

From the introduction:

Although for some people there are flash revelations, near death experiences, sudden illuminations like Paul on the road to Damascus, for many, to know God is a long work of developing faith, developing the ability to pray and to listen. Artistic work can help this development, not to create nice pictures, although these may arise, but to wrestle with inner pictures in a way that can be seen and adjusted and readjusted as one's understanding increases and changes. Artists know this strange experience of not understanding and then in the process of drawing or painting the next step of understanding arises. Writers often report that the next character or event appears as they write, not before. But everyone can have this experience. It is only necessary to take some question and begin working with it artistically. It helps to put aside your expectations of a result and quiet your inner chatter about how much "talent" you do or do not have. At first it is helpful if you have some direction and that is why I made this book. It is a way to know the Gospel of Saint John better, to perceive the pictures, teachings and understandings in it. It is just one way of many to study the Gospel. Perhaps by following my way you will find yours.

These exercises do not expect nor develop great competence in drawing. They can be done by anyone with a pencil and a willingness to explore this text. From the Gospel of Saint John I had to choose which images to work with. I could have done a drawing for every paragraph or verse, every sentence or perhaps every word, but it would have been a very long book. Some things have been more immediately available to me than others. You may find that for you there is an event I missed. Ask yourself how you would work with it and then try it.

These exercises are not meant to lead to illustrations of the Gospel although you may be inspired to take on such a project. These exercises are designed to help the participant to experience the image or movement of the Gospel and through that to a contemplation of meaning. As an example, in Exercise #6 (Chapter 2:13-25), we experience the movement of the cleansing of the Temple. We start by building chaos and darkness, then we come into the

center of it and, with light, we push away, throw out, the dark chaos. Then we fill the space with distinct light. Perhaps a picture arises but the important thing is that the process of the event is experienced. Each event holds a process. Of course I can only give you the processes as I experience them. Some you may experience differently, and I hope that by training with mine you will be able to develop your own.

The intention of the book is that the participant reads the selection from the Gospel written before each illustration, contemplates it a bit and then does the drawing exercise. You may want to pause between each step of an exercise, close your eyes and see the step with your inner eye. This gives a space for new thoughts to arise.

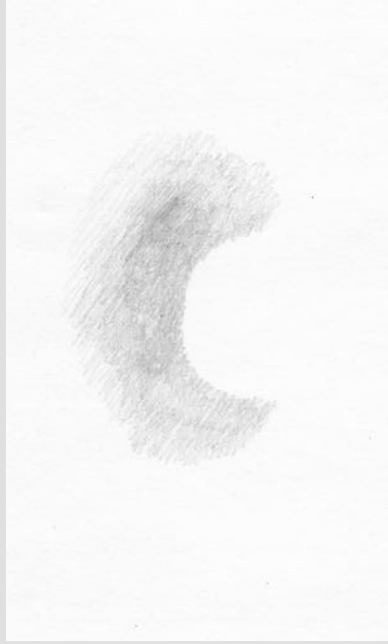
On the following pages you will find the first 6 exercises.

**THE GOSPEL ACCORDING TO JOHN Chapter 1**

*<sup>1</sup>In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was in the beginning with God; <sup>3</sup>all things were made through him, and without him was not anything made that was made. <sup>4</sup>In him was life, and the life was the light of men. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome it.*



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**#1 Chapter 1:1-5**

Begin with the white page. Think of it as a page of light. It is not empty, it is full of light. Using gradual shading bring a patch of darkness, expand the darkness to eventually enclose an oval of light. At the same time fade the darkness out on the edges to blend into the light page. Experience oneness – Beginning.

<sup>6</sup> There was a man sent from God, whose name was John. <sup>7</sup> He came for testimony, to bear witness to the light, that all might believe through him. <sup>8</sup> He was not the light, but came to bear witness to the light.

<sup>9</sup> The true light that enlightens every man was coming into the world. <sup>10</sup> He was in the world, and the world was made through him, yet the world knew him not. <sup>11</sup> He came to his own home, and his own people received him not. <sup>12</sup> But to all who received him, who believed in his name, he gave power to become children of God; <sup>13</sup> who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

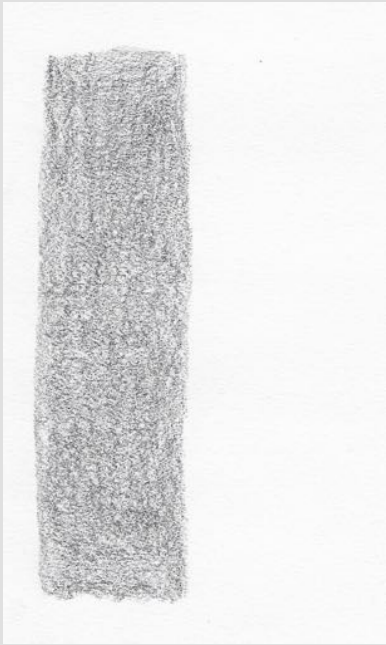
<sup>14</sup> And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

<sup>15</sup> (John bore witness to him, and cried, "This was he of whom I said, 'He who comes after me ranks before me, for he was before me.'") <sup>16</sup> And from his fulness have we all received, grace upon grace. <sup>17</sup> For the law was given through Moses; grace and truth came through Jesus Christ. <sup>18</sup> No one has ever seen God; the only Son, who is in the bosom of the Father, he has made him known.

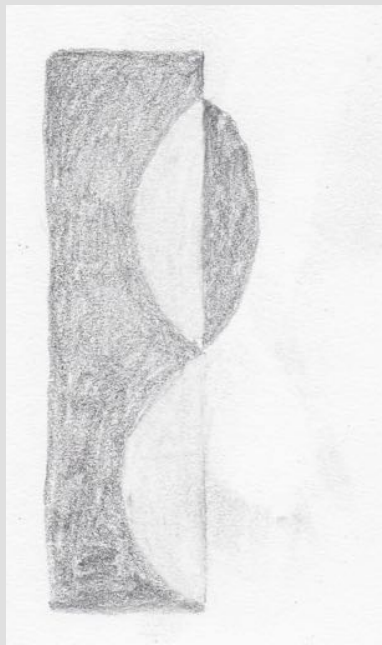
<sup>19</sup> And this is the testimony of John, when the Jews sent priests and Levites from Jerusalem to ask him, "Who are you?" <sup>20</sup> He confessed, he did not deny, but confessed, "I am not the Christ." <sup>21</sup> And they asked him, "What then? Are you Elijah?" He said, "I am not." "Are you the prophet?" And he answered, "No." <sup>22</sup> They said to him then, "Who are you? Let us have an answer for those who sent us. What do you say about yourself?" <sup>23</sup> He said, "I am the voice of one crying in the wilderness, 'Make straight the way of the Lord,' as the prophet Isaiah said."

<sup>24</sup> Now they had been sent from the Pharisees. <sup>25</sup> They asked him, "Then why are you baptizing, if you are neither the Christ, nor Elijah, nor the prophet?" <sup>26</sup> John answered them, "I baptize with water; but among you stands one whom you do not know, <sup>27</sup> even he who comes after me, the thong of whose sandal I am not worthy to untie." <sup>28</sup> This took place in Bethany beyond the Jordan, where John was baptizing.

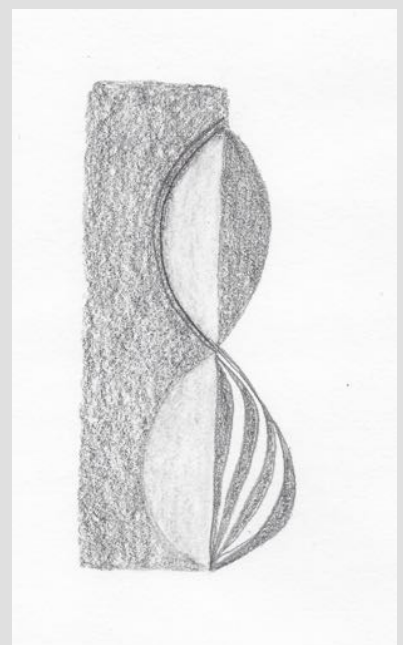
<sup>29</sup> The next day he saw Jesus coming toward him, and said, "Behold, the Lamb of God, who takes away the sin of the world!" <sup>30</sup> This is he of whom I said, 'After me comes a man who ranks before me, for he was before me.' <sup>31</sup> I myself did not know him; but for this I came baptizing with water, that he might be revealed to Israel." <sup>32</sup> And John bore witness, "I saw the Spirit descend as a dove from heaven, and it remained on him. <sup>33</sup> I myself did not know him; but he who sent me to baptize with water said to me, 'He on whom you see the Spirit descend and remain, this is he who baptizes with the Holy Spirit.' <sup>34</sup> And I have seen and have borne witness that this is the Son of God."



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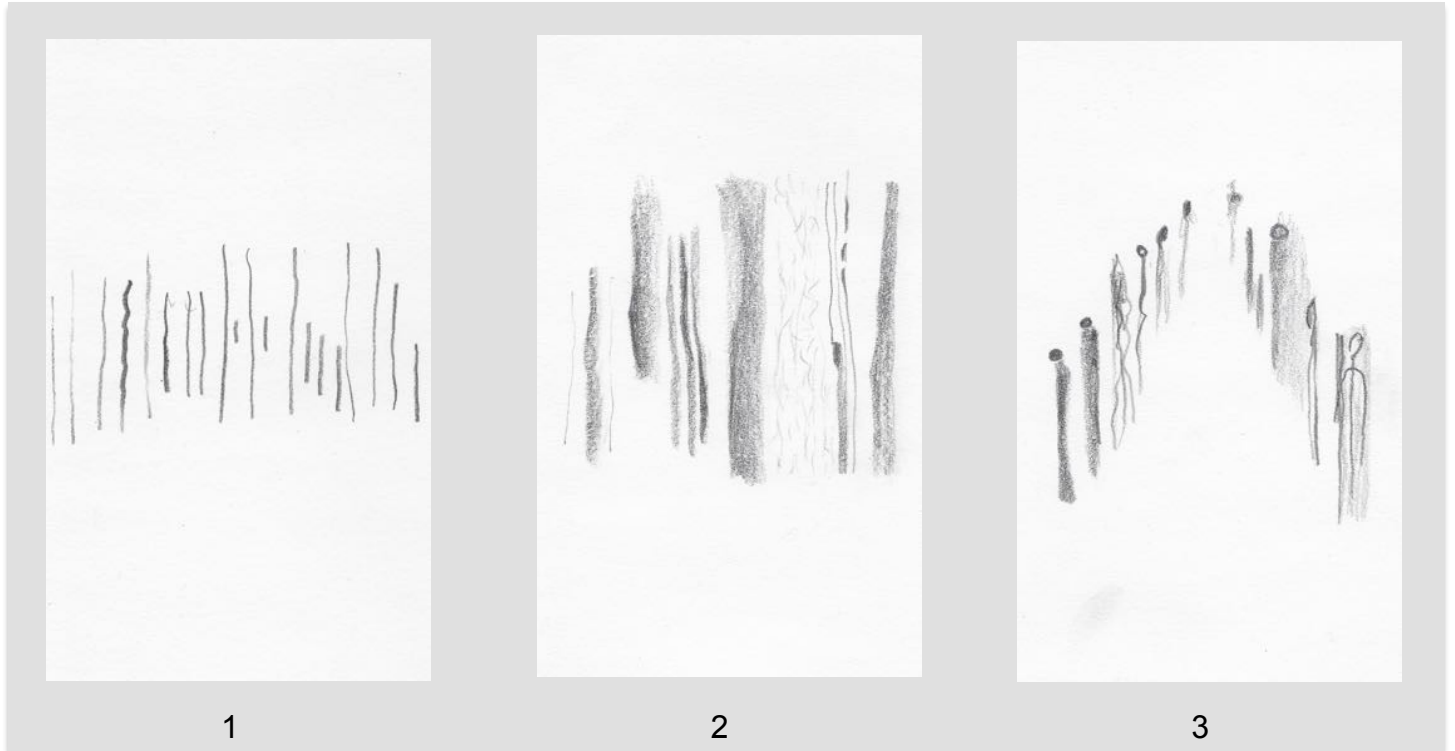
### Other Twonesses

#2

Chapter 1:6-34

These verses are about twoness, I and Thou from many perspectives. Start again in the light page, bring a space of darkness, experience the contrast of the two spaces—twoness. Now, using an eraser, erase a shape out of the darkness and then with your pencil draw that shape in the light. Exchange darkness and light. Try many different placements and shapes as you explore the different twonesses.

<sup>35</sup> The next day again John was standing with two of his disciples; <sup>36</sup> and he looked at Jesus as he walked, and said, "Behold, the Lamb of God!" <sup>37</sup> The two disciples heard him say this, and they followed Jesus. <sup>38</sup> Jesus turned, and saw them following, and said to them, "What do you seek?" And they said to him, "Rabbi" (which means Teacher), "where are you staying?" <sup>39</sup> He said to them, "Come and see." They came and saw where he was staying; and they stayed with him that day, for it was about the tenth hour. <sup>40</sup> One of the two who heard John speak, and followed him, was Andrew, Simon Peter's brother. <sup>41</sup> He first found his brother Simon, and said to him, "We have found the Messiah" (which means Christ). <sup>42</sup> He brought him to Jesus. Jesus looked at him, and said, "So you are Simon the son of John? You shall be called Cephas" (which means Peter). <sup>43</sup> The next day Jesus decided to go to Galilee. And he found Philip and said to him, "Follow me." <sup>44</sup> Now Philip was from Beth-saida, the city of Andrew and Peter. <sup>45</sup> Philip found Nathana-el, and said to him, "We have found him of whom Moses in the law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." <sup>46</sup> Nathana-el said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."

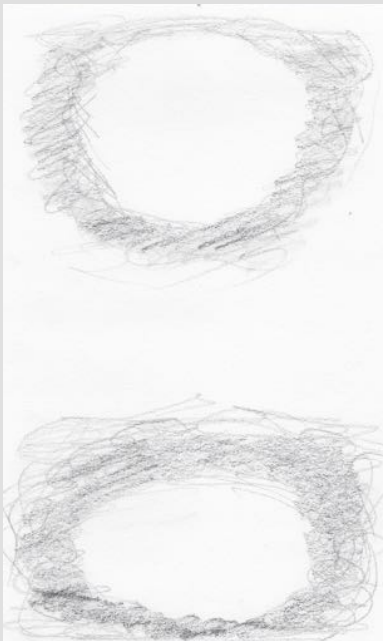


#3

Chapter 1: 35-46

These verses are about the many. Begin again in the light page, bring shapes of varying darkness into rhythm, or rhythms. Let the light speak as well as the dark. Accent the rhythm. Bring texture, perhaps have all the shapes oriented to a source. Experience the many and in this the horizontal. The lines may be just lines or they may suggest figures.

<sup>47</sup> Jesus saw Nathana-el coming to him, and said of him, "Behold, an Israelite indeed, in whom is no guile!" <sup>48</sup> Nathana-el said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." <sup>49</sup> Nathana-el answered him, "Rabbi, you are the Son of God! You are the King of Israel!" <sup>50</sup> Jesus answered him, "Because I said to you, I saw you under the fig tree, do you believe? You shall see greater things than these." <sup>51</sup> And he said to him, "Truly, truly, I say to you, you will see heaven opened, and the angels of God ascending and descending upon the Son of man."



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#4

Chapter 1:47-51

Create a light space to be the above, create another one to be the below. How do you go from one to the other? Is it a stepping, like a ladder? Or is it a growing like a tree? Is it curved or straight? Where is it dark, where light? Experience the variations of the vertical. Maybe add Angels.

## Chapter 2

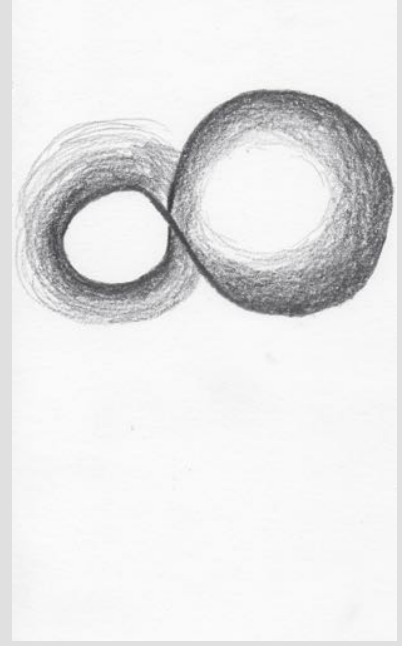
<sup>1</sup> On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; <sup>2</sup> Jesus also was invited to the marriage, with his disciples. <sup>3</sup> When the wine failed, the mother of Jesus said to him, "They have no wine." <sup>4</sup> And Jesus said to her, "O woman, what have you to do with me? My hour has not yet come." <sup>5</sup> His mother said to the servants, "Do whatever he tells you." <sup>6</sup> Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. <sup>7</sup> Jesus said to them, "Fill the jars with water." And they filled them up to the brim. <sup>8</sup> He said to them, "Now draw some out, and take it to the steward of the feast." So they took it. <sup>9</sup> When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom <sup>10</sup> and said to him, "Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now." <sup>11</sup> This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.



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Chapter 2:1-11

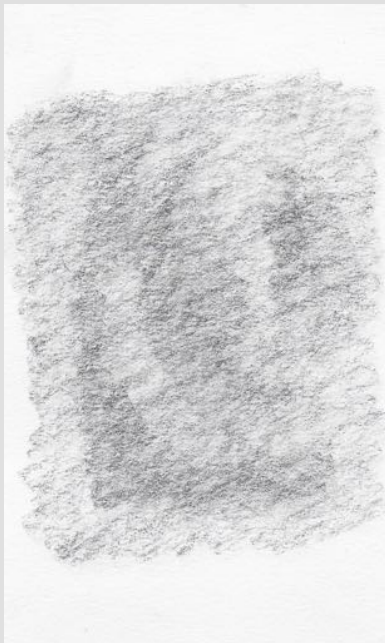
Start in the light and enclose a round light space. Now another that is reached from the first like a figure 8 on its side. In the first make the inmost dark and in the second make the outermost dark. Notice how the inner transforms to the outer as you trace along the line. Consider what happens at the crossing.



<sup>12</sup> After this he went down to Caperna-um, with his mother and his brothers and his disciples; and there they stayed for a few days.

<sup>13</sup> The Passover of the Jews was at hand, and Jesus went up to Jerusalem. <sup>14</sup> In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers at their business. <sup>15</sup> And making a whip of cords, he drove them all, with the sheep and oxen, out of the temple; and he poured out the coins of the money-changers and overturned their tables. <sup>16</sup> And he told those who sold the pigeons, "Take these things away; you shall not make my Father's house a house of trade." <sup>17</sup> His disciples remembered that it was written, "Zeal for thy house will consume me." <sup>18</sup> The Jews then said to him, "What sign have you to show us for doing this?" <sup>19</sup> Jesus answered them, "Destroy this temple, and in three days I will raise it up." <sup>20</sup> The Jews then said, "It has taken forty-six years to build this temple, and will you raise it up in three days?" <sup>21</sup> But he spoke of the temple of his body. <sup>22</sup> When therefore he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word which Jesus had spoken.

<sup>23</sup> Now when he was in Jerusalem at the Passover feast, many believed in his name when they saw the signs which he did; <sup>24</sup> but Jesus did not trust himself to them, <sup>25</sup> because he knew all men and needed no one to bear witness of man; for he himself knew what was in man.



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## #6 Chapter 2:13-25

Begin in the center making a dark shape. Gradually work outward so the whole page is dark. You may make some areas darker but everywhere is the feeling of darkness and chaos. Now, with an eraser starting in the center and working out with quick strokes, bring the light back. You may need to erase a few times, cleaning your eraser in between. Now you can bring forms into the dark to accentuate the light.