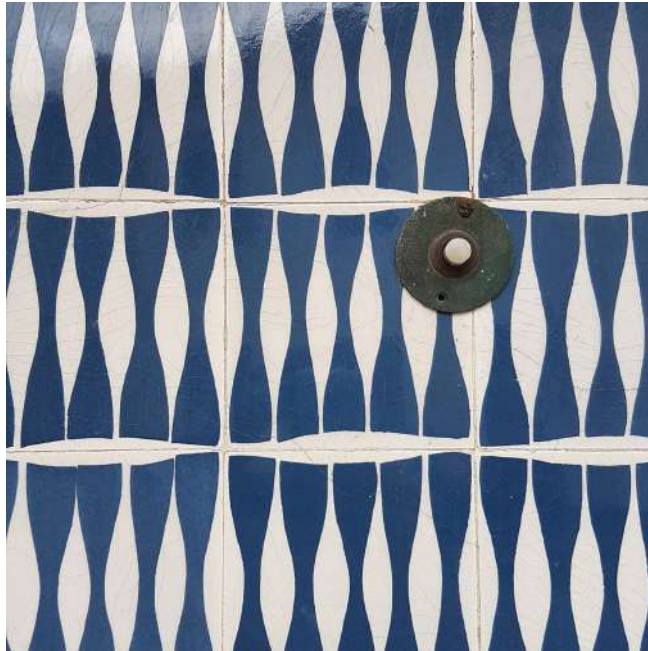




How Pattern Works

An Introduction



Pattern makes
you feel good



by Heather Moore of
Skinny laMinx



Hello!

I'm Heather Moore, a pattern designer from Cape Town with a design & textile company called Skinny laMinx.

That's me in the pic, on my first visit to Lisbon in 2016. What a place for a pattern designer to visit. The buildings of the city are covered in patterned tiles!

Even though I make a living designing patterns, I love it that I still have so much to learn about pattern & design, which is what keeps it interesting for me.

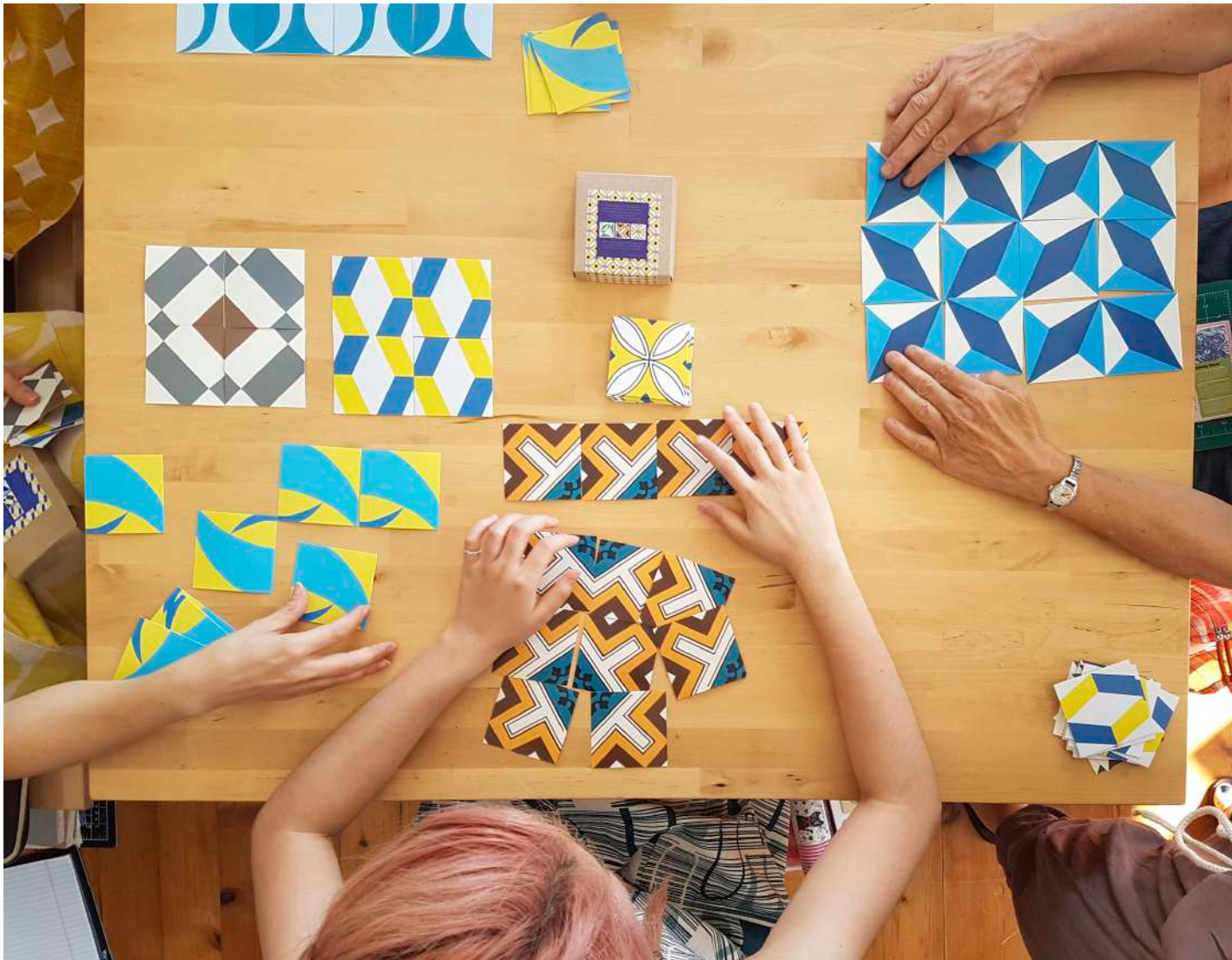
My experience in Portugal made me think about pattern in a new way, & this is what I'm sharing with you in the How Pattern Works course.

But before we begin, let's start by talking about the tiles of Lisbon, & why pattern seems to make us feel good.



I first visited Portugal as a teacher with Canadian travel company Ace Camps, who invited me to Lisbon to teach a group of students about how pattern works.

Of course, I used tile as my teaching tool!



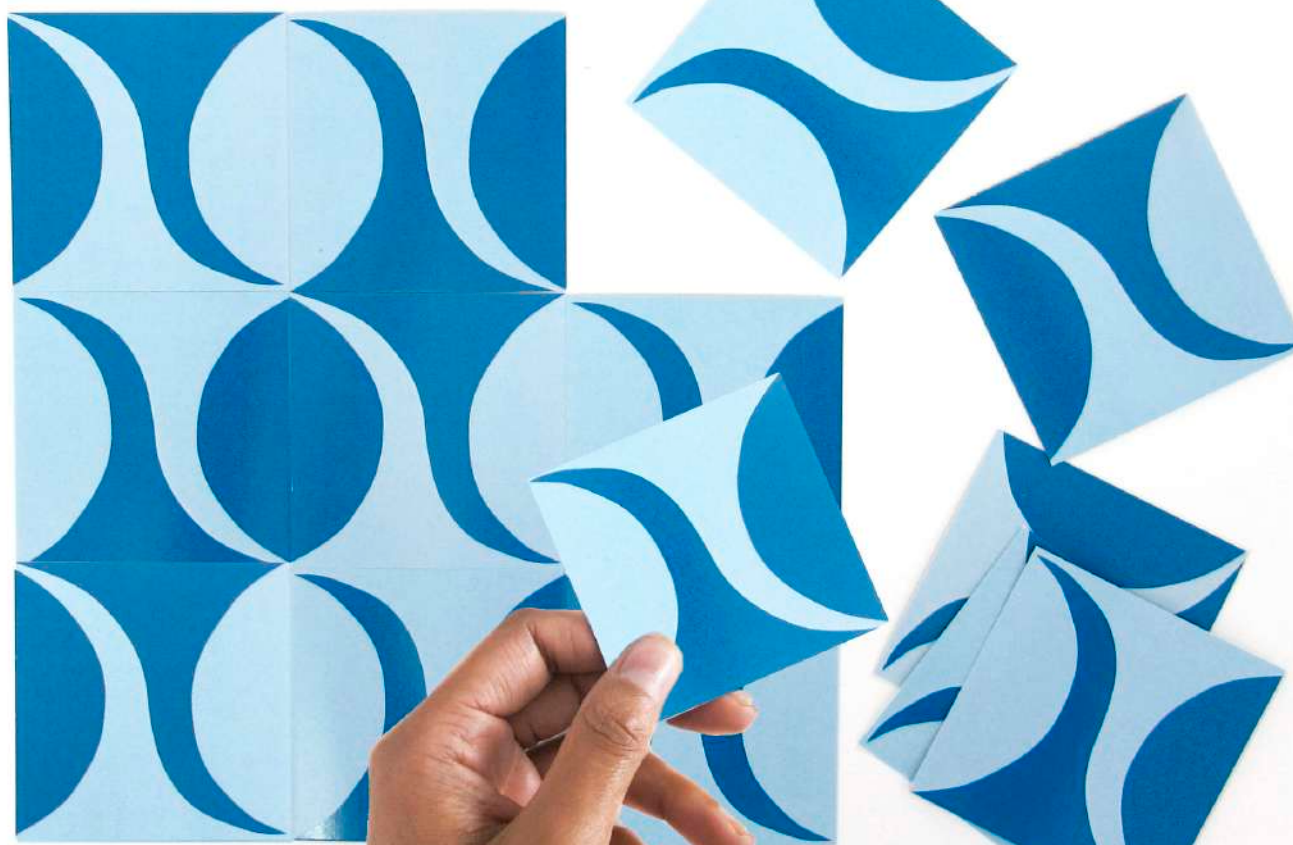
I wanted to give my students an immediate, hands-on experience of pattern, so I gave them all packs of Lisbon tiles that I'd made from card.

By playing with these cards, the students got to figure out how some tiles are designed as an element of a large pattern, & others can be used to generate loads of different patterns, depending on how they're placed.

As the students used the cards to explore pattern layouts & variations, I noticed how the energy in the room changed, becoming really peaceful, quiet & focussed.



I've used the cards in subsequent workshops, & they always seem to have a similar effect



This got me thinking. What is happening in this exercise that causes people to become so focussed & peaceful?



Something else I noticed on my trip was the occasional misplaced tile, or a broken tile replaced with a mismatched tile.

The damage was upsetting, of course, but I also felt upset by seeing the pattern disturbed like that.



I was intrigued by both these experiences, & they got me thinking about how patterns affect our emotions..



Of course, you know that patterns are more than just pretty surface designs.

They are rhythms that operate in time & space, & we perceive them with more than just our eyes:

The passing of the seasons & the rising and setting of the sun are patterns that shape how we live, & the regular geometry of flowers & leaves delight our senses while operating as incredibly effective living systems.



Humans express patterns in time through the rhythms of music & poetry, in space through dance & architecture, & we express our values & aspirations through the pattern of our rituals, habits & routines.



It seems to me that not only does pattern shape everything in the world, it also informs our experience & expression in the world, and... it seems to make us feel good!

What's the reason for the good feelings we get from pattern?

Well, I think it's that the regular, predictable rhythms of pattern give us the sense of some kind of order amidst the chaos.





That's why, especially when things are at their craziest, we get pleasure from the regular, predictable patterns we perceive in music & in the natural world.

These patterns, as well as the patterns we create through our habits & daily routines, all give us the comforting sense of the message that there's an underlying order beneath the unpredictability of our lives.

So, while the **How Pattern Works** course shows you how a single tile can be used to create multiple patterns, that's not the only purpose.

I hope that this course will help you start to notice how, when you perceive or create a little bit of pattern & order in our upside-down world, you feel just a little bit better about things.

Now, let's go play with pattern!

xx Heather





Just as a pattern is made from repeated motifs,
so we build our lives from the way we spend
the passing days.

Come on, let's take care with what we say,
what we make & how we live - every single
day - making our life into a beautiful pattern.

Let's start today.
