

FAIRBORN ART ASSOCIATION

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DIANA MARRA

CONTEMPORARY ASIAN FINE ART



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Thank you for coming this evening. Let's begin our time together with a meditation that you can use or modify:

YOGA for the Artist

(while standing and **holding your brush**, Breathe in, hold a few seconds, then Breath out)

- a) with arms overhead, Breathe in: "Take a deep breath in, opening your soul to possibilities; Hold;
Breathe out: Let your To-Do list disappear from your awareness - what you didn't do, what you should have done; just let it all go"
- b) with arms straight out at your sides, "Breathe in, opening your Mind to New Experiences, allowing for Joy; Hold;
Breathe out: Push all the clutter of your mind out of the way; make way for a new experience"
- c) with arms down at your sides, "Breathe in, bringing Peace to your body and soul, allowing yourself to "BE"; Hold;
Breathe out: Let go of every nagging thing that tugs at you, allowing yourself to just Focus, to just Relax and 'Be One with your Brush'

- Now, let's Begin:** While standing, I will teach you how to hold your Asian brush, and learn first movements.
- Bamboo demo:** One of the 4 Gentlemen of Asian Brush Painting. Sumi Ink on Rice paper; then Color
- Orchid demo:** A second of the 4 Gentlemen (along with the Chrysanthemum and Plum); again in black Sumi ink, then Color, then Metallic on black paper for drama
- Rice Paper Collage:** Visual materials and method for how to create custom colors with Rice papers
- Thoughts on Inspiration:** What excites you? What makes you passionate? Ken Landon Buck once told me "Paint what makes you happy. It shows through into your artwork. And at the very least, YOU will be happy!"
And my dear Aunt Judith told me "She always goes to Nature". Nature is a wonderful teacher - make friends with her - go and paint her. It is a never-ending panorama of ideas
- Thoughts on Color:** I love Color! And to study it, I arrange my colors in a certain order:
- my circular PALETTE always has Yellow on top, Reds (warm colors) on the left, Blue on right
- my color CHARTS I arrange in this order: Spectral Colors, then Neutrals, then Earths, then Metallics
- Thoughts on Life:** I like Simple. I NEED Simple. Asian painting suits me - what suits YOU?
- What I teach:** **A B C's** Asian Brush Painting, Basic Composition, Watercolor, Zentangle; Color Theory - all **SIMPLY**
- Why I teach:** My purpose in life is to create Art and Beauty in this world, *one painting at a time* - and to enable others to do the same!

I hope I have helped you learn a new art medium - if you have any questions please do not hesitate to contact me!

Sincerely,