

Zen artworks

Make your own artworks from your personal hand-drawn doodles using Adobe Illustrator.

Words and artwork by Kate Podger

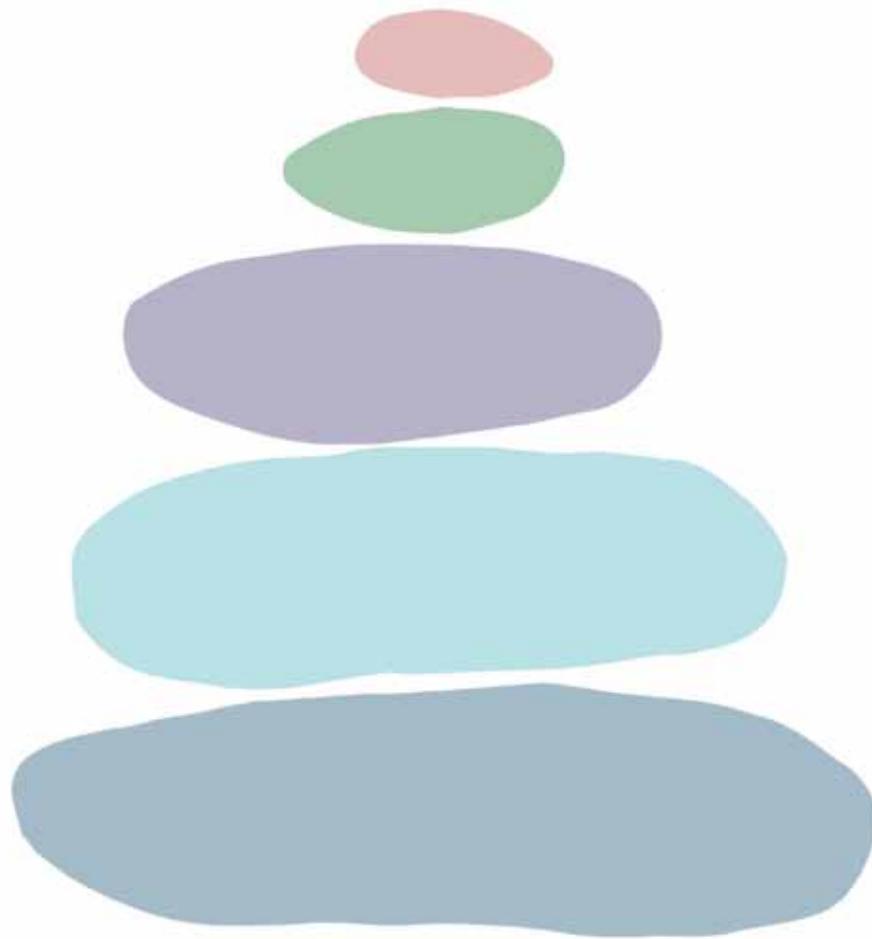


You will learn how to:

- Convert drawings into scaleable vectors
- Choose and install fonts
- Manipulate fonts and convert them to vectors
- Colour shapes
- Move shapes



This project appeared
in Issue 01 of *WellBeing
Creativity Book*



Balance

You will need

- 1 Black marker
- A4 white printer paper
- A scanner
- A computer
- Adobe Illustrator

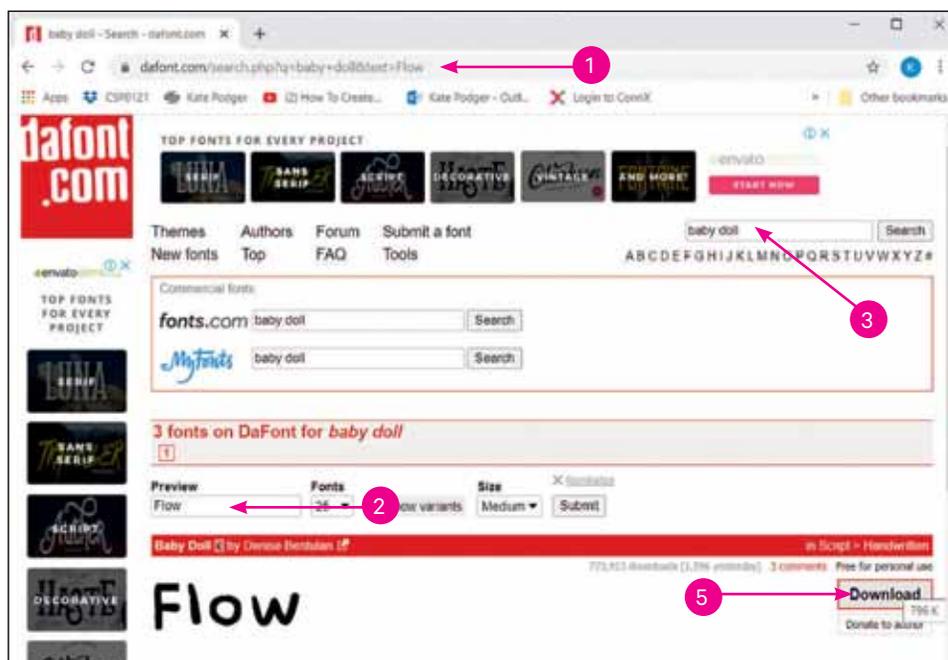
- 2 x 8in x 10in frames
- Internet access

Note: This project has been created using a PC but can be done on a Mac.

Part 1: finding and installing fonts

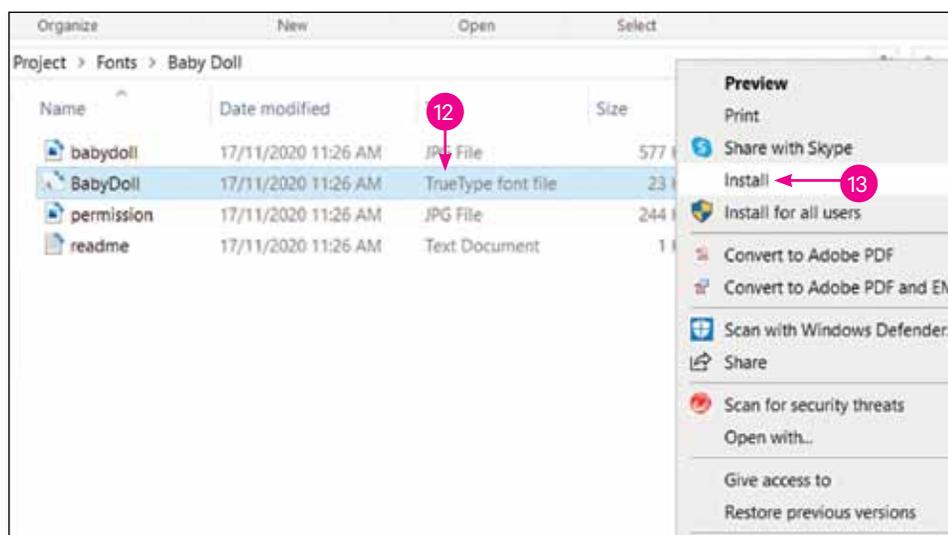
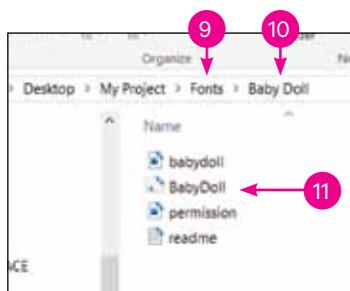
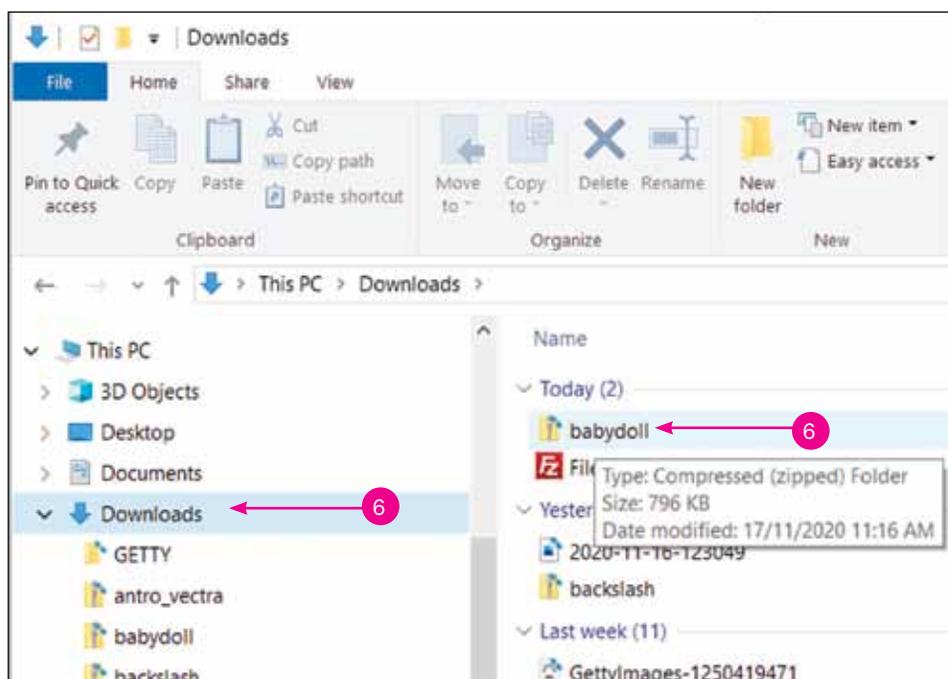
Finding your font

- 1 Go to the font library online at dafont.com
- 2 Type your text into the preview box.
- 3 Scroll through the fonts available. In this case I searched in the “Fancy” category.
- 4 Choose the font that feels right to you. I have used Baby Doll. If you would like to use the same font you can simply type the font name in to the search box and it will come straight up.
- 5 Download the font by clicking the download button.



Installing your font

- 6 Go to the downloaded file in your downloads directory. It will be a compressed file folder.
- 7 Double click on the folder to decompress the files.
- 8 Select all of the files in the folder. Right click and hit “Copy”.
- 9 Go to your project folder.
- 10 Right click inside the folder and create a new folder, naming it “Fonts”.
- 11 Create a folder inside the Fonts folder using the font name — in this case, “Baby Doll”.
- 12 Paste your font files inside that folder.
- 13 Select the file with the name “TrueType font file”. Other names for this might be “OpenType font file.” The key is the words “font file”.
- 14 Right click on this file and hit “Install”. Now your font will be installed and working.

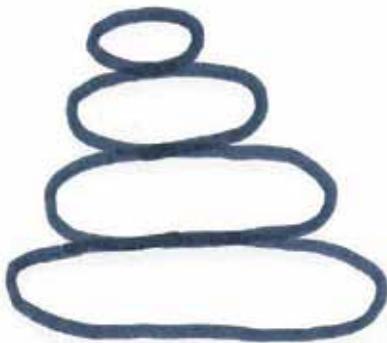


Part 2:

Creating the shapes

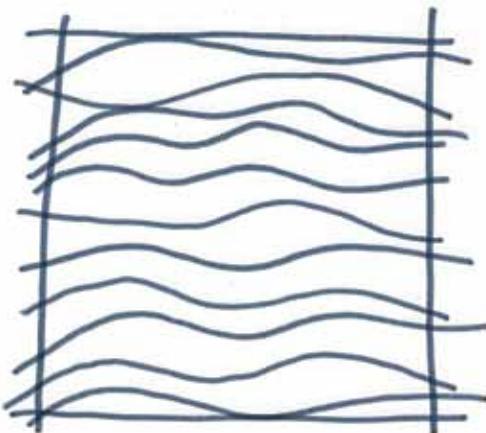
Creating the stone shapes for the balance artwork

- 1 Take a piece of plain white A4 paper.
- 2 Using your black marker, draw a stack of ovals on top of each other to represent a pile of Zen stones.
- 3 Scan the drawing and save the file as a JPEG.



Creating the water shapes for the flow artwork

- 4 Draw 4 lines to create a vertical rectangle ensuring the lines overlap at the corners.
- 5 Fill the space with wavy lines that overlap the edge lines.
- 6 Scan the drawing and save it as a JPEG.



Part 3:

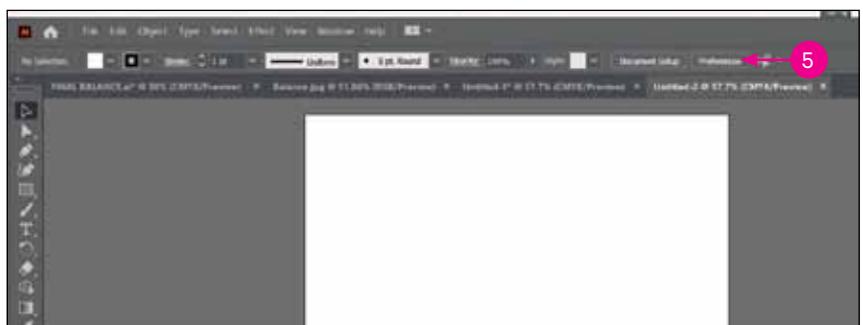
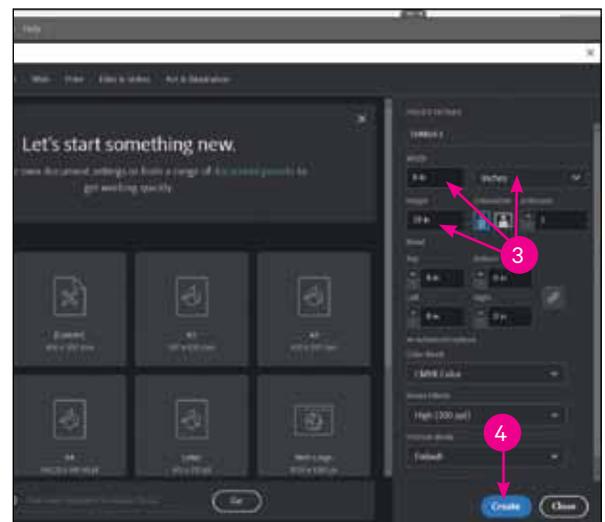
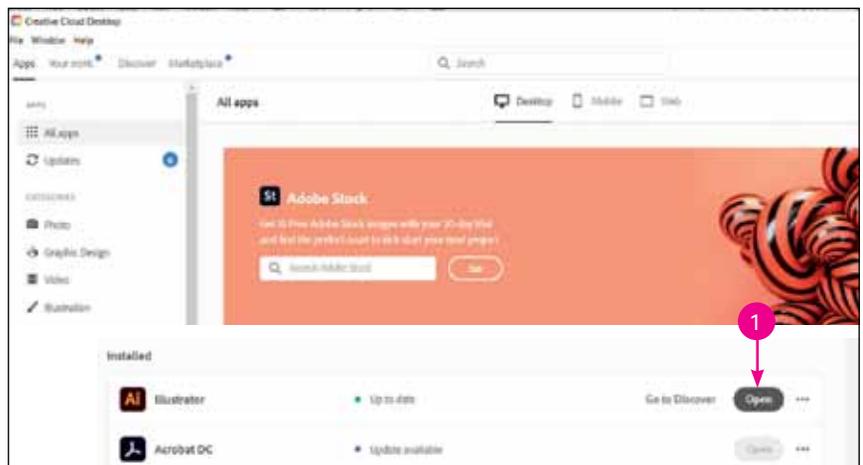
Turning JPEGs into vectors

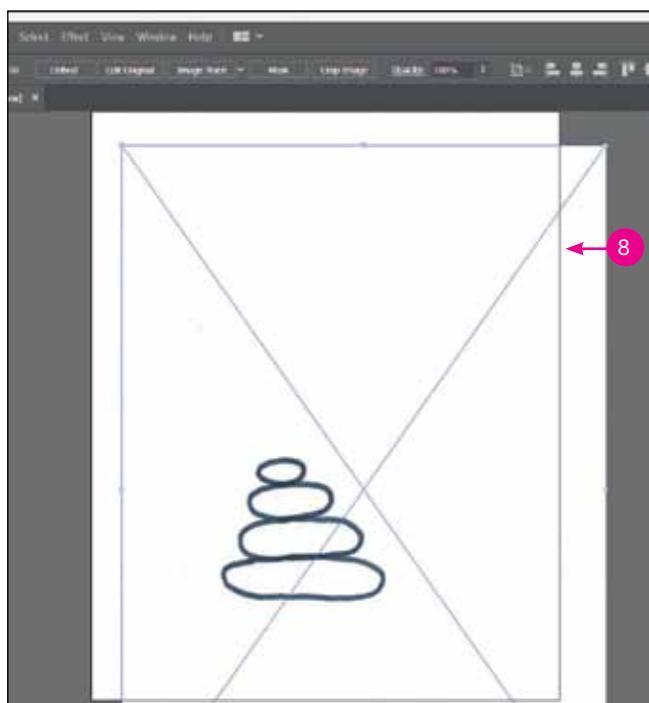
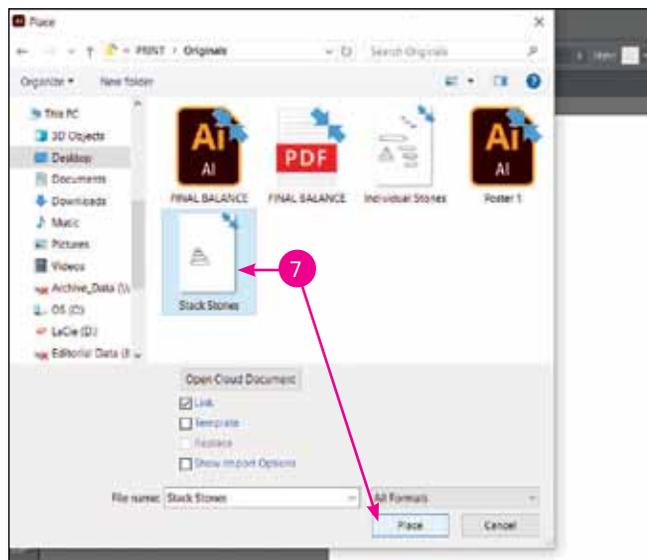
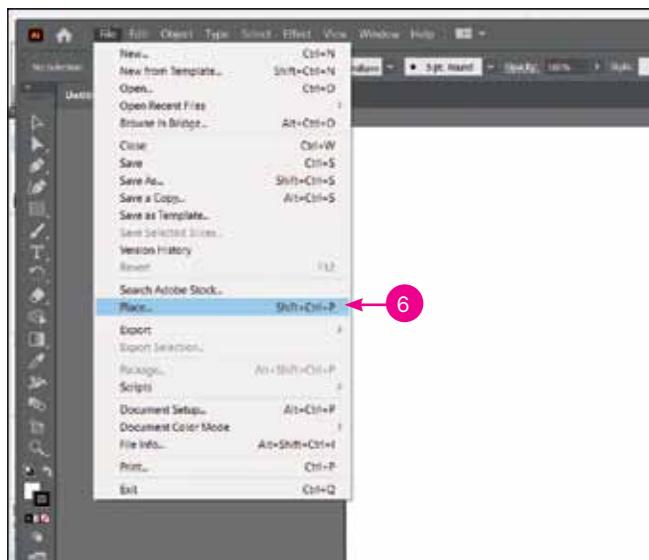
Setting up your page

- 1 Open your Adobe Illustrator program.
- 2 Click on the “Create New” button.
- 3 In the “Preset Details” pane, type in a width of 8 inches and a height of 10 inches. We are choosing this size as it is a common frame and photo print size.

- 4 Click on the “Create” button.

- 5 Your new blank document will appear. Now set up the workspace for the layout by going to the Window menu at the top of your screen. Scroll down and hover over “Workspace” then click on the “Layout” option. This gives you a measurement panel across the top.

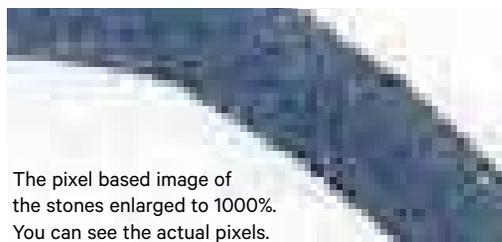




WHY VECTORS?

JPEGs and ordinary image files are pixel based, meaning they are made up of tiny little squares. This is a problem when scaling. If I was to scale one of these drawings to 1000 per cent, for example, the lines would be jagged or blurry.

Vector images such as AI, EPS and PDF are those made up of mathematical curves and coordinates, meaning they can scale infinitely without losing quality. Adobe Illustrator is a vector-based program.



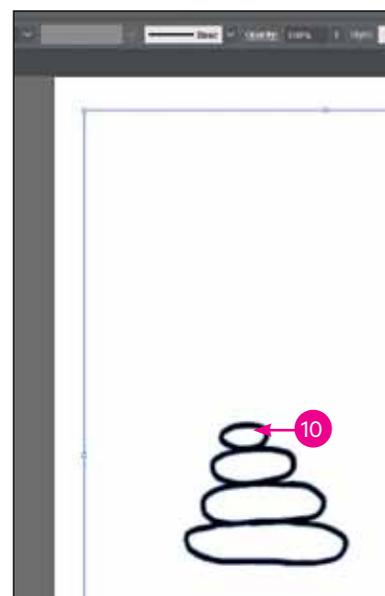
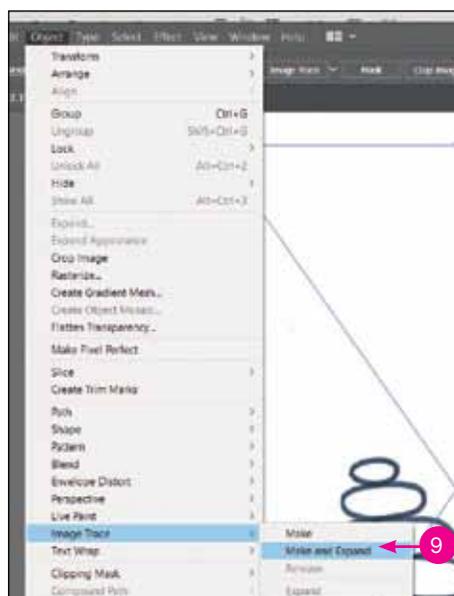
The pixel based image of the stones enlarged to 1000%. You can see the actual pixels.

Placing your drawing

- 6 Go to the File menu and select "Place".
- 7 Go to the location of your JPEG scan and choose the scan of the stones drawing. Click "Place".
- 8 Click on the top corner of your page to place the scan.

Converting your drawing to vectors

- 9 Go to the Object menu, highlight "Image Trace" and select "Make and Expand".
- 10 The result will be a pure black line and a blue guideline around the shape indicating that the vector has been created.

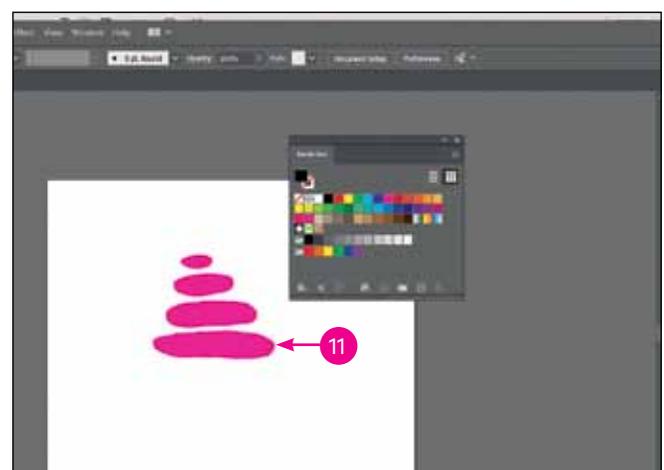
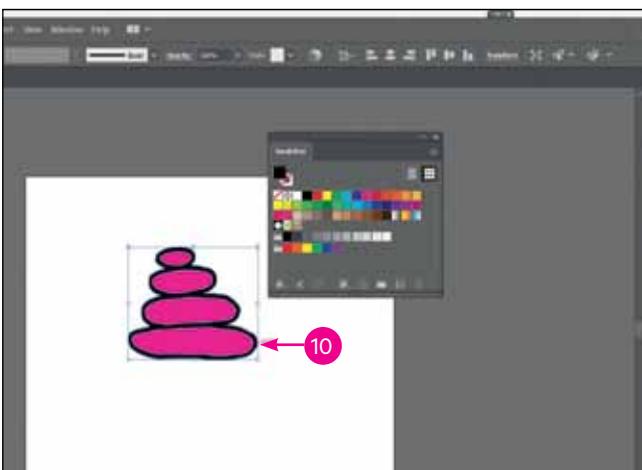
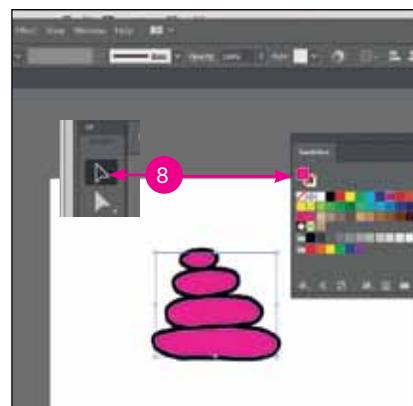
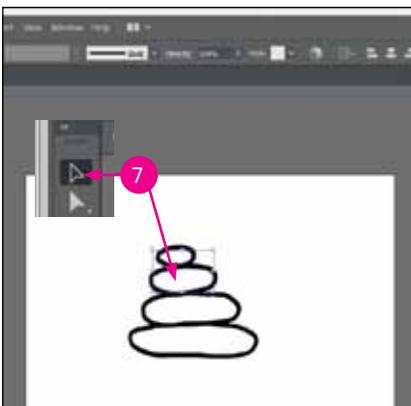
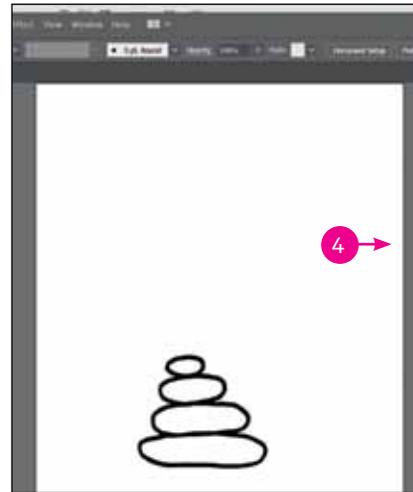
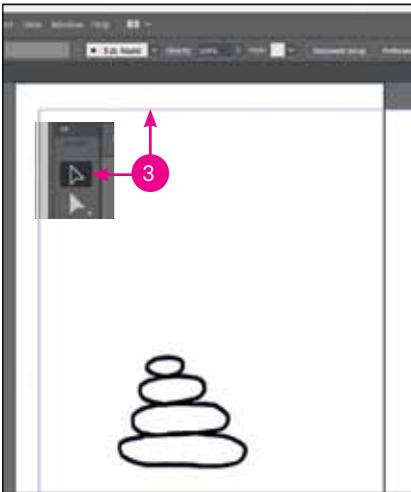
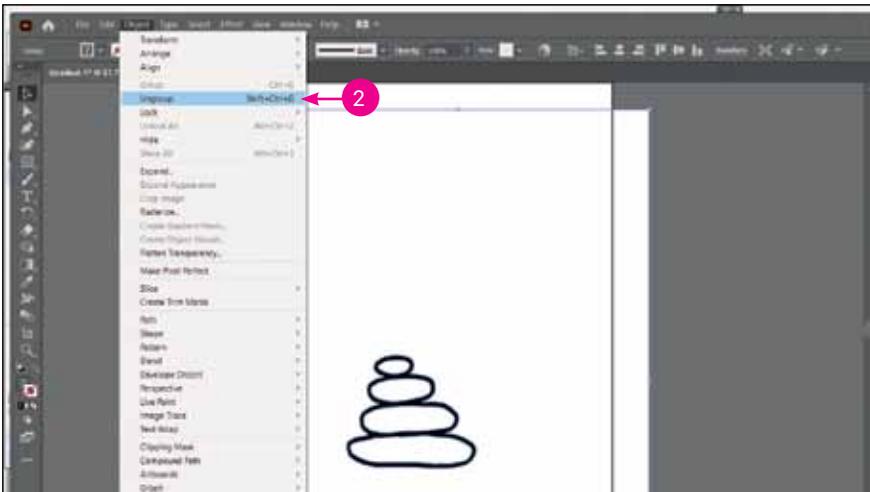


Part 4:

Manipulating your vectors

Separating the shapes

- 1 With your black arrow tool, select all on the page by holding down “Ctrl” and “A” on your keyboard.
- 2 Go to the Object menu and choose “Ungroup”.
- 3 With the black arrow tool, click on the white background box.
- 4 Delete this white box by hitting the backspace button on your keyboard.
- 5 Using your black arrow tool, press “Ctrl” and “A” to select all the remaining shapes then drag them all to the top of the page.
- 6 Click in the background so that nothing is selected.
- 7 Using your black arrow tool and holding the “Shift” button, click on each of the white inner shapes to select them all.
- 8 Change these white shapes to a bright colour using the colour or swatches palette (these can be found in the window menu either by clicking on “Colour” or “Swatches”).
- 9 Click off everything by clicking on the background with your black arrow tool.
- 10 Using the black arrow tool, click on the black outline to select it.
- 11 Delete these lines by hitting the backspace key on your keyboard. Now you have the bones of the balance drawing.

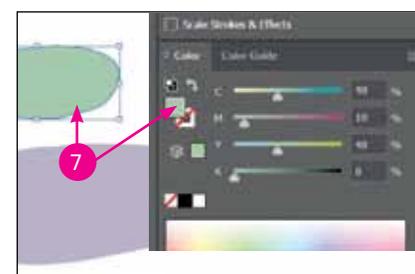
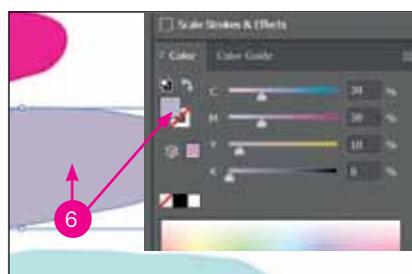
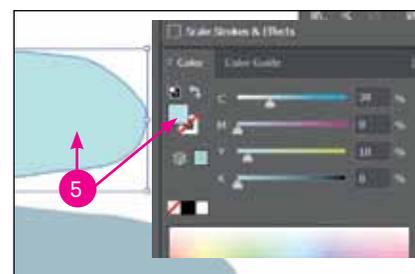
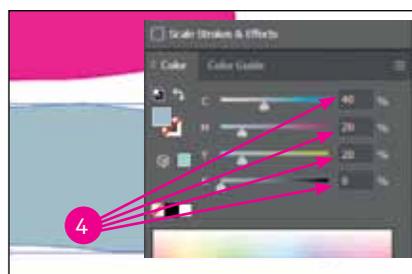
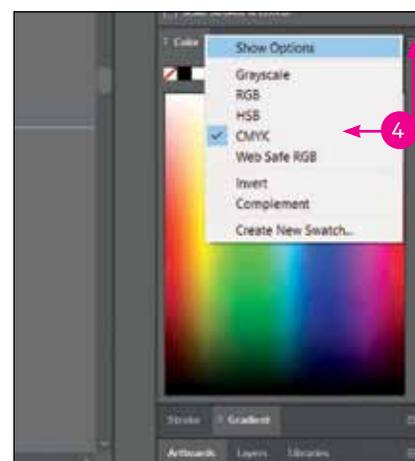
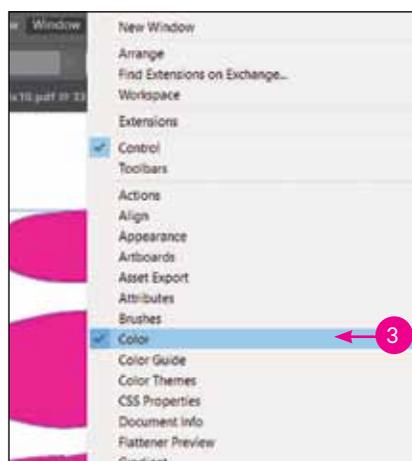


Part 5:

Colouring the shapes

Changing the colours

- 1 Using the black arrow tool, select the bottom shape.
- 2 Go to the Window menu and scroll down to select "Colour". The colour palette will appear.
- 3 Within the colour palette, pull up the CMYK slider bars by selecting "Show Options" from the palette hamburger menu.
- 4 Select the bottom object using the black arrow tool. Manipulate the sliders until you find the colour you desire. Alternatively you can type the percentages of each colour. In this case, the values are: C: 40%, M: 20%, Y: 20% and K: 0%.
- 5 Select the second bottom object using the black arrow tool. Change the colour. In this case, the values are: C: 30%, M: 0%, Y: 10% and K: 0%.
- 6 Select the third bottom object using the black arrow tool. Change the colour. In this case the values are: C: 30%, M: 30%, Y: 10% and K: 0%.
- 7 Select the top object using the black arrow tool. Change the colour. In this case, the values are: C: 40%, M: 10%, Y: 40% and K: 0%.

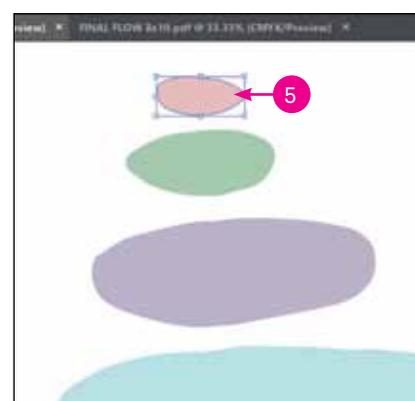
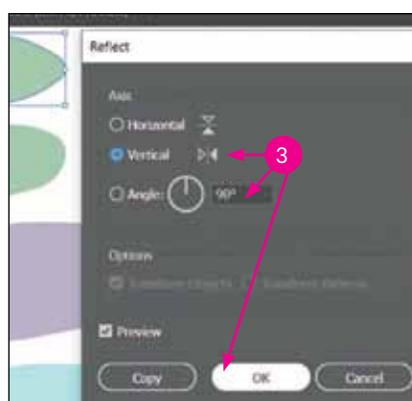
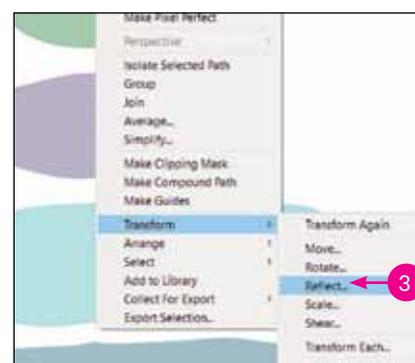
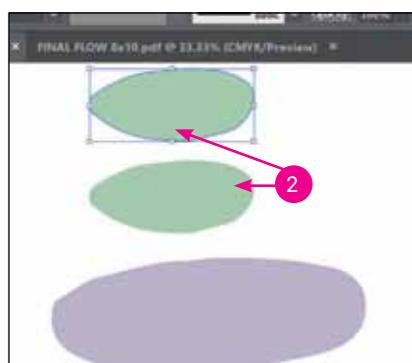


Part 6:

Creating more shapes.

Add the top stone

- 1 Using the black arrow tool, select the top shape.
- 2 Hold down "Alt" and "Shift" as you drag this shape above the top stone. This will duplicate the shape on the same axis so everything lines up.
- 3 Flip the shape by right clicking, highlighting "Transform" and choosing "Reflect". Reflect 90° on the vertical axis.
- 4 Scale the shape in proportion by holding down "Shift" and dragging the corners.
- 5 Change the colour. In this case, the values are: C: 10%, M: 30%, Y: 20% and K: 0%.



Part 7:

Refining the shapes.

Smoothing the edges

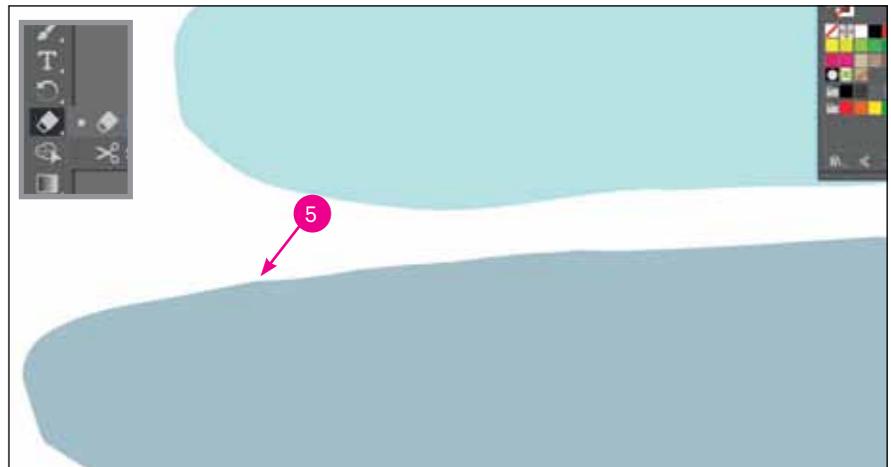
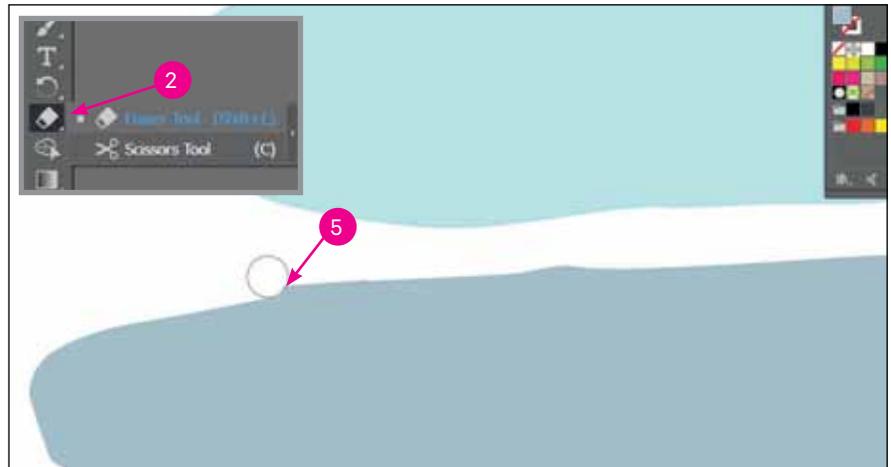
1 Using the black arrow tool, select all of the shapes. Hold down “Shift” and drag a corner to enlarge the shapes to the desired size.

2 Select the eraser tool from the tool palette.

3 Zoom right in by holding the “Control” key and hitting the “+” key. (To zoom out again later, hold down “Control” and hit the “-” key.)

4 To change the size of the eraser, use the “]” key to enlarge and the “[” key to reduce.

5 Run the eraser over any pointy edges to smooth them.

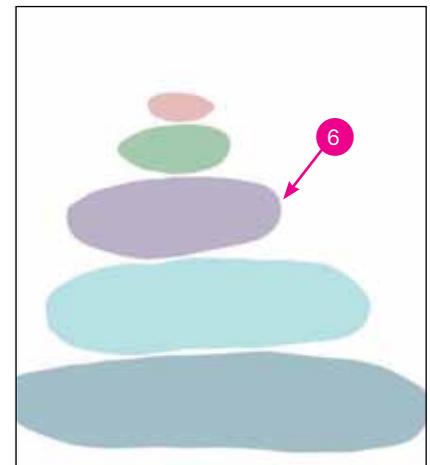
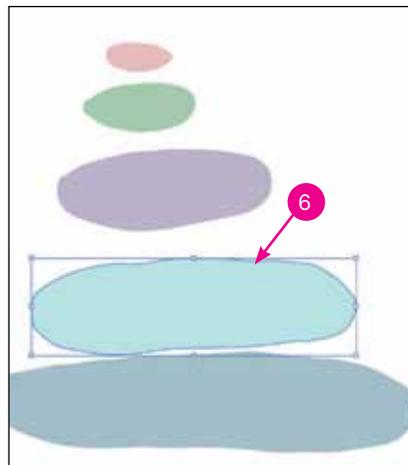


Closing the gaps and moving the shapes

6 Select the individual shape using the black arrow tool. Move the shape up, down, left or right using the arrow keys on the keyboard.

7 Rotate the shape slightly if needed by selecting it with the black arrow tool then choosing the rotate tool.

8 Go back to the shape and drag on the outside to rotate it in the direction you wish.

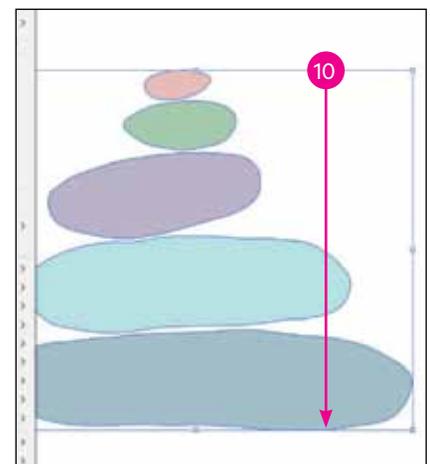
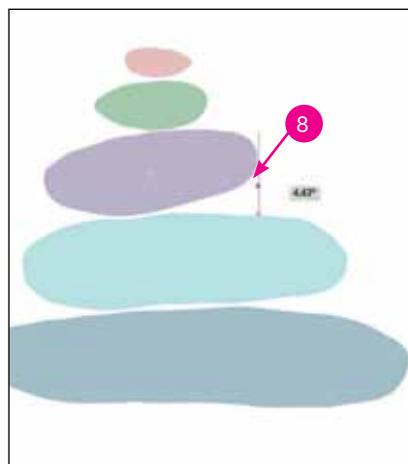


Making one object

9 Once you are happy with your placement, select all of the shapes using your black arrow tool.

10 Go to the Object menu and select “Group”. Now you can move all of the objects as one piece.

11 Place your artwork in the middle of the page.

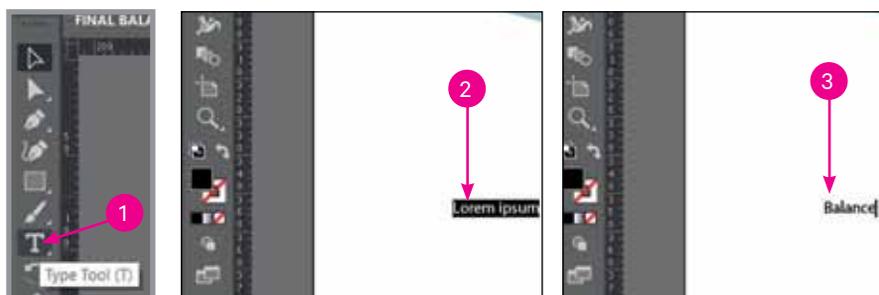


Part 8:

Add the text

Creating the text

- 1 Go to the tools section and select the type tool.
- 2 Click on the page and some highlighted Latin placeholder text will appear.
- 3 Type in the word “balance” or whichever word you choose with meaning to you.
- 4 Enlarge the text by highlighting the word and holding down both the “Ctrl” and “Shift” keys and pressing “>”.

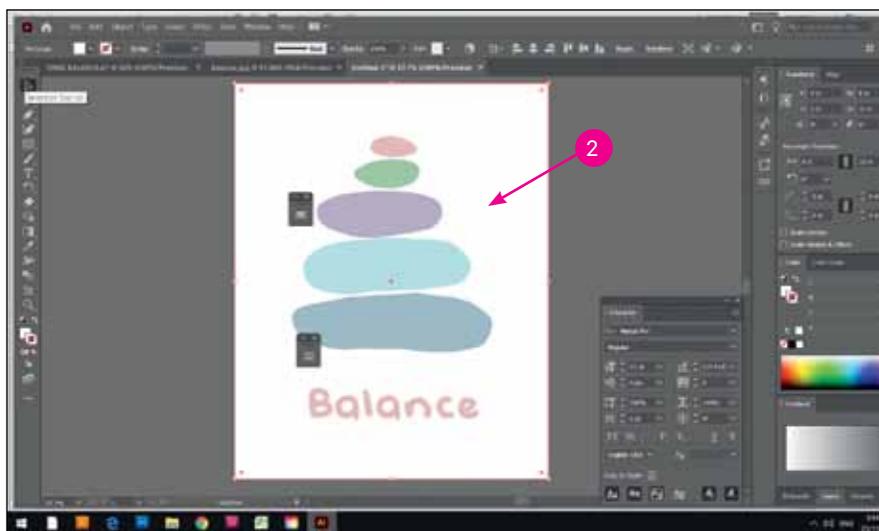


Changing the font

- 5 Go to the Window menu, highlight “Type” and then select “Character”. This will bring up the character palette
- 6 With the text highlighted, scroll through the font list and select your chosen font.

Turn your font into shapes to ensure correct printing

- 7 Select your type with the black arrow tool.
- 8 Go to the “Type” menu and select “Create Outlines”. Now your type will be a vector shape.

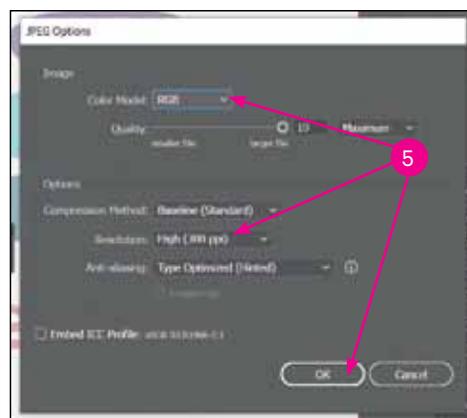
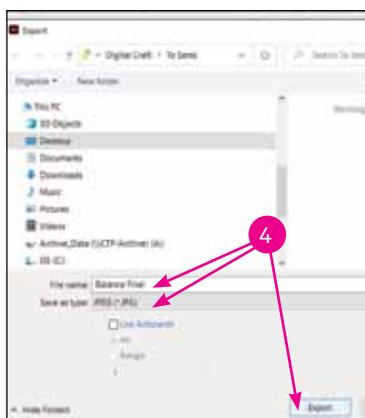


Part 9:

File set-up for print

Exporting the artwork for print

- 1 Using the rectangle tool, draw a white rectangle that’s the size of your page.
- 2 Send the rectangle to the back by holding “Ctrl”, “Shift” and “[”.
- 3 Go to the File menu at the top of the page. Scroll down and hover over “Export”. Choose “Export As”.
- 4 Type your file name, then in the “Save As Type” field, choose “JPEG”. Click on the “Export” button.
- 5 The JPEG Options palette will appear. Inside this window, go to the “Colour Mode” field and choose “RGB”. Then go to the “Resolution” field and choose “High (300ppi)”. Click on OK. This will save the final file.





Part 10:

Create the flow artwork

Make the shapes

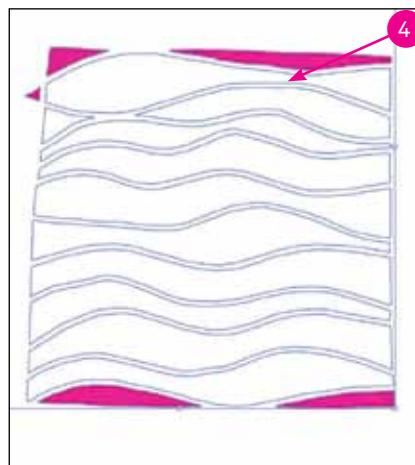
1 Following the steps in Part 3, place the flow drawing, vectorise and then “Ungroup” the artwork.

2 Following the steps in Part 4, delete the black lines and any extra shapes that fall outside of them. Delete the top and bottom line of the shapes.

Smooth the shapes

3 Select all the remaining shapes by clicking on the black arrow tool and holding down the “Ctrl” and “A” keys. Go to the Object menu at the top of the page. Scroll down and hover over “Path”, then select “Simplify”.

4 A slider bar will appear. Slide to the left until you are happy with the smoothness.

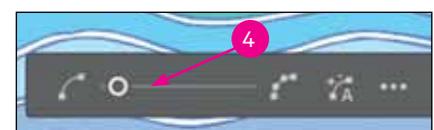
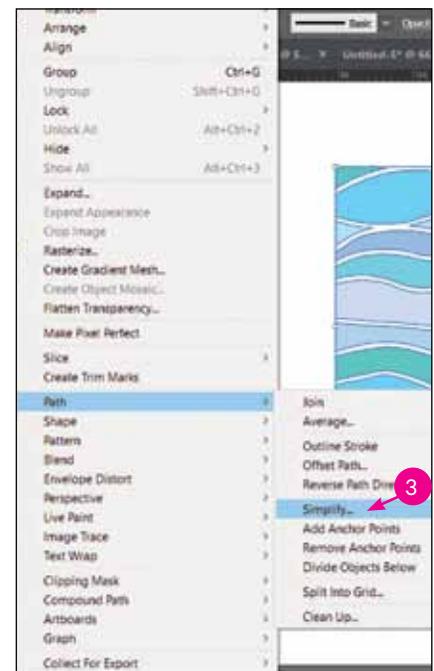


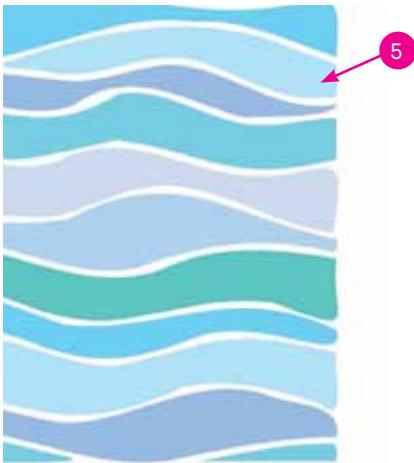
5 Drag the edges of the shapes to the left or right until you are happy with the way they stack.

Colour the shapes

6 Following the steps in Part 5, colour the shapes. I have used the following colours:

- C: 40% M: 10% Y: 0% K: 0%
- C: 30% M: 0% Y: 10% K: 0%
- C: 25% M: 8% Y: 0% K: 0%
- C: 45% M: 0% Y: 15% K: 0%





Create the text

7 Following the steps in Part 8, type in the word “flow” and change the font to your desired font. Colour and outline. I used the colour from the biggest stone in the “balance” artwork so that the prints would sit nicely together and have a relationship.

In this case, that colour is:

C: 40%, M: 20%, Y: 20% and K: 0% . .

8 Centre your elements on the page.

Export the artwork for print

9 Following the steps in Part 9, create the white background and export your file as a JPEG with a colour mode of RGB and a resolution of 300ppi.



Part 11:

Print and frame the artwork

1 I used the Kmart photo printing service for these artworks. To do this, go to kmartphotos.com.au

2 Click on “Prints” and in the “Standard Prints” menu, select “8x10 (20x25cm) \$3.50”.

3 Select your preferred store and then choose “Satin” in the “Print Finish” field. This will stop reflections.

4 Then click order prints and create your account.

5 Upload your files and purchase. In this case, the printing cost should be \$7.

6 You will receive an email notifying you when to collect the prints from the store.

7 When you collect your prints, purchase two frames designed to fit 8in x 10in pictures. The ones I used were \$10 each.

8 Place the prints inside the frames running some sticky tape along the top edge only.

9 Hang your new pictures or place them on a shelf or sideboard of your choosing.

