

# HOW TO DRAW AUTOMATICALLY

# to RELAX the SENSES

With  
ROB MOSS WILSON

STEP ONE: GRAB A HANDFUL  
OF WHATEVER PENS OR  
MARKERS OR COLOR PENCILS  
OR CRAYONS YOU WANT  
TO PLAY WITH



STEP TWO: PREPARE YOURSELF  
A RELAXING BEVERAGE OF  
YOUR CHOICE.



TEA



CAFE AU  
LAIT



APPLE  
JUICE

STEP THREE: APPROACH  
AND ENTER YOUR  
DRAWING SPACE, LEAVING  
ALL EXPECTATIONS AT THE  
DOOR.



STEP FOUR: WITH ONE  
OF YOUR DRAWING TOOLS  
MAKE SOME MOVES. NOW  
MAKE SOME MORE. NOW  
SWITCH TO A DIFFERENT  
TOOL. MAKE SOME MORE  
MOVES. REPEAT WITH ALL  
YOUR TOOLS.

IF YOU MAKE A MISTAKE,  
MAKE SOME MORE.

IF YOU START TO GET THE  
HANG OF IT, SWITCH HANDS.  
LAUGH AT WHAT YOU JUST DID.  
REPEAT.