



## Kumomi™ *A creative way to relax the body and mind...*

Imagine watching clouds drift slowly across the blue sky changing as they float by. You may see something familiar emerging from the drifting shapes. Kumomi brings the essence of cloud gazing along with art and soothing music to invoke a merging of the senses which enhances relaxation as well as increasing creativity.

Kumomi™ is a creative process which combines the randomness of spontaneous painting with the control of mindful drawing as a meditative art form. Artistic skill is not needed to reap it's benefits. The goal isn't to create an art masterpiece but to enjoy the creative process, relax the body and open the mind. If you practice Kumomi regularly there will very likely be improvements in your mental, physical and emotional well being.

### Supplies:

Splash Ink (Blue, Magenta & Yellow)  
Large round, soft brush  
4" Artist Tiles (paper or board)  
Black fine tipped pen (Micron or Permawriter)  
Paper palette or plastic tray  
Water and water container  
Paper towels & sheets of plain white paper



Ensure peace and quiet for the session. The creative process can only happen in the here and now, if you allow it. Sit comfortably and listen to soothing music. Breathe slowly. Select colors that please you the most and mix them on the palette. Proceed slowly with all of your attention focused on the brush strokes and marks. Do not try to fix anything, there are no mistakes. Stay in the zone of the meditation without rushing, even if something unexpected happens.

### Instructions:

Mix and blend Splash Ink colors onto a palette or tray. Make spontaneous and expressive brush strokes going off the tile. Think of a word or intention and write the first letter large and going off the edge of the tile. Clean the brush and paint another letter with a different color going over the first letter. The word will be unrecognizable but you will know it's meaning.



**1.** Paint shapes or large letters with colors leaving white areas on the tile.



**2.** Outline in-between the painted and white areas with the pen.



**3.** Find familiar objects in the shapes and bring them out with the pen.



**4.** Draw patterns inside the lined areas. Fill in areas with solid black for contrast.



On a separate sheet of paper, practice controlled drawing. Draw spirals, hatch-marks, zig-zags, dotted lines, squiggles, dashed lines, loops and mazes. Create unique patterns or use previously learned patterns. Go slowly and deliberately while drawing. Most importantly, let your mind go and relax. Gaze into the tile and look for familiar shapes or objects. If you see a shape that reminds you of a fish, a heart, a face or anything else, draw lines to bring out the features. Let your imagination soar as if you are looking into a sky filled with clouds. When you are finished, record your thoughts on the back of the tile, sign and date it.

All of the supplies can be purchased at:



Resources:

Splash Ink Acrylic Mixing Colors & Permawriter pen - [www.yasutomo.com](http://www.yasutomo.com)  
Strathmore Artist Tiles Bristol surface - [www.strathmoreartist.com](http://www.strathmoreartist.com)  
Gessobord 4" Tiles - [www.ampersandart.com](http://www.ampersandart.com)  
Micron Pen - [www.sakuraofamerica.com](http://www.sakuraofamerica.com)



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