

# Drawing

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# Together

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*Awakening the Artist Within through drawing and painting*

## Exercise Four: Stop, Drop, Feel

Time involved: 1-10 minutes

Materials: A piece of paper and a pencil or pen



*Cherish your gut feelings. Even the pit of confusion needs love. Especially love the pit.*

The answers to our big questions are close at hand! If we stop our chattering mind, drop into the warm space of our heart, and feel what is there - we discover exactly what we need to know! And it only takes a minute.

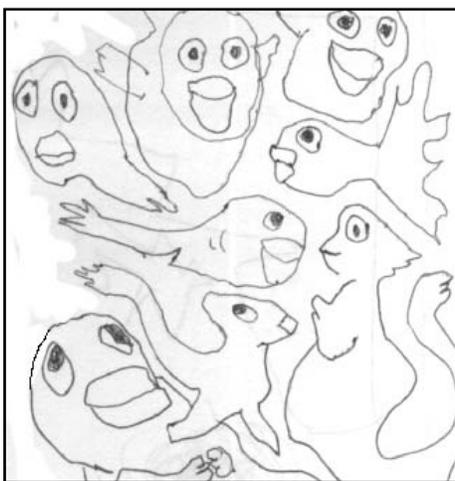
Are you willing to explore, uncover, release, and locate solutions to problems? Some people are addicted to the drama of running around complaining, whining, fearing and making it awful. You have a choice in how you use your energy. You can imagine the worst-case scenarios and waste energy OR you can stop, drop and feel the vibrancy of the Present Moment which connects you to a vast Source of energy.

This exercise supplies and supports you with an immediate, safe, refreshing shift in consciousness. With your pencil and paper, you will draw out of yourself and out of this new consciousness a little drawing to savor and contemplate. The drawing activity is a way to ground this new consciousness, to visualize this new solution, to help you remember that the answer is already arrived. All we have to do is shift.

You can do this anywhere, no matter what is going on. If you are really in a jam, an explosive relationship, a house foreclosure, a shocking diagnosis, a stolen car, it is especially important to get hold of yourself. This exercise is fast and effective.

## The Stop-Drop-Feel Exercise

1. STOP. Stop your chattering mind. Just stop. Period.
2. DROP your awareness and your attention into the very center of your heart. Go to the core of your Being. You know where this is. No questions. No analysis. No reliance upon someone else to do this for you. No trial and error. Just go now. Closing your eyes may help.
3. FEEL. Feel this space. It feels a little different to everyone. It may be a little different each time you do this. But this space in you is a constant, ever-present, formless force of Energy and Unconditional Love. It is here for you any time of the day or night. Get to know this space inside you. If this is totally new to you, you may not feel much at first. With practice, you will find your best friend in this space.
4. Ask a question if you wish and draw using your non-dominant hand. Feel your heart guiding your hand.
5. Thank your heart for sharing with you.



*Out of nowhere they come! Hundreds, thousands, millions, billions of thoughts. Can you see how important it is to manage and control your thoughts?*

See pages 182-184 of my book, "Drawing as a Sacred Activity" for more about this exercise.