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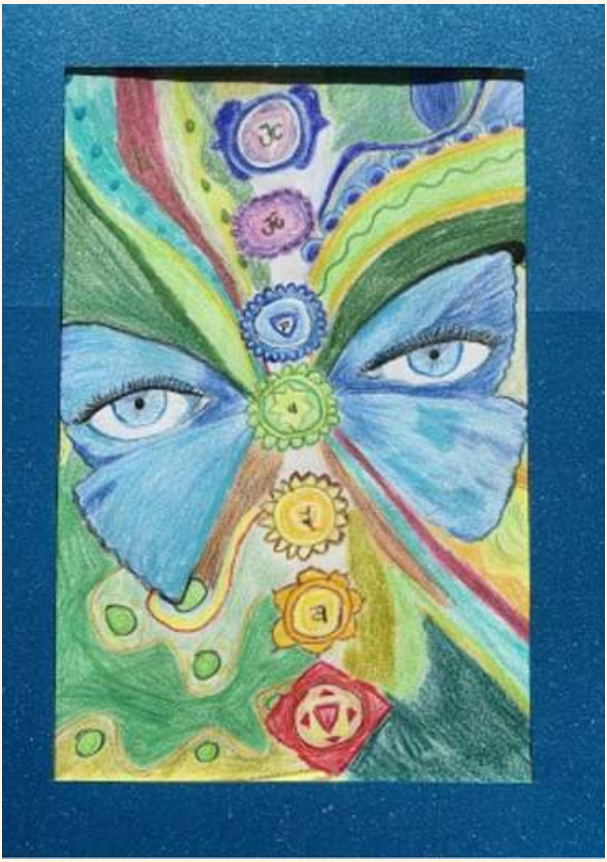
Art for Wellness

SPIRITUAL BUTTERFLY



DEBBIE CROUCH

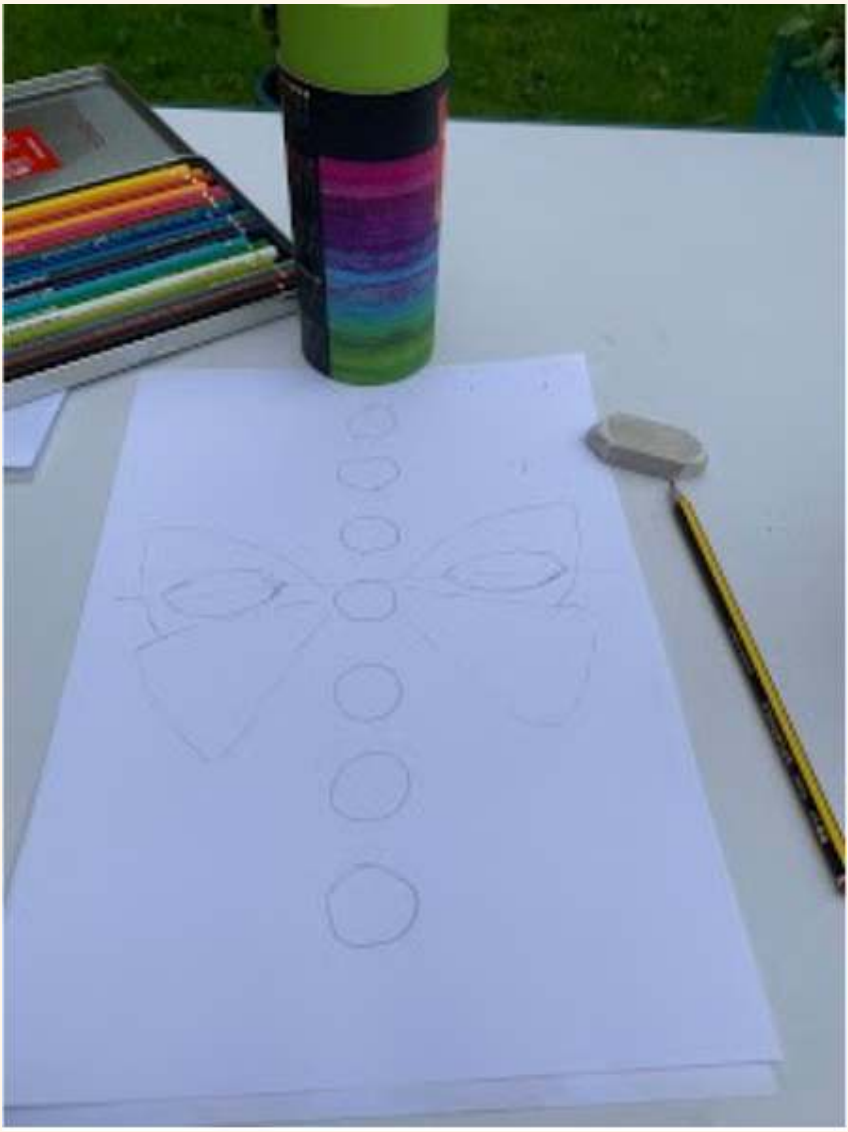
Spiritual Butterfly

Drawing is an art
with a healing power

Materials You Need

Plain paper
Selection of Pencils
or Pens
Felt Tip
Finer Liners
Markers

In pencil draw a basic idea of the picture as a guide to drawing and colouring.

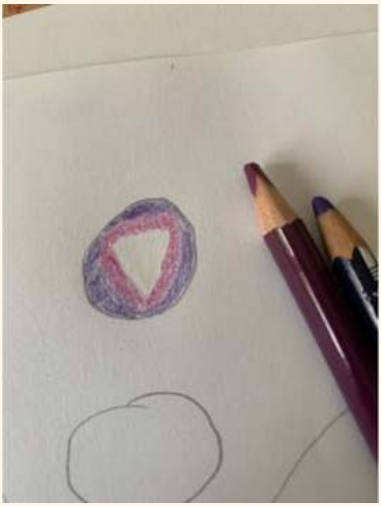


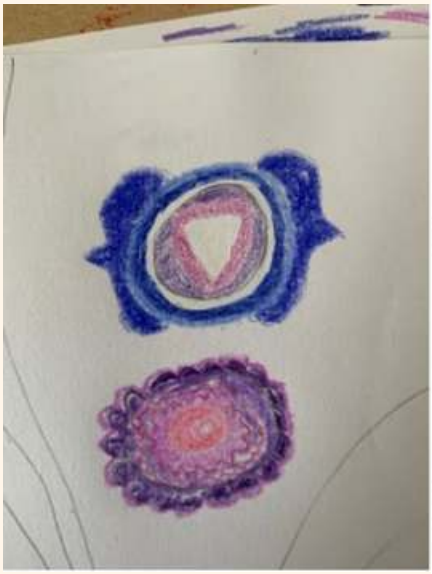
Next draw in the background areas
Feel free to draw your own shapes

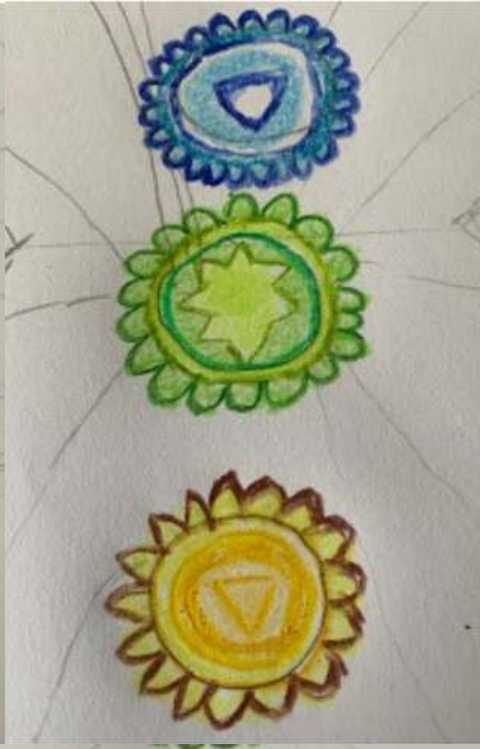
Making sure you draw in the Chakras which are the circular vortexes of energy that are placed in seven different points on the spinal column.

All the seven chakras are connected to the various organs and glands within the body responsible for disturbing the life energy, which is also known as Qi or Praana.

The picture is for calmness based on spirituality where the eyes see all.



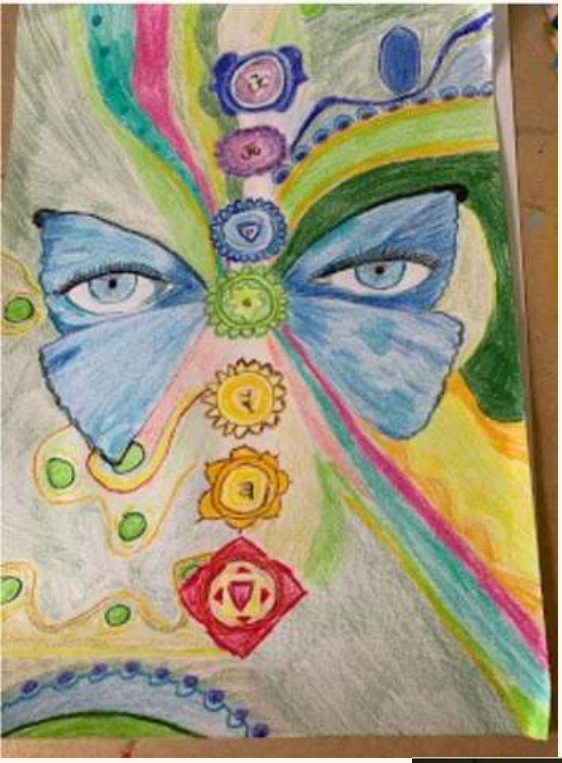


Next build up patterns and the butterfly using whatever style flows with you.

Gradually build up the colours to give depth and contrast.

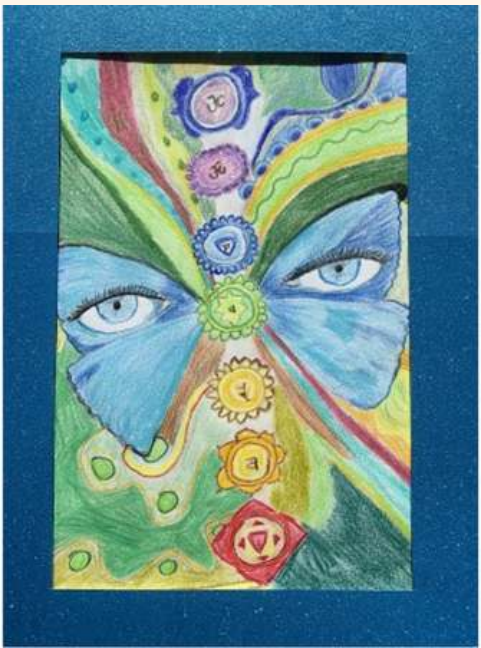
Building up the colour, shading



Till you are happy with the results.

You can make your own frames with coloured paper and card.
The frames made with card to enhance the final picture

and I couldn't decide if the blue or black looks best?



Artists need all the concentration in the world while they are drawing.
Helping to build concentration power, when you focus totally on one thing.

— Debbie Crouch

Therapeutic Art