**Entopic Graphomania**

**Intro:**

When it’s time to start a new drawing, you normally go to the piece of paper with an idea in mind, but what if you let the paper decide what you should draw? Entopic Graphomania is a way of doing just that.

**Page 1:**

**Be a surrealist master**

Let the paper decide what to draw you say? How does that work? This drawing exercise was developed by surrealist artists in the 19th century and has delighted many a budding creative since. Don’t be put off by the convoluted name, the activity is deceptively simple and designed to highlight the patterns in the places we least expect.

**Page 2:**

**Choosing your paper**

For best results pick a sheet of heavy grain drawing paper but any paper will do. Newspapers or books in particular can yield some of the most interesting results.

**Page 3:**

**Taking a closer look**

Look closely at your chosen sheet and see whenever you spot any imperfections. Mark them with a small dot. If you are using a piece of paper with words on it, add the dots sporadically or choose a particular word to add the dots to, or taking it further, phrases you want to stand out. Let the paper be your guide. Keep going until you don’t feel like doing any more (e.g. 15-20 dots).

**Page 4:**

**Joining the dots**

Now start joining those dots in any way you like. You can use wavy lines, jagged lines, or big swooping curves. Importantly, try not to overthink it, just get into it and let the piece evolve as you go. As you connect more and more of these you’ll see the piece come together.

**Page 5:**

**A surrealist masterpiece!**

Done? Take a step back. How does it look? You’ve created a map of this pages’ unique flaws or characteristics. Feel free to embellish your masterpiece (we all have to start somewhere!) with colours and other shapes. Alternatively why not create a series using different styles. In any case, take a minute to reflect on whether you enjoyed doing this exercise and I’m confident that you are somewhat happy with the output.