the connection between drawing and empathy. She practices Reiki and Intuitive Healing in New York City and Connecticut, where she lives with her family.