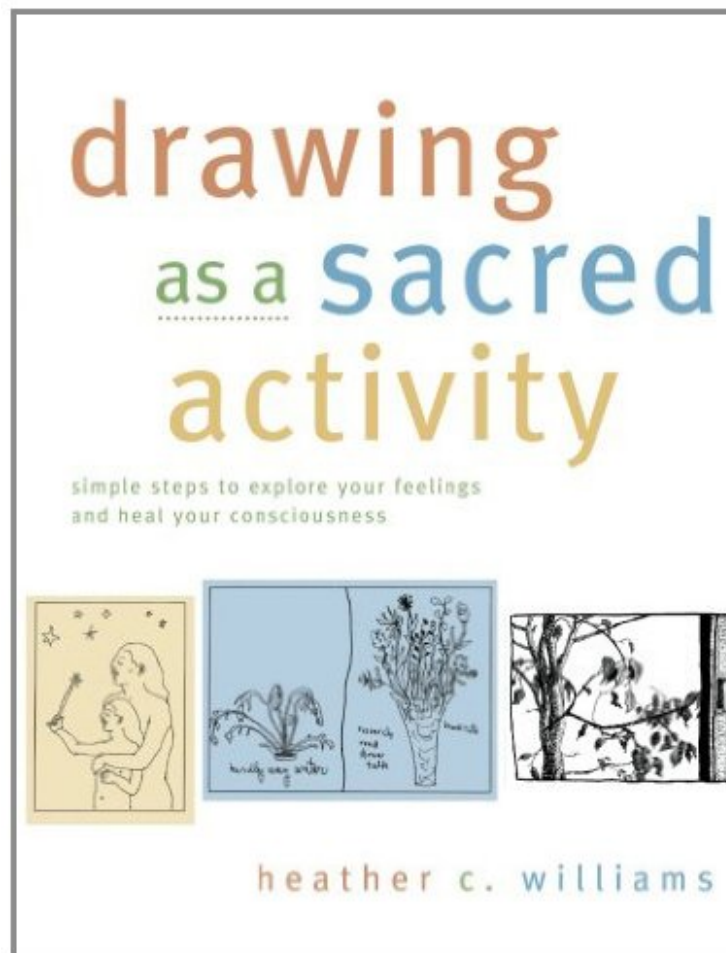


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Drawing as a Sacred Activity: Simple Steps to Explore Your Feelings and Heal Your Consciousness

Heather C. Williams

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Heather C. Williams : Drawing as a Sacred Activity: Simple Steps to Explore Your Feelings and Heal Your Consciousness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drawing as a Sacred Activity: Simple Steps to Explore Your Feelings and Heal Your Consciousness:

7 of 7 people found the following review helpful. Inspiring and important workBy CustomerI absolutely recommend this book for anyone interested in self awareness and the visual language. It really was a breakthrough for me in recapturing the joy and satisfaction I experienced as a child who loved to draw, a major step in recovery from art education.24 of 25 people found the following review helpful. Nurture your own beautyBy Dianna DownsCreativity is the wellspring of our own innate beauty and connection to Creator. Williams gives us simple but powerful tools to nurture, support, and express the Creative Force within each one of us. The nondominant hand work draws out

amazing insights into how we can birth our own most powerful Self. Most of all, she gently guides us to create lovely expressions of our Spirit which can utterly transform self-image. Simply the best guide for spiritual self expression available today! 0 of 0 people found the following review helpful. Five Stars By CustomerExcellent!

Like many people, Heather Williams was not encouraged to embrace her creative side during childhood and as a result turned her back on part of her inner life. Beginning with an explanation of how she reclaimed her artistic impulses, this book invites readers to explore their own resources for creativity. With a step-by-step approach to personal development in the tradition of *Drawing on the Right Side of the Brain* and *The Artist's Way*, it teaches not only the technical skills needed to draw but also ways to delve into our inner lives for healing and inspiration. The book is divided into three sections: Pencils and Perception (observing and drawing what is seen in the physical world); Crayons and Consciousness (drawing the interior landscape); and Ink and Intuition (drawing on one's intuitive wisdom). With 300 black-and-white illustrations, this is an easy, fun way to unlock creativity and unleash the spirit.

From Library Journal Williams combines her natural teaching abilities (she's a California high school instructor) with a lifetime devoted to art in this encouraging guide. Readers are urged to find sanctity in their drawing. Many exercises explore expressing feelings by drawing with the nondominant, less intellectual hand. Williams emphasizes, perhaps too frequently, that readers should be patient and gentle with themselves during their artistic explorations, and she reminds all-thumbs aspirants that "there's nothing wrong with stick figures." This accepting book is packed with dozens of exercises and hundreds of evocative drawings, thus favorably recalling Julia Cameron's *The Artist's Way*. Not to be used as an instructional drawing guide, this is recommended for all self-help collections. Copyright 2002 Reed Business Information, Inc. From the Author This book represents over 30 years of my life and took three years to write. I use and teach Drawing as a Sacred Activity as one way to help myself and my students to find balance in a changing world. When you engage drawing as the sacred activity it is meant to be, you become an explorer with an open heart and an open mind. You, like each one of us, looks out at the world through your own point of view and because your view of the world is totally unique you have a certain responsibility to become more aware of the many different influences that color your point of view. The drawing exercises in this book are designed to help you get to know yourself inside and out. Clearly, drawing is a powerful and natural way for everyone to find balance, create meaning, discover purpose, explore feelings, and experience the wonder and fulfillment that life offers to each and every one of us. As an added bonus, you also produce something tangible to share your journey with family, friends, and community! And finally, because Life is Eternal and Infinite in Essence, there is no fence limiting the discoveries you can make through drawing. Thank you for reading these words and contemplating the value of drawing as a sacred activity in your own life.