



A WALK INSIDE YOURSELF

AN INTERIOR JOURNEY THROUGH DRAWING

BEATRIZ LAREPA

TRANSIT YOUR INSIDES

We are now living unique moments. Here begins this intergalactic journey into unknown depths. Are you ready?

INSTRUCTIONS

1 • COMPLETE THE DRAWINGS

It's simple. Do not doubt your creativity, they will not be right or wrong, just find the moment. What you do will be perfect.

2 • USE ALL YOUR SENSES

Draw slowly, paying attention to all your senses for this unusual journey, what smells accompany me? What sounds can I perceive? In what position am I? How do I live in the now? ...

3 • COLOUR

After you finish each drawing, colour it. You can use any material and different styles, such as hatches, lines, points ... You can even make cutouts with what you have at hand and glue it on top. Enjoy the process.

4 • I HAVE NO MATERIALS!

If you don't have a printer, I invite you to copy the drawings or reinterpret them your own way. And if you do not have materials to draw and colour, you can make your creations with elements that you have at home such as modeling clay, laces, macaroons, cutouts or whatever you can think of, try your imagination! Take photo and share.

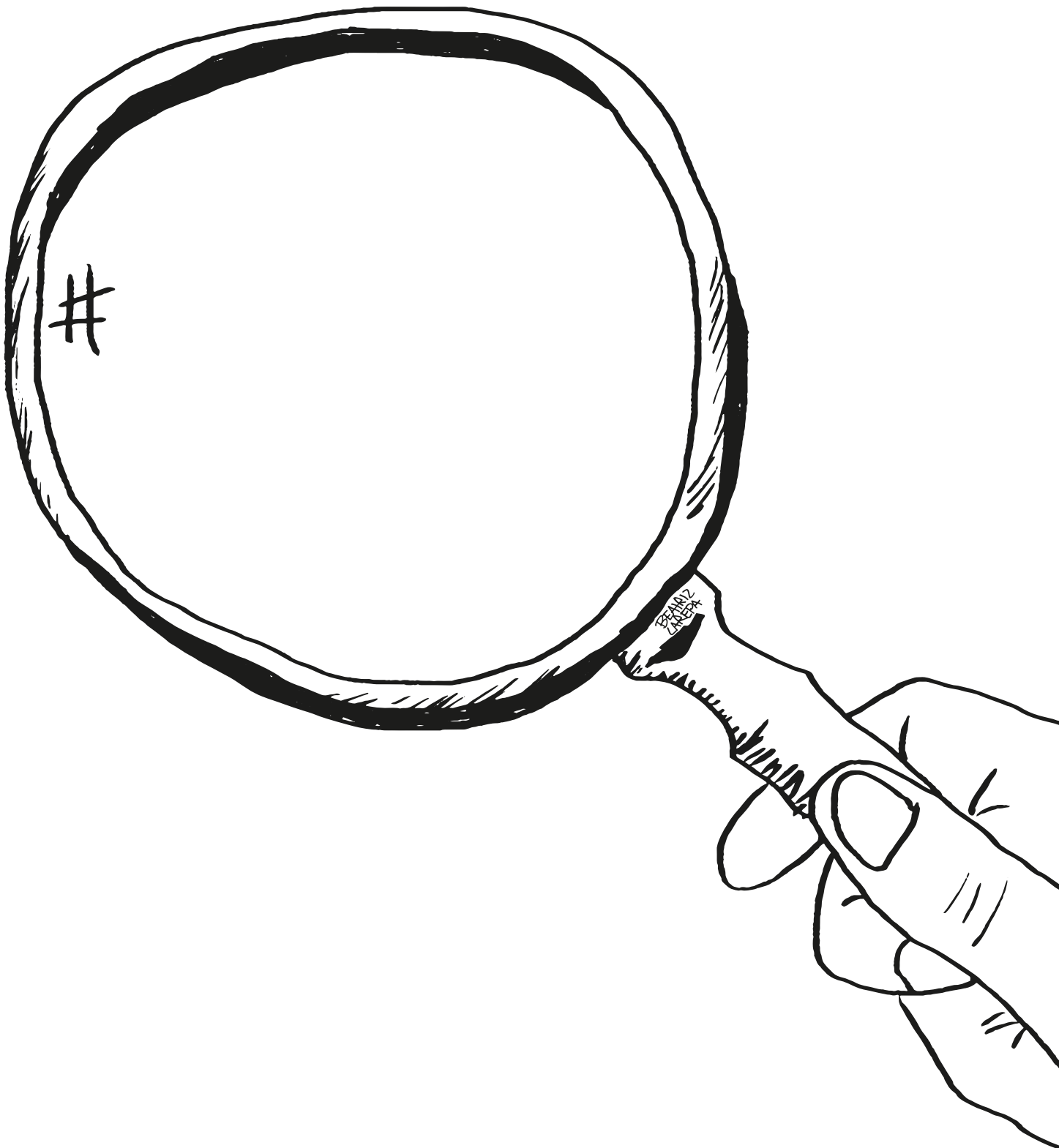
5 • TO SHARE OR NOT TO SHARE

I would love to see the results and the different experiences of this creative process. We are going to create together, so we need to know other visions. In order to share it with me, you can tag me on facebook or instagram as *@beatrizlarepa* and / or with the hashtag *#transitarlosadentros*. You can also send it to *hola@beatrizlarepa.com*. Sharing is part of the way.

I HOPE YOU ENJOY THIS WALK. LET'S GO!

[Thanks to Oskar Ormaetxea, author of the English translation.]

YOU ARE HERE,
WHAT WOULD YOU LIKE TO FIND IN THIS TRIP?



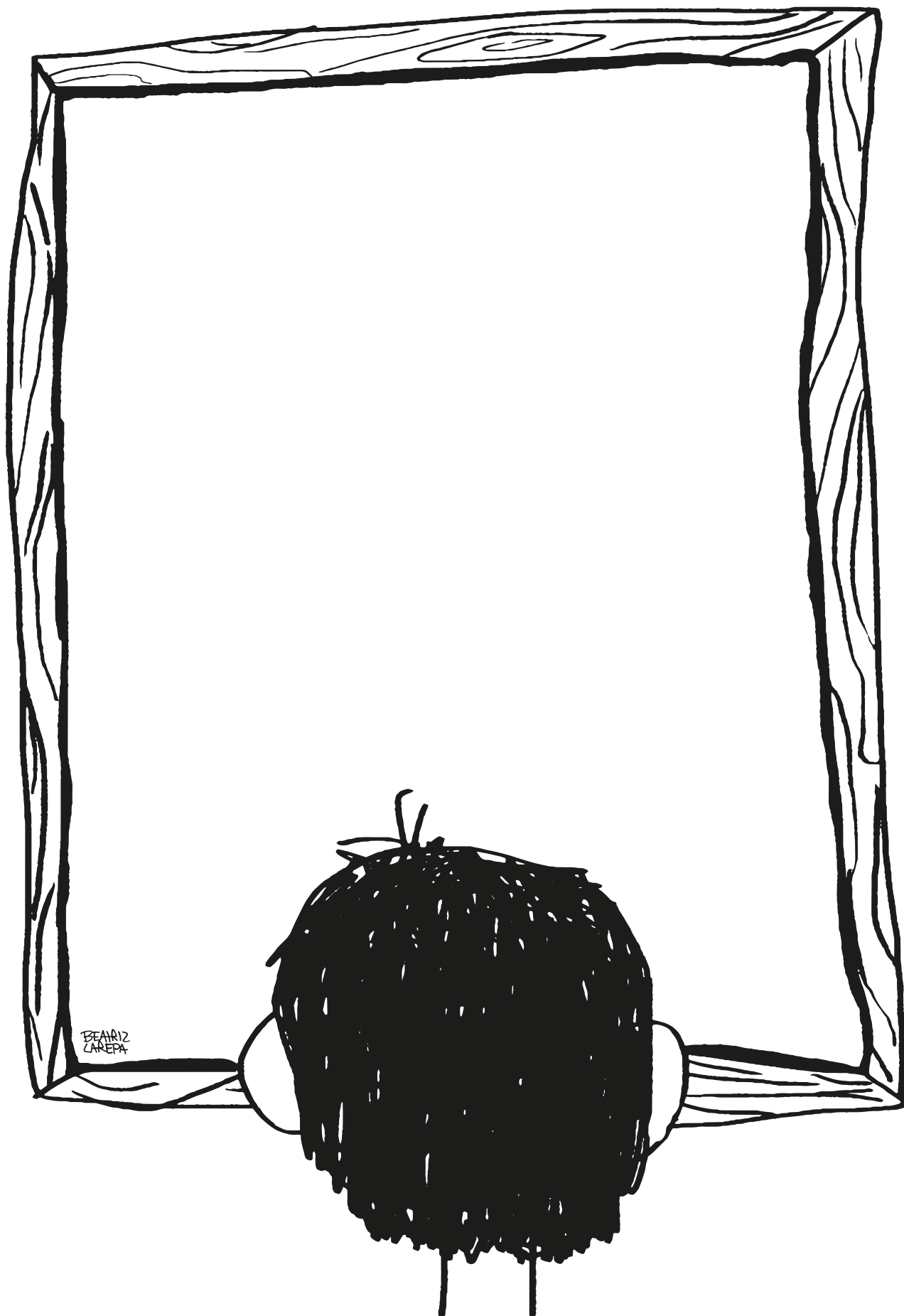
COMPLETE YOUR INTERGALACTIC MEANS OF TRANSPORT



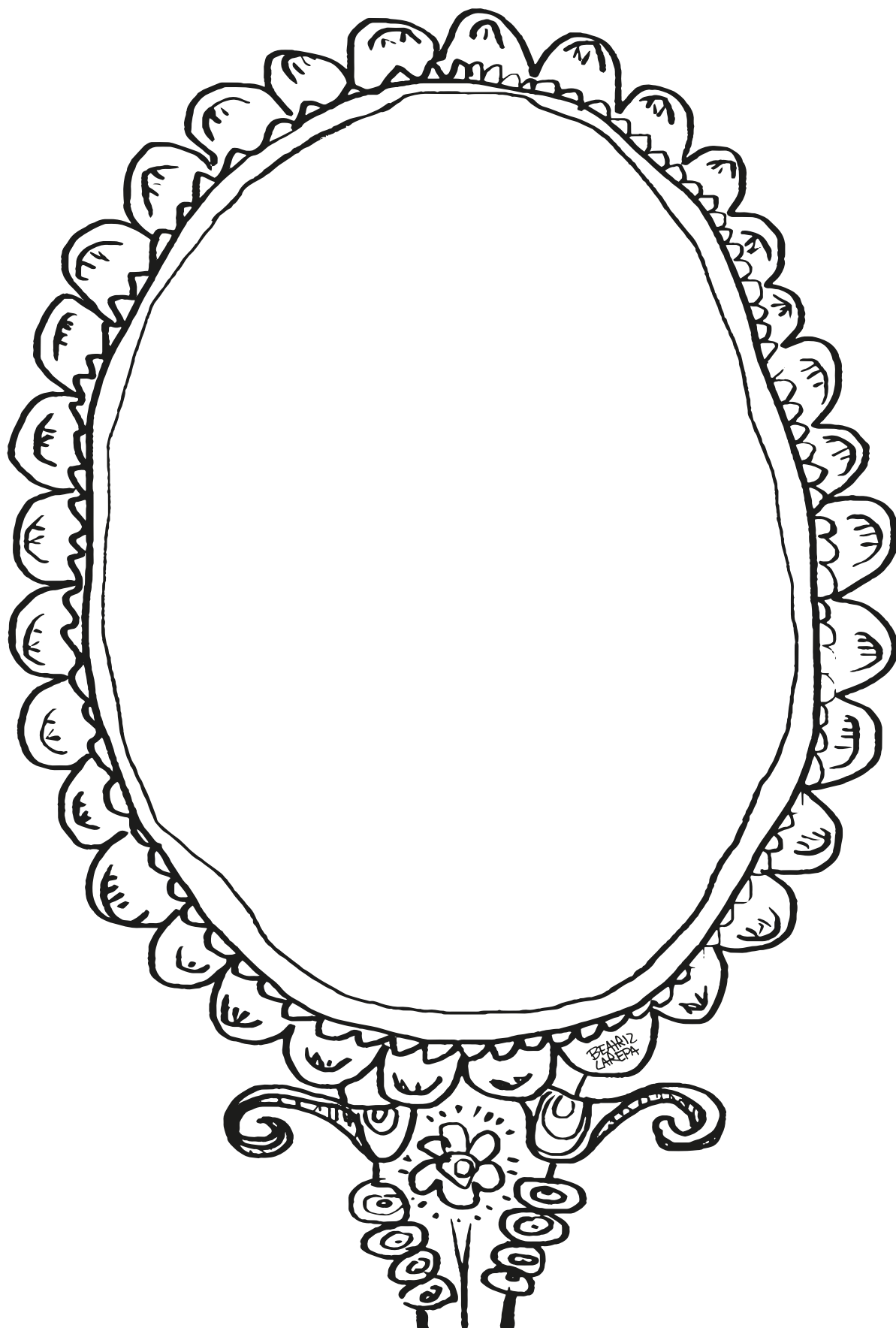
PUT YOUR SUPER
IMPORTANT STUFF ON THE SHELVES



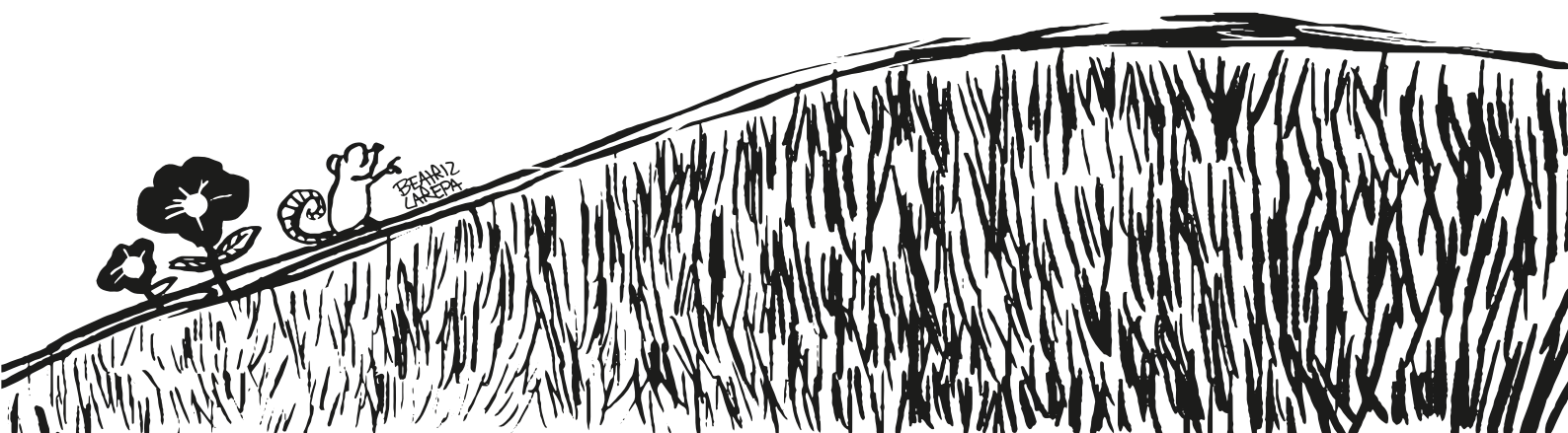
WHAT WOULD YOU LIKE TO SEE FROM YOUR WINDOW?



DRAW HOW YOU FEEL
IN THE MAGIC MIRROR OF EMOTIONS



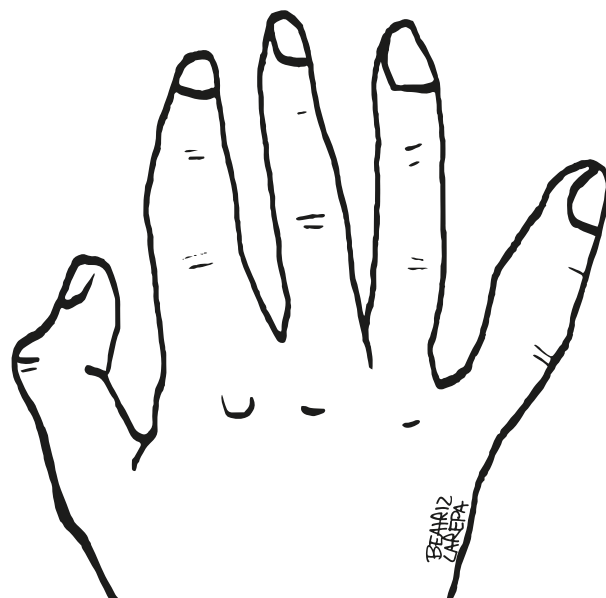
DRAW A MÖSTER WITH YOUR EYES CLOSED
IT'S VERY SCARY!



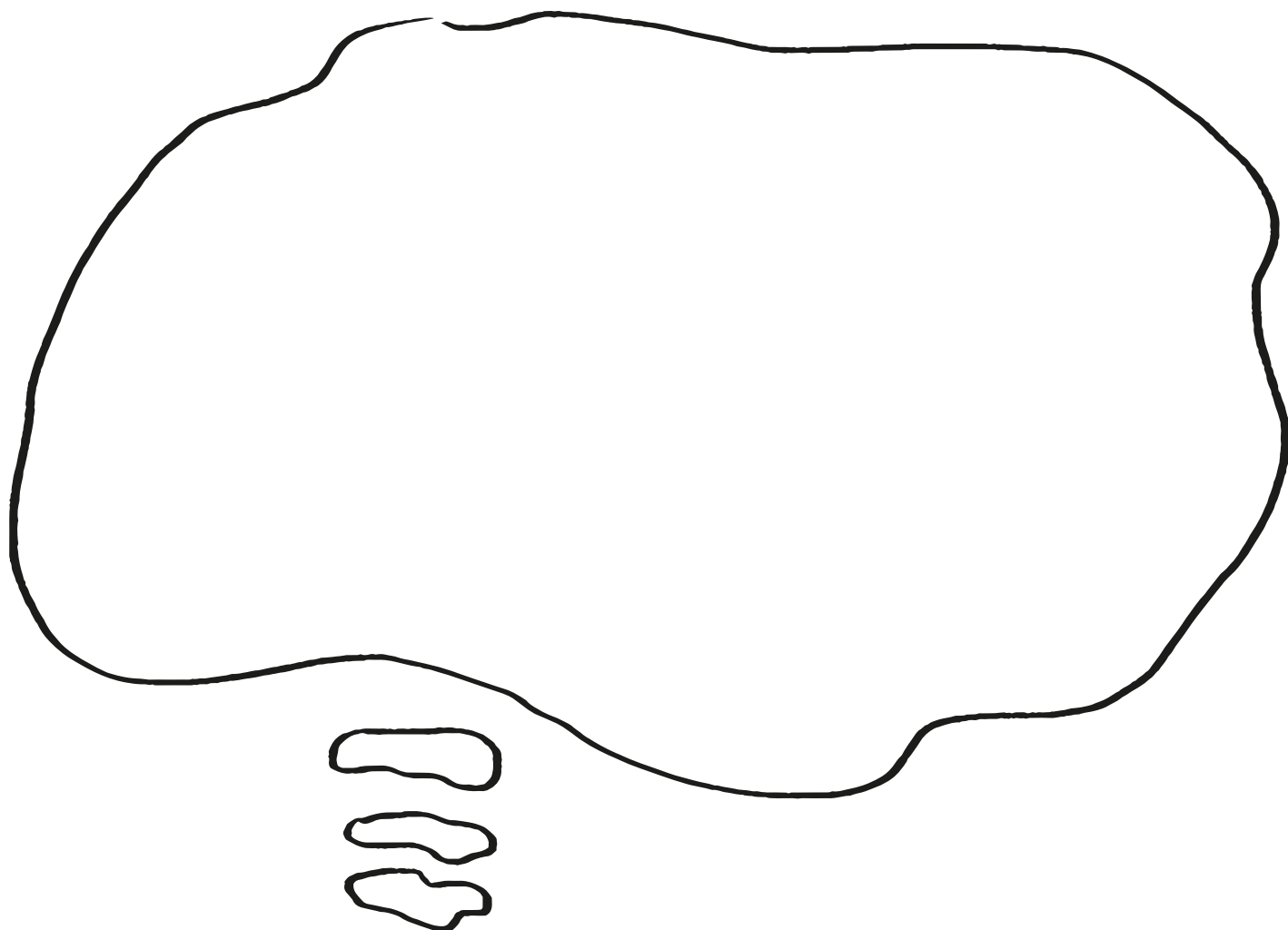
WHAT WOULD YOU LIKE TO HOLD IN YOUR HANDS NOW?



RECOGNIZE THE AREA AND
DRAW SOMETHING YOU LIKE (ARESSING



DRAW YOUR THOUGHTS



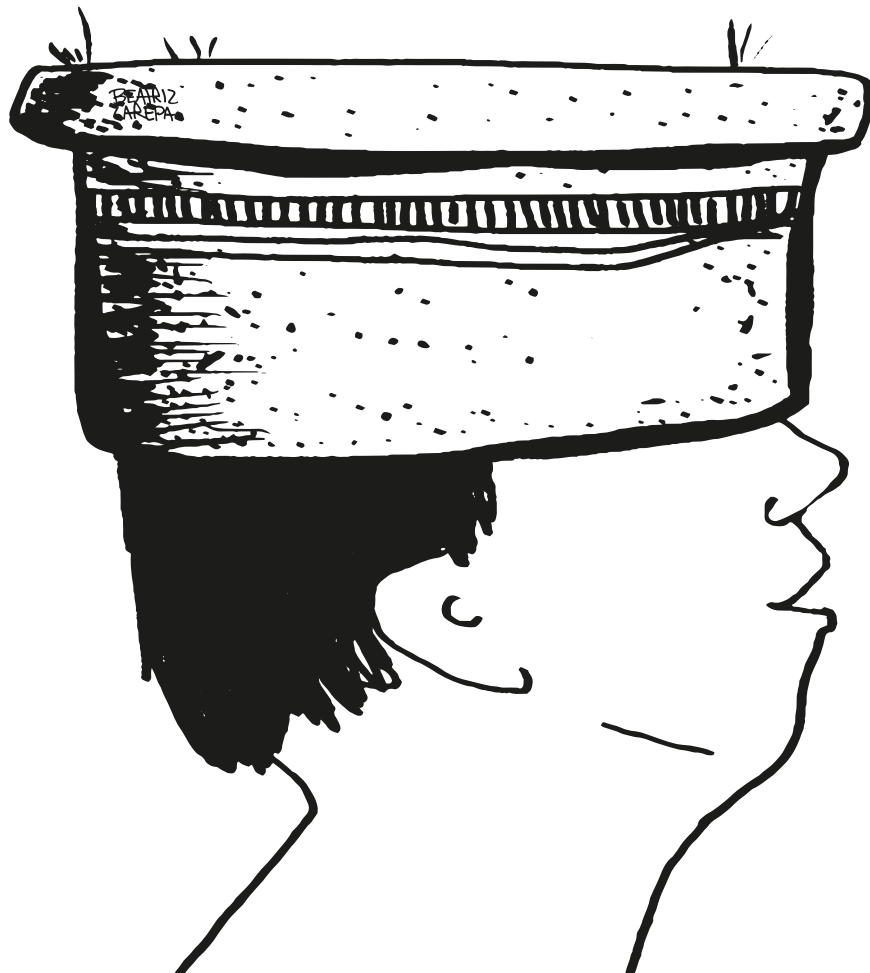
PAY ATTENTION TO YOUR FEET,
WHERE WOULD THEY GO NOW?



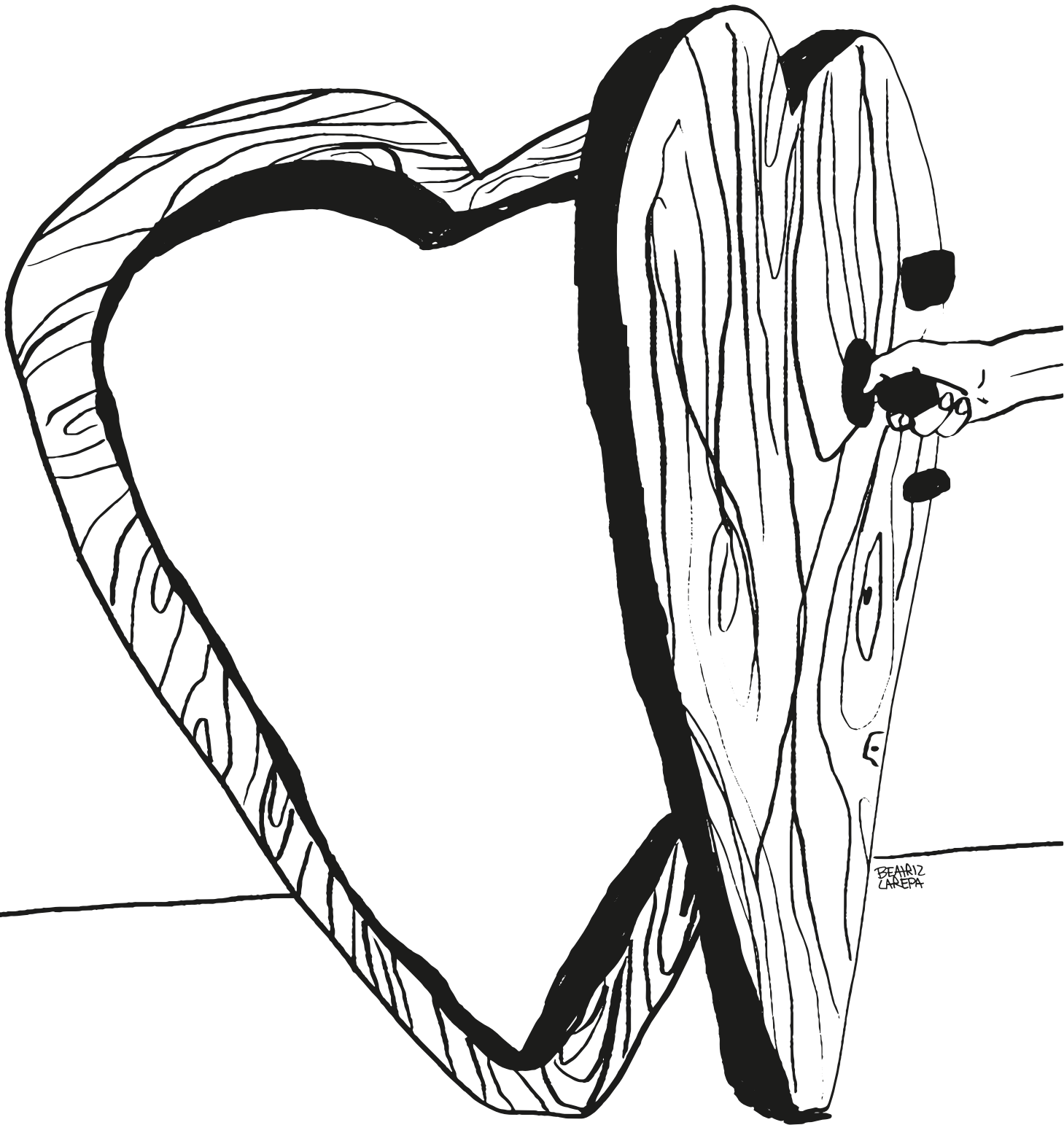
VISUALIZE A SMELL THAT YOU LOVE AND
DRAW IT WHILE YOU IMAGINE IT



WHAT WOULD YOU LIKE TO PLANT/SOW IN YOURSELF?



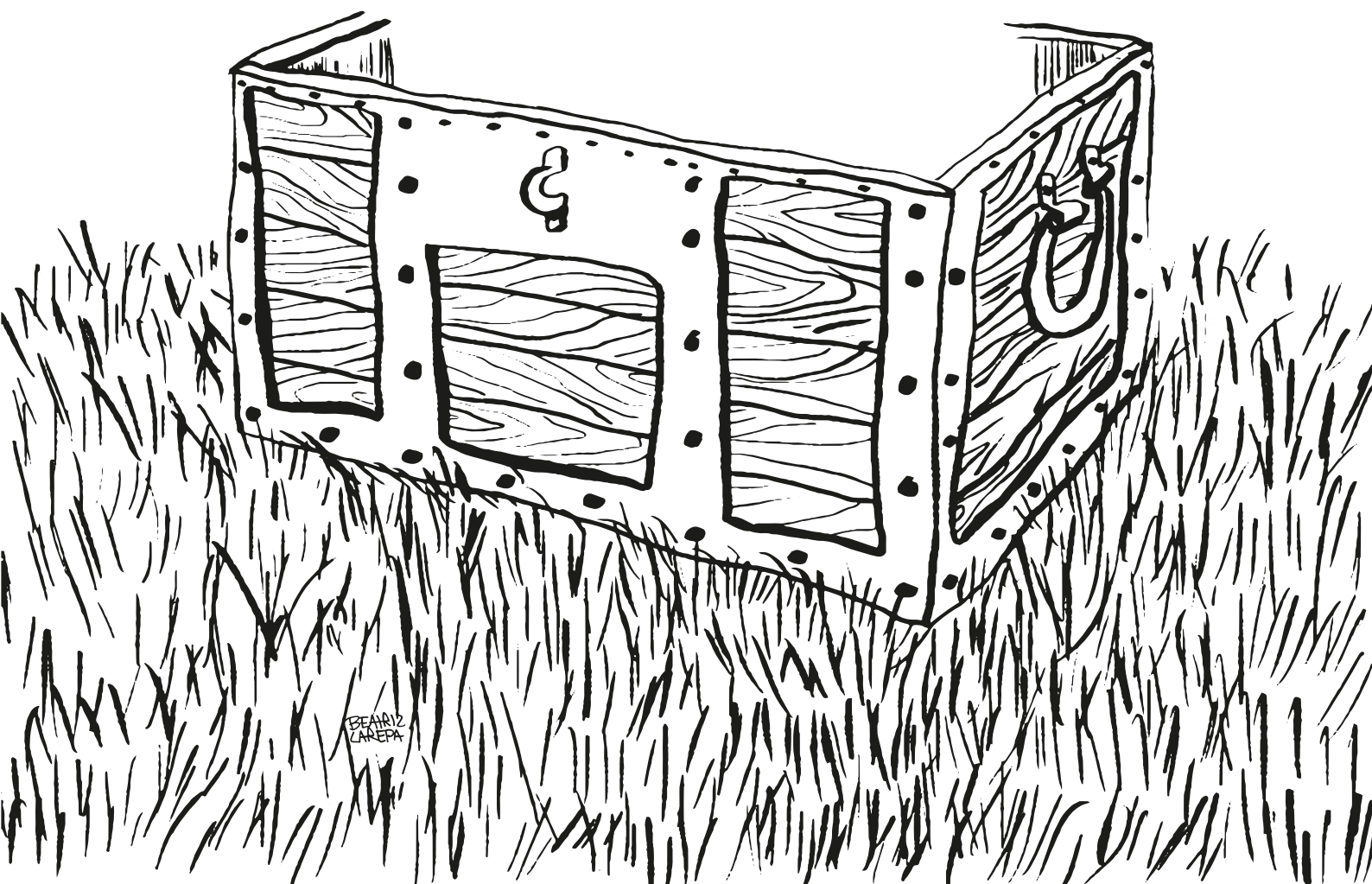
OPEN YOUR HEART, WHAT IS THERE IN IT?



DRAW YOUR IDEAL PLANET



WE GET BACK HOME. (CHECK YOUR TRAVEL NOTEBOOK.
DID YOU FIND ANY TREASURE?)



BEATRIZ
CAREPA

THE TREASURE IS IN US,
WE ARE THE UNIVERSE ITSELF.
EMBRACE YOURSELF, LISTEN TO YOURSELF,
LET'S GIVE TIME TO OURSELVES.
TOGETHER WE CAN CREATE ANOTHER WORLD.
SHALL WE DARE?



OTHER PROPOSALS YOU MAY LIKE TO CARRY OUT

Let's invent a new world!

To do so we are going to use our creativity, imagination, the power that we carry within. Here I invite you to make other proposals.

Uncertainty is a good ally of creativity. Do you dare to invent your own unfinished illustrations? It is interesting to understand the different visions of people. Cheer up!

You can also take turns drawing. You may begin to draw lines and another person in the household adds something to the drawing. Sure, it might not be what we intended in the first place, but very nice things can come up. Let's analyze it! Knowing other's perspectives helps us understand and tolerate.

Stain drawings are a good option. Beautiful and peculiar things can come out of a doodle. The important thing is to free our form of expression.

You can make a diary with your experiences. This helps to have a perspective of the passage of time during isolation. You've done today? What have you learned? Have you talked to anyone How did you feel during the day?

I invite you to draw pictures, lots of pictures! Try doing them with your left hand, with your eyes closed, only with one line, how about everything at once?

Invent your own games. Boredom unleashes creativity and you have no limits. Venture to create!

I hope this travel notebook helps us understand, express, imagine ... and do not hesitate to share it, if you may.

Thanks for being here. Let's celebrate!



TRANSITAR LOS ADENTROS

BY BEATRIZ LAREPA