



Learn to
**DRAW YOUR
FEELINGS**

WITH RUKMINI PODDAR

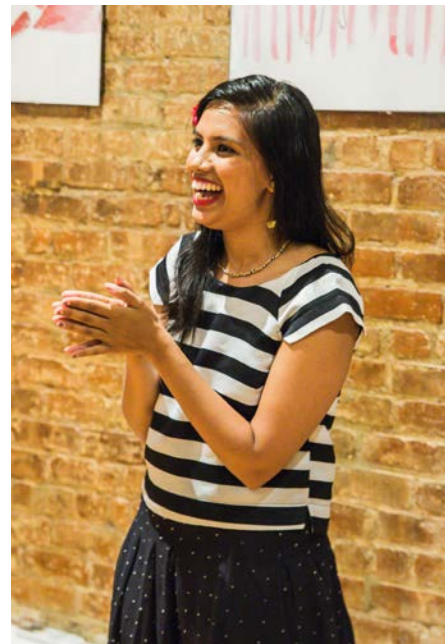


A LITTLE BIT ABOUT ME...

Hi there! My name is Rukmini Poddar and my passion lies at the intersection of mental wellness and creative storytelling. I help people to understand and express their emotions through my artwork.

If you are familiar with my work, you may know that I like to draw my feelings. Over the past 5 years, I have drawn over 500 illustrations inspired by my personal reflections and attempts to understand my emotional world. The process of creative reflection has transformed me. By intentionally drawing my inner world, I have been able to find my voice, understand myself better, and create deeper meaning and connections in my life.

If you would like to drop me a message, please e-mail me at: dearruksi@gmail.com



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materials



art supplies

- Pencil and eraser
- Pens or Sharpie markers
- Coloring supplies
- Sketchbook or mixed media paper

I am a fan of low-cost, simple art supplies. Crayola crayons and basic colored pencils are wonderful. However, if you want to try other materials, I suggest:

- Watercolor pencils
- Soft pastels
- Bombay India inks
- Watercolor paints



open mind & heart

The most important ingredients are an open mind and an open heart. Whatever you put into this process is what you will get out.

I encourage you to approach this workshop with a mood of PROCEE over RESULTS.

That means allowing yourself to be imperfect, and creating work that you do not judge afterwards.

Enjoy the process!



You also have the option to print out the exercise templates.

If you don't have access to a printer –don't worry– you can easily recreate these templates in your sketchbook.

10 PRINCIPLES TO LIVE BY

REFER TO THIS LIST WHENEVER YOU NEED A LITTLE CREATIVE INSPIRATION

1. Become comfortable with imperfection.

2. When you feel that you have messed up your drawing: keep going.

You're about to discover something new.

3. Rules are only there to support your goal.

If you need to take a break, that is ok.

4. Being doubtful and uncomfortable is good; it means you are growing.

5. You are the author of your story.

You don't need to adjust your story for anyone else's expectations.

6. Become a witness to your life.

We don't see our own story until we take a step back.

7. Your success lies in your sincerity, and only you can measure that.

8. Take breaks but also find ways to stay in a consistent rhythm.

9. Be honest with yourself. It's the greatest gift you can give yourself.

10. Above all: be soft on yourself. Self-reflection is a lifelong practice.

We are all in this together. It's not a competition.

You are doing more than good. Keep going.

WHAT IS YOUR RELATIONSHIP TO CREATIVITY & ART?

Have you ever been too scared to make art? Did you do it as a child and then give up on it? What is your relationship with drawing and painting? Do you feel intimidated to call yourself an artist? Why?

Take a few minutes to ask yourself these questions and free write your answers. Don't think too hard; simply write what comes up for you on the lines below or on a separate paper.

WHAT IS YOUR BREATH TELLING YOU



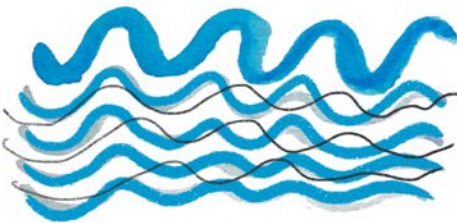
SHALLOW

My energy is stagnant and low. I may be sad, but rather not show it.



AGITATED

My energy is restless and I feel unfocused.



CALM

My energy is in its natural rhythm. I am peaceful.



TENSE

My energy is stuck. I'm holding on to something I need to LET GO of...

What is your breath telling you?

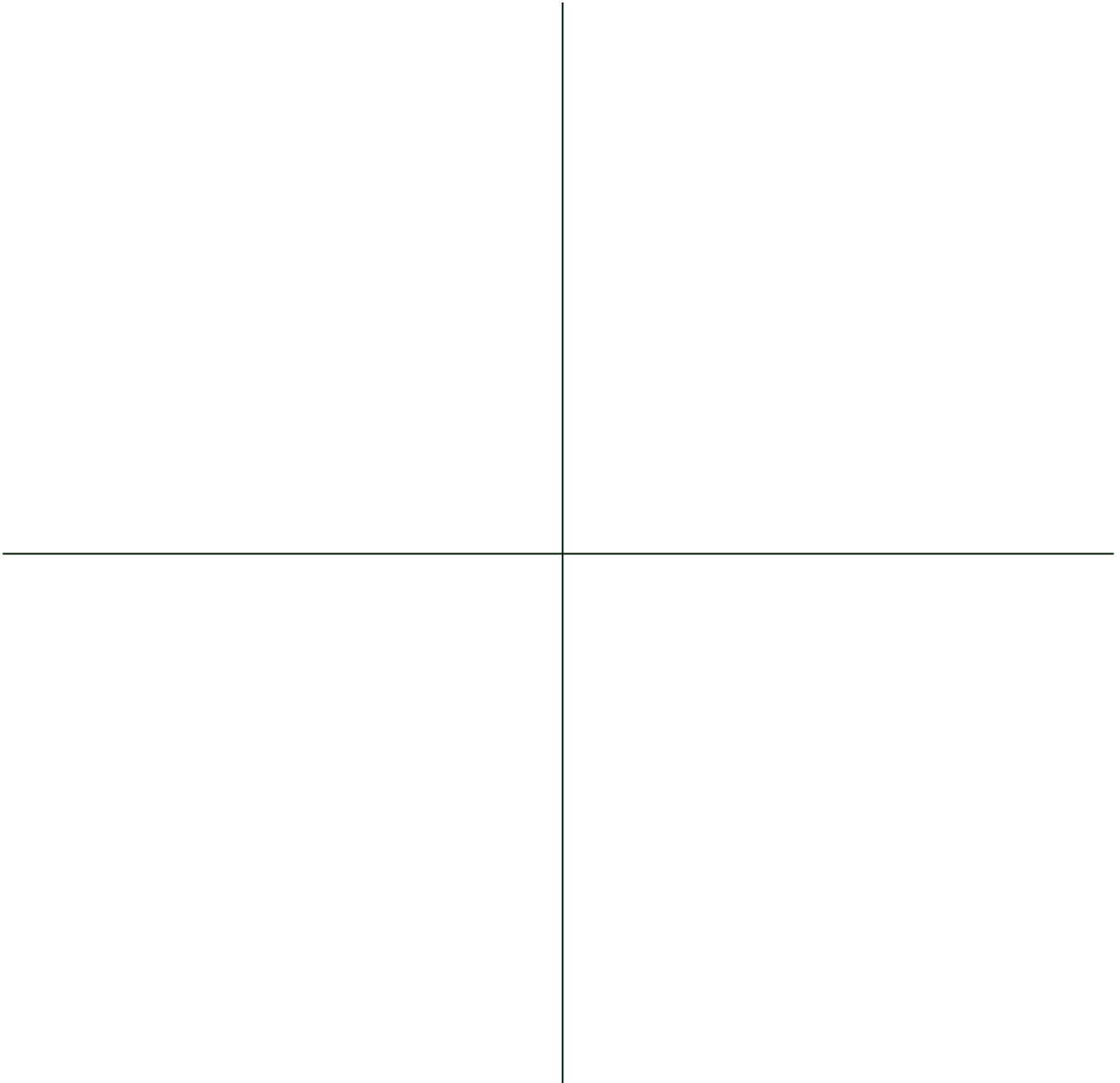
Our breath is the perfect starting point to accessing our deeper self. It is our life energy. When we restrict our breathing, it is often associated with shallow breathing and feelings of agitation and indecisiveness. Deep breathing expands the lungs and sends a direct message to your heart, which starts beating slower.

Take a moment to get notice your breath. Is it shallow or deep, slow or fast, smooth or rough, regular or irregular?

Do you tend to push it or hold it? If you explore your breathing with this curiosity you will get a good insight into where you are right now. As you 'befriend' your breathing, take note of the patterns that you notice.

Draw it out on the matching worksheet and label it as you like. Use colors and line quality to draw out your patterns of breath. What do they tell you about yourself and how you feel?

WHAT IS YOUR BREATH TELLING YOU



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