



Hi there wonderful being!

Hello June! Welcome to another lesson on Life Book. This month we are going to be honouring "courage" and the masculine archetype (or 'masculine energies'). For years people have been asking me if I could teach how to draw/ paint men and boys and it's never quite been an area that I've been interested in. Be sure to watch the introduction video this week in which I talk *in depth* about 'why we paint what we paint'. Lots of food for thought I'm sure! But because people kept asking, I decided last year to set myself the challenge to teach a male portrait this year on Life Book and now the time is here (haha!) :). It was really interesting for me to explore the male face/ portrait AND to make it into a painting/ face that still resonated with my me-ness (ha ha, yes it goes deep this lesson for me!). Overall I really enjoyed exploring the male face and 'making it my own'. I hope you enjoy this lesson too and I'm so looking forward to your male faces (should you choose to draw one too!). :) Thank you for spending time with me. As always, Love, Tam xooxox



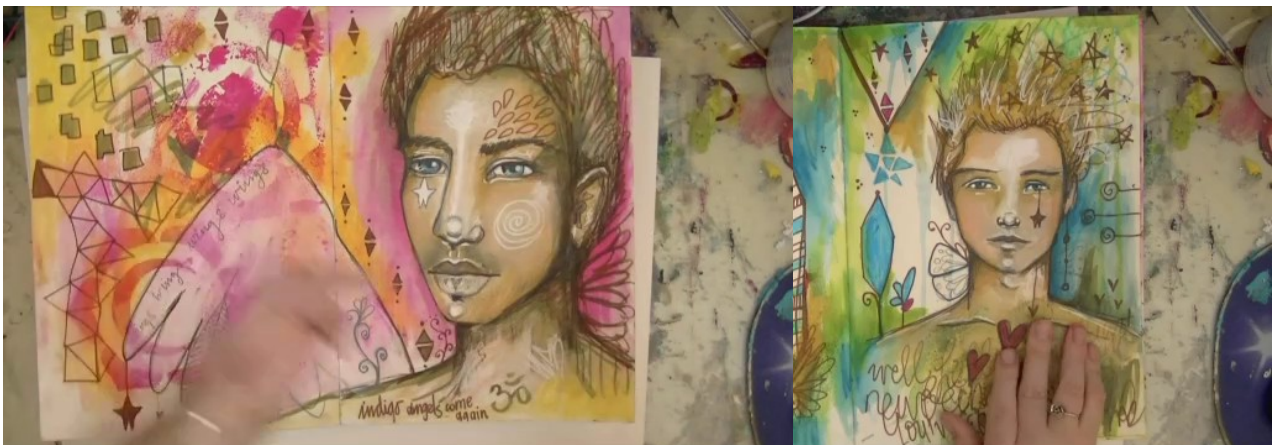
Supplies used in this week

- 1 sheet of watercolour paper, I'm working large at about 12 x 16" but you can create on 9" x 12" (140lbs) (the double spread is optional)
- Collage papers of choice
- Markers and Watersoluble Crayons in chosen colour scheme (I am using blue, pink, lilac purple and black)
- Water & Brushes
- Tombow markers (optional)
- Graphite pencil & eraser
- Q-tip or blending stump
- White gesso/ white acrylics
- White posca pen
- Optional: Ink Pen + India Ink
- Fluid or normal Acrylics portrait pink/ ochre
- Ink spray by Dylusions + Stencil (optional)
- Gel Medium



About Today's Project

Today's lesson will have a focus on drawing & painting a male portrait. From the 'personal development' perspective we are going to focus on honouring the courage that lives inside of us and **the qualities within us we all need & have access to**, to be courageous. I also wanted to bring in the concept of 'vulnerability' and how being vulnerable requires *strength & courage*. For today's exercise I'd love for you to touch in with an experience in the past where you needed to be vulnerable/ honest/ authentic, where you needed to authentically and openly share yourself and then I'd like you to connect to how strong and brave you had to be to move towards sharing that authenticity. Eg. Public speaking, talking about deeper feelings with a partner, or sharing your art/ craft/ heart with strangers are only a couple of examples. Think: situations where you felt shy/ vulnerable/ open and *you did it anyway*. We will be incorporating some writing around these experiences in the art work later.

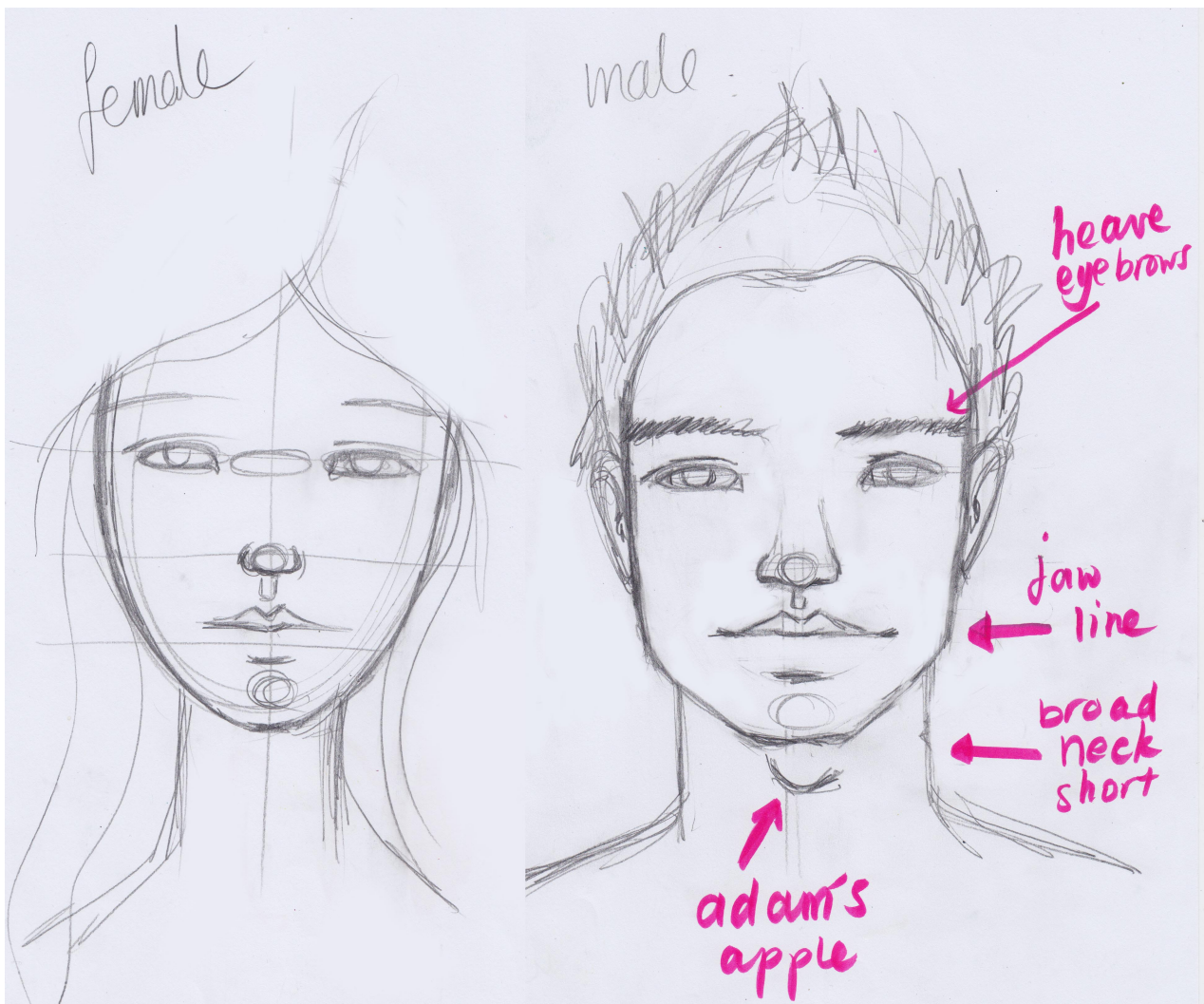


Male vs Female Portraits

Here are the aspects to focus on when you want a face to look 'more male'. Remember that masculine faces come in 'shades of masculinity'. Eg: some men seem to have strong masculine features while others less so. Similarly with females: some have very strong female features while others might look more androgynous or masculine. Depending on what you want to achieve, you can play with the below guidelines.

To make a face more masculine:

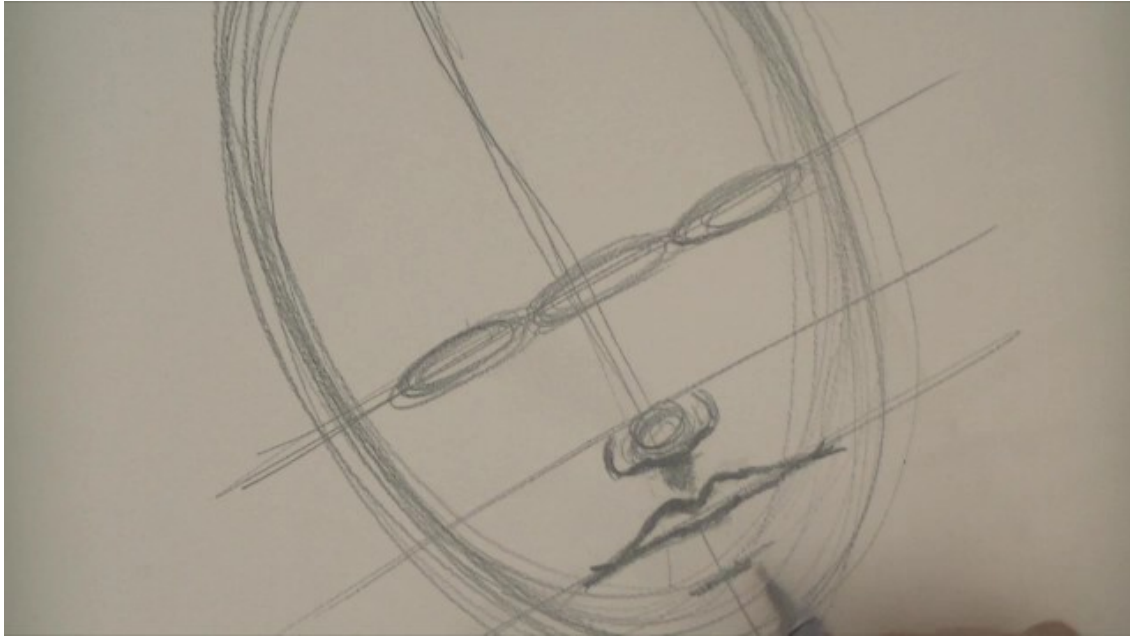
- use angular lines over rounded lines
- sharpen the jaw and chin lines
- create a heavier brow/ forehead + heavier eyebrows
- widen the neck and make the neck shorter
- include an Adam's apple
- add facial hair
- I chose to make the nose a bit wider/ bigger though I don't know if that alone would make a face look more masculine
- If you're adding a bit of a torso, make the shoulder lines angular rather than rounded off.



Step by Step

This week I'm working 'landscape' as I wanted to add a big 'angel wing' to the side of the man-boy-angel.

Step 1. Sketch your face.

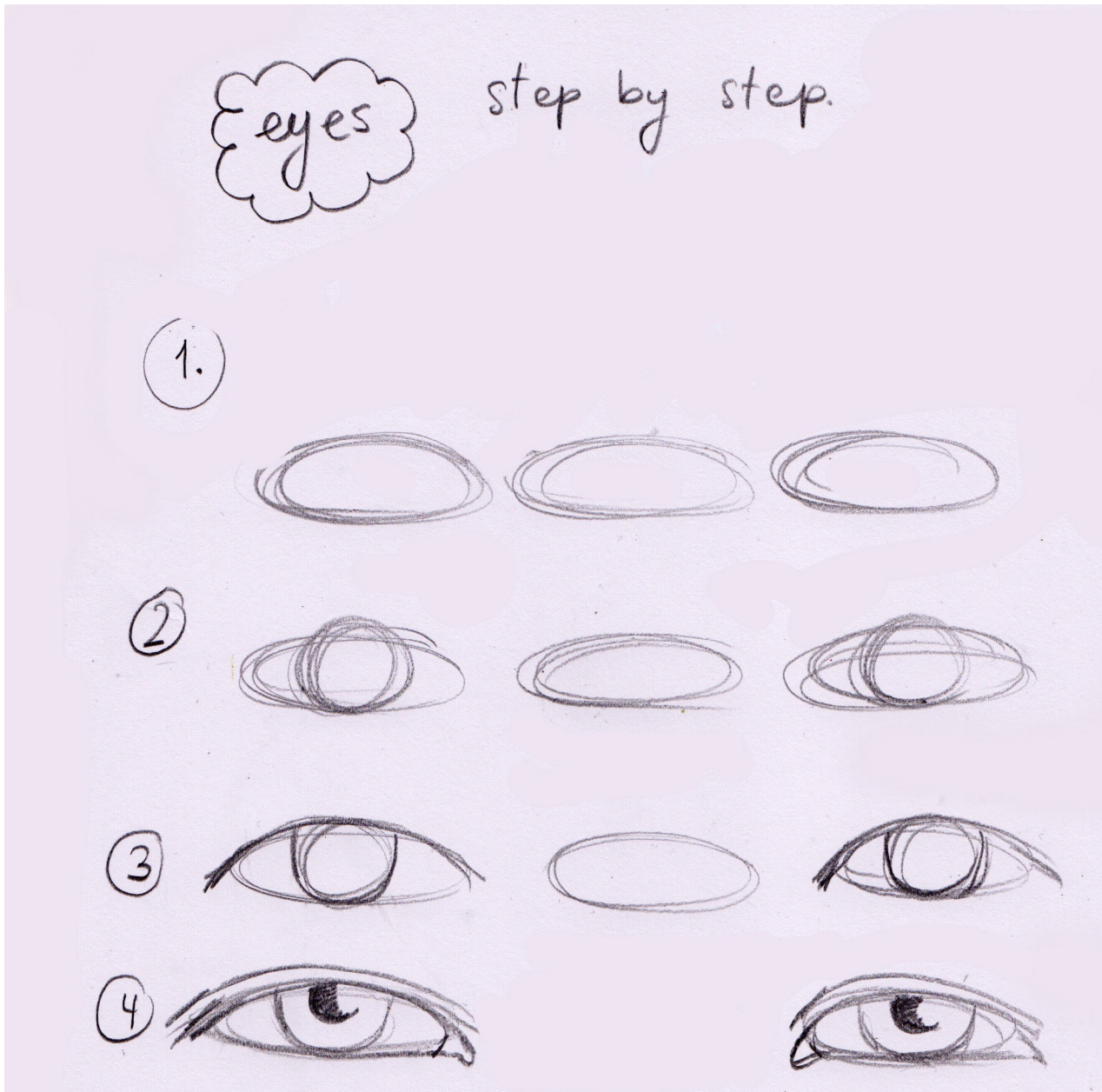


Quick Guide on Sketching:

1. Start with an oval shape.
2. Draw a vertical line through the middle of the oval this is the middle of the face where the nose will be.
3. Draw a horizontal line half way down the circle (this is where you will place your eyes)
4. Draw another horizontal line through the middle of the bottom part of the oval (this is approx where the middle/ bottom of the nose will go)
5. And again, draw another horizontal line through the bottom-bottom part of the oval (this is roughly where the mouth will end up).
6. Allow for the space of approximately 1 eye between the two eyes.

Obviously, many faces have all sorts of different dimensions, depending on ethnicity and simply differences in shape, so you can play with these guidelines. This face is more of a stylised male face that doesn't look completely like a realistic face. If you want to develop your style, play with the given dimensions and experiment. Adjust size and placement and different combinations to find out what it is YOU like! :) Depending on your style and preferences, the mouth/ eye/ nose dimensions and your personal style can be very different.

The eyes



Tips on doing eyes.

- Only ever fully expose the iris and/ or pupil if you want your person to look startled, shocked or scared. To give your character a more relaxed expression, partly cover up the iris and pupil (see in the image above).
- As a general rule, aim for the size of approx 1 eye between the two eyes you are drawing.
- Because this is male portrait: remember to add 'heavy eyebrows' above the eyes



On a male face I like making **the nose** a little bigger and wider though I don't think it's essential to achieve 'male-ness'. I don't think it's needed, but I still find myself doing bigger noses on males. Here are the basic simple steps to get you started on a nose:

the nose?

1)



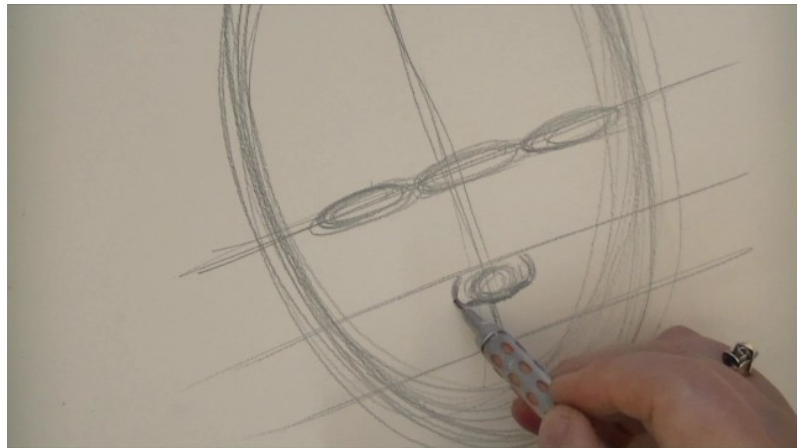
2)



3)

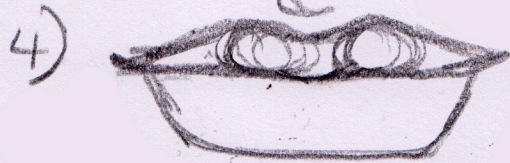


4)



the mouth

step by step

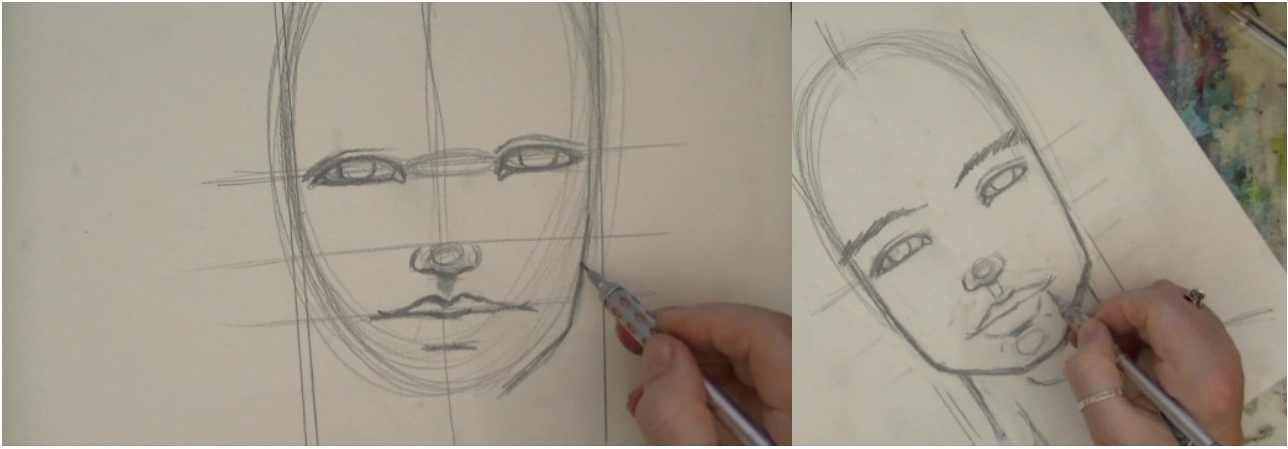


The mouth on a male face isn't much different from a female mouth, though I find myself making the angles a little more angular and the lips somewhat bigger. Also remember that mouths can have all sorts of shapes/sizes no matter the gender. Lips can be luscious and full or thinner and elongated. Again, different mouth shapes can be experimented with! Try out all sorts of different shapes to see which ones you like and don't like. If you want your mouth to smile, pull up the outer corners a little. Follow the easy steps above to create a simple mouth.



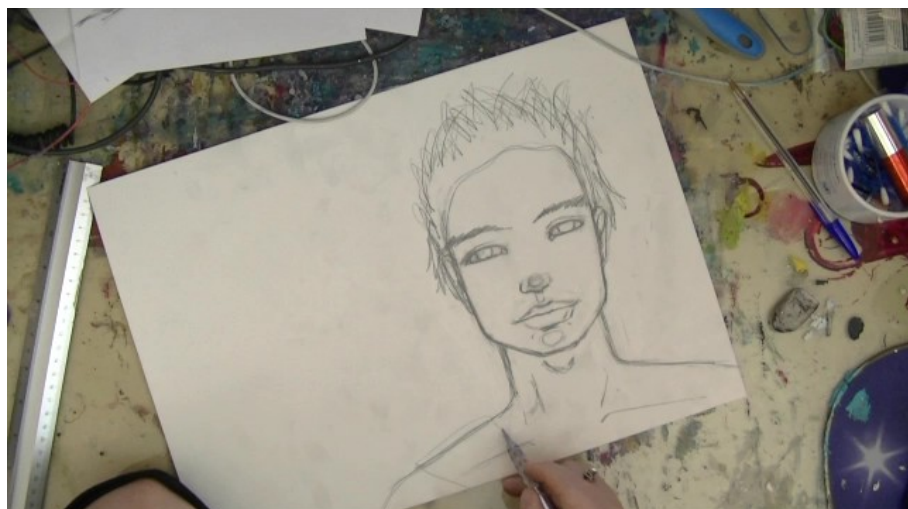
Face outline/ shape

When shaping the outside of the face, make the jaw and chin more angular, avoid using round/ curved lines and shapes.



Add a thick/ wider neck and shorten it too. If you're including some shoulders, make those more angular too.

For hair I went for a 'messy' hair style but you can decide on any kind of hair style you want. I find it helps somewhat to make the hair style simply a line that follows the hair line edge inside of a 'parting' I might do with girls.



After I sketched the face I sketched in extra elements like the wing(s), some decorative background elements and decorations on the guy (these are all optional, go with what speaks to you). I liked using more angular background patterns and shapes (like squares/ rectangles/ triangles) to be in line with the 'masculine' theme, but I also liked bringing in some feminine energies and shapes in the form of wings and hearts.



Now, connect with a time in your life that you needed to be open, vulnerable and honest about a situation and connect with the courage and strength you needed to have in that moment and realise that you have that inside of yourself and really honour that. And then connect with the positive impact this had on other people and yourself.

Write some thoughts down in the background in relation to this experience any things you may want to honour about the qualities you have inside of yourself in relation to vulnerability and the strength and courage you needed for that.

When writing down, don't worry about legibility, it's just expressing what your thinking/ wanting to honour inside of yourself. Examples of what I've written:

"Vulnerability requires strength, courage and compassion"

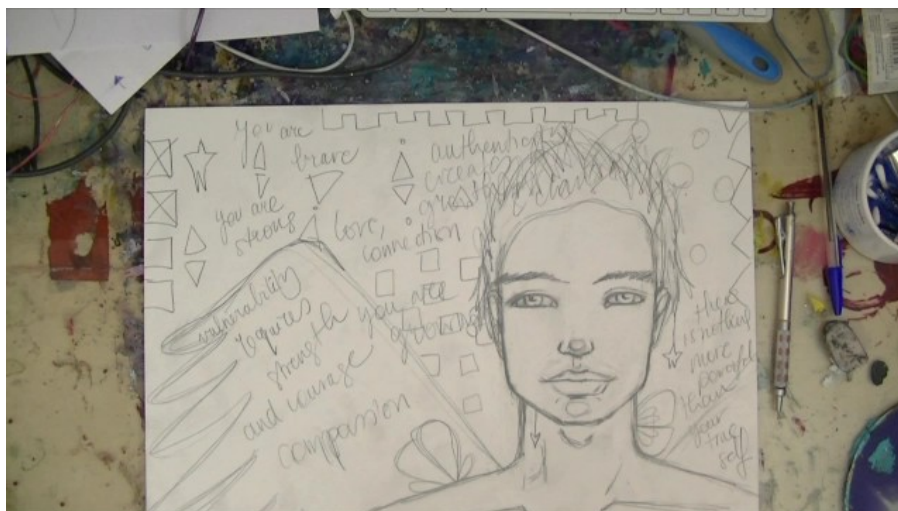
"You are Brave"

"You are Strong"

"There is nothing more profound than your true self"

"Authenticity creates change"

"Love, connection"



Shading the Face


There are many ways that one can shade a face. It all depends on where you assume the light is coming from. In this painting I assume the light comes from the front. Below I've detailed where I tend to place the different shading segments for this kind of face and assumed lighting.



 = darkest

 = light

 = medium dark

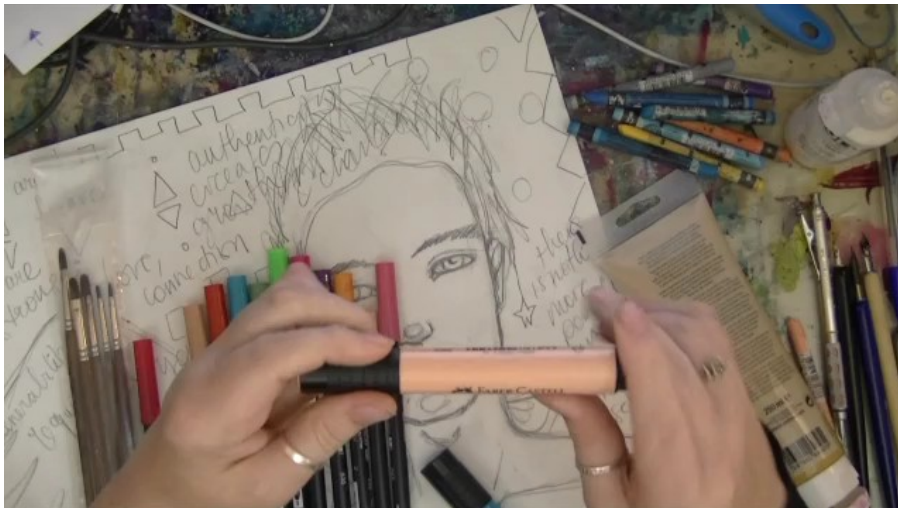
 = highlights

Colours & Materials I like using for Shading

I don't always use the same colours, but mostly I tend to go to the following colours in the Caran D'ache Neocolor II crayon range:

- Salmon for the first layer
- Darker tones: pink salmon/ orangish yellow (gives a bit of a 'tan')/ cinnamon/ raspberry/ browns/ light reds
- For this painting today I used an ochre acrylics also
- Mouth: raspberry/ red or magenta for females, but for men I stick with more neutral skin tones
- I also use my graphite pencil a lot for accents and darker shading
- For highlights and muting I use white gesso, white paint markers (e.g.: posca pens) or white acrylics
- I also use salmon/ portrait pink/ titan buff in an acrylics paint (brand is not that important)

I vary a lot in the kinds of materials I use though I almost always use the neocolor II crayons. I also like using: acrylics, tombow & letraset markers and Faber-Castell markers or watercolour pencils. All of these are optional; I recommend experimenting and finding out what works best for you.



Working on the Background & Extra details

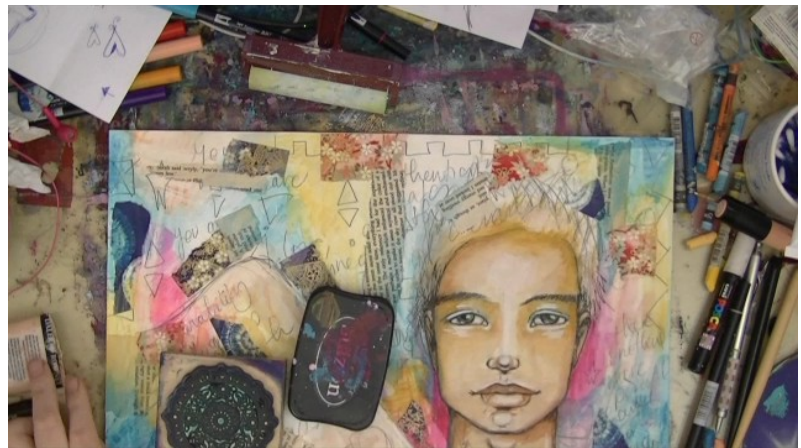
Step 1. I started with collage.



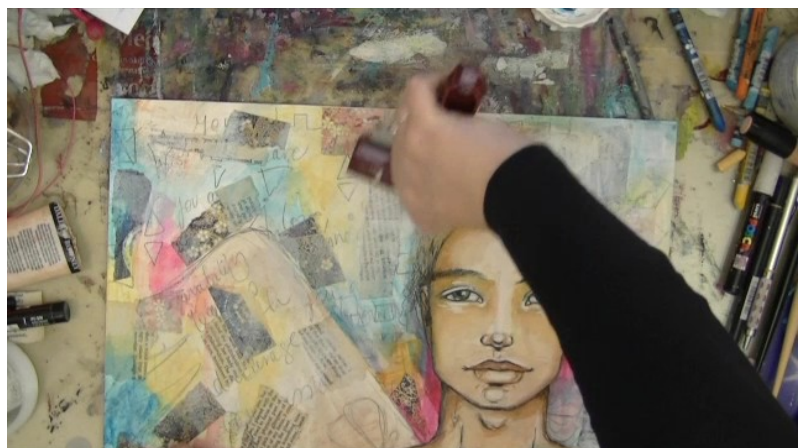
Step 2. Added colour over the collage with neocolor II crayons.



Step 3. Added some rubber stamping.



Step 4. Added white gesso with the brayer to mute down the background.



Step 5. Firmed up little details and brought back details lost.



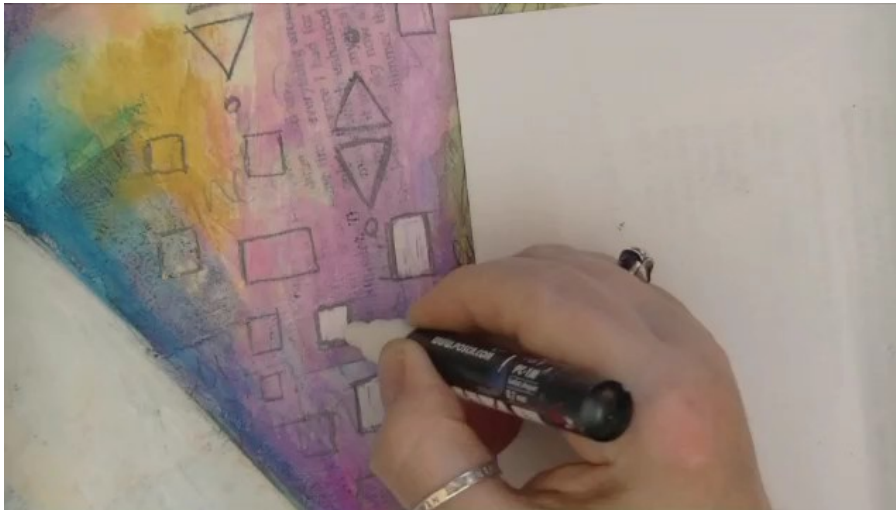
Aww look adda cute bunny wabbit! ;)

Step 6. Added white gesso to the wing.



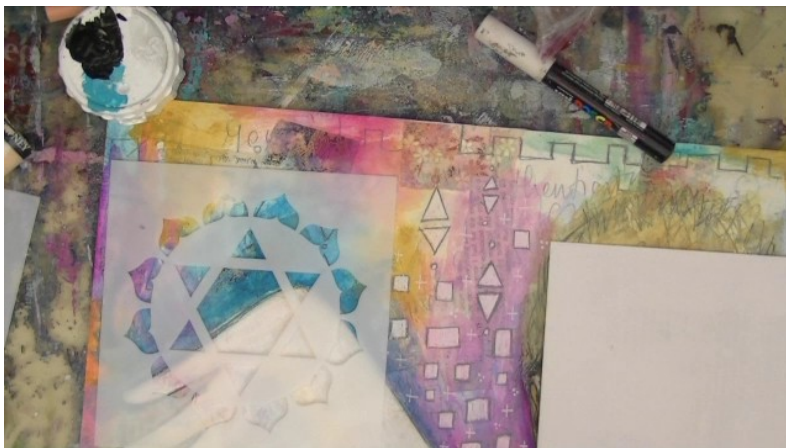


Step 7. Added more colour with markers and water-based paint to the background.



Step 8. Added little doodle details in the background.

Step 9. Added a stencil which later on completely disappeared as it wasn't working for me.



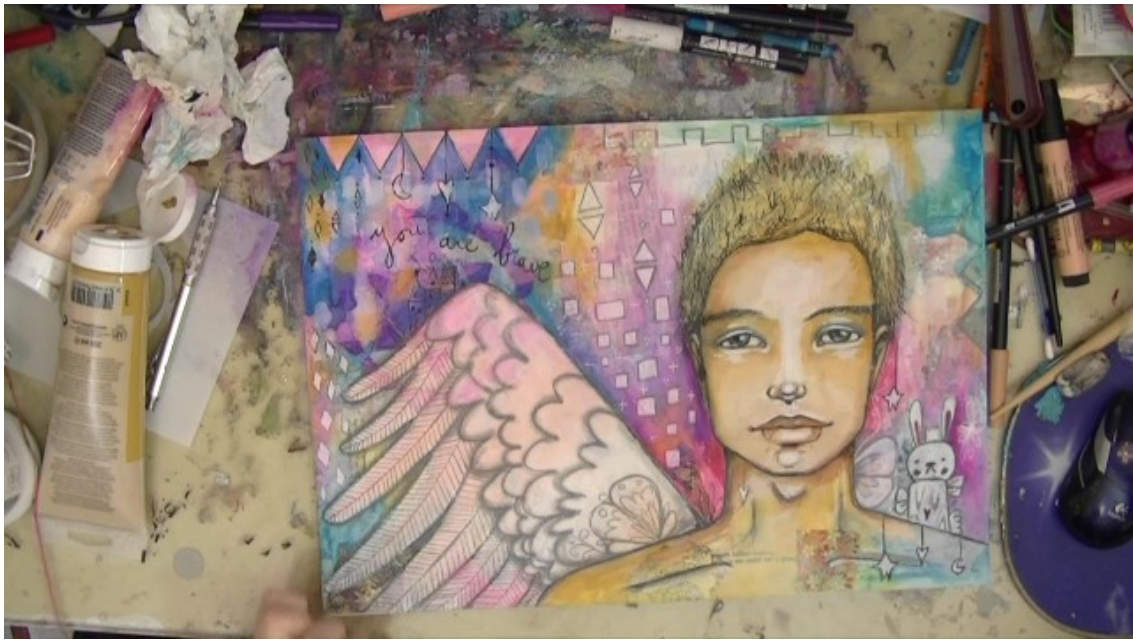
Step 10. Added detail to the wing.



As a final touch I added an affirmative sentence with ink pen and more details in the background.



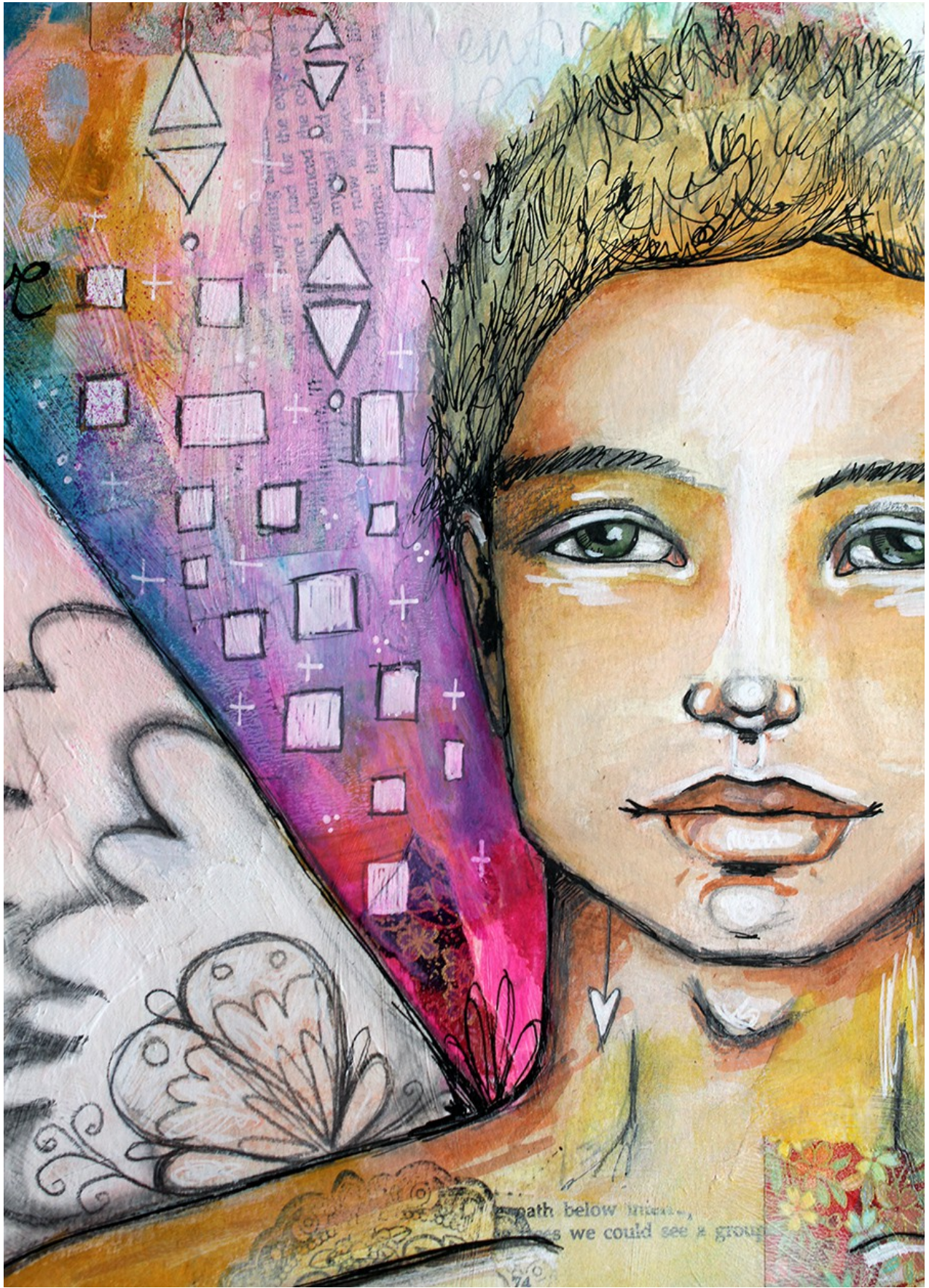
And finished! :-)



Here are some more detail shots of the painting.









I hope you enjoyed the lesson today!
Thanks for being here and trying out my suggestions. :)

