



# Form Drawing and Colouring for Fun, Healing and Wellbeing: Fourfold Patterns for Harmonising Body and Soul

*Angela Lord*

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Creative form drawing is a fascinating and meaningful artistic activity for health and wellbeing. It helps with focus and is fun. It engages the right brain by getting into the flow of color, form, and movement. It offers the opportunity for personal creativity, using stunning, colorful forms to stimulate originality. Creative form drawing can be energizing and relaxing, calming and enlivening, and a valuable aid to harmonizing body and soul.

This first creative form drawing book for adults features fourfold patterns of increasing challenge, featuring Celtic, Moorish, Native American, and Buddhist patterns and encourages the development of new forms. The forms have symmetry?balance between left and right and between above and below, connecting the center with the periphery while providing stability and harmony.

Some forms are rhythmic, with patterns that move in flowing rhythms and lines. Other forms are inspired organically by nature's colors and formations. Flowers provide inspiring ideas for color combinations and new forms. Drawing with line, form, color, and beauty is a balancing, healing, and enlivening process.

Originally developed by Rudolf Steiner, creative form drawing is widely used in Waldorf education to support healthy development and learning of children of all ages, aiding eye-hand coordination, balance, confident movement, observation, and drawing skills.

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