

All Souls Exhibition [2021)

Julia Oak



Enter These Enchanted Woods [excerpt] [2020)

This resource by Julia Oak is inspired by her exhibition

All Souls: Outside In Co-Commission at Pallant House Gallery

[18 May—18 July 2021)

Julia Oak describes the process of her mark-making as 'dowsing with my pen on paper to discover what lies within'. Her work has little prior planning, only deciding the pens and paper she will use, including size and colours. Whilst she is working insights are sometimes recorded as poems alongside or after the drawing process. Below is the last verse from her poem *Opening the Conversation with Madge Gill*:

I will sit down at my drawing board prepared with paper
Fill my pens with ink and ordered to suit
And talk with Madge on that roll of paper

Julia welcomes the marks she makes, accepting that nothing is wrong. Sometimes she believes she knows where her pen is going next then somehow her hand makes an unexpected mark that surprises her. Some might call this an error in representing what they are trying to draw then try to remove it with a rubber or overpaint in another colour. However, Julia does not see these unplanned, unexpected marks as mistakes, instead she celebrates this side of her creativity and proudly presents them alongside all the other marks she has made.

Julia's process of artmaking is known by different names, the Surrealist's call it Automatic Drawing and were inspired by the psychics of their day. Psychic art talks about 'channelling' or drawing with a spirit guide who directs their marks. Julia calls it 'dowsing with pen on paper'.



Materials

A5 paper, any colour, is an easy size to start with, however choose what you like best.

Pens, one or more colours – avoid pencils and definitely no rubbers

Timer, If I use a clock, I keep checking the time which interferes with the flow of drawing.

Automatic Drawing

Set your timer for 30 minutes.

Using the pen and paper you are happiest with begin to draw anything you like.

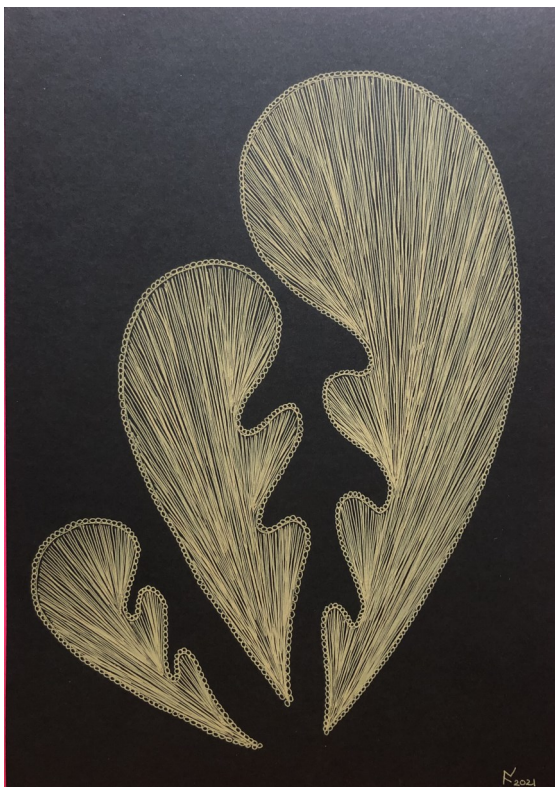
The plan is not to exactly copy something or someone else. The drawing is more about feeling and moving beyond making mistakes, so no rubbing out.

If you do not know what to draw, start with a circle, a line, a dot or maybe a letter. Then continue doing that for as long as you want, allowing the image to evolve.

Stop when you feel the image is finished.

If the timer has not sounded, do another drawing until the 30 minutes is up.

What Next?



Memories of the Mother (2020)

Julia Oak undertakes one of these activities every day and keeps them in a folder like a visual diary, you might like to do this too!

Have you thought about writing some words or poetry connected to your drawings?

If you would you like to show your images to others you can share them on social media with the hashtag [#justdraweveryday](#).