
Drawing

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Together

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Awakening the Artist Within through drawing and painting

LESSON 1: Exploring the Interior Landscape

We have to realize that the new frontier is the MIND. Think of the Mind as being an Infinite Intelligence operating throughout the universe. Think of yourself as an Individuation of this vast Infinite Intelligence. If you can think a bit abstractly, you are Mind unfolding a greater understanding everyday as you learn, unlearn and live your life. You and I are conscious of a very tiny (think miniscule) part of this Mind. All the rest is unconscious, as far as we are concerned. The unconscious mind is the realm of dreams, memories, reflections, prejudices, and biases, undiscovered territories, ideas, inventions not yet invented and much more. The unconscious mind is full of imagery, emotion, wisdom, Universal Laws, DNA, human history, pre-history, garbage, old, limiting patterns and more. It's time to explore.

Three benefits

1: Excitement. It is exciting because exploring your feelings, perceptions, thoughts, memories, dreams, ideas is so unique and personal. No one but you can do the job. Therapists, ministers and counselors can be very helpful as you journey inside, but they cannot feel what you feel or see things as you do. No one but you sees the world from your point of view. Your view of things has meaning and significance because it is unique. You have a responsibility to get to know yourself.

2: Problem Solving. Did you know that the quality of your outer, conscious life is greatly influenced by the quality of your interior, unconscious life? It's true! Every event in the outer world is held in place by unconscious mental and emotional patterns. Running away from a problem in your marriage, job or finances does not work. Beating yourself up does not work. Until you go within and change the pattern that creates the outer condition, the same old pattern will reappear. Albert Einstein advised us to develop the mind-set that focuses on the solution. Exploring the interior landscape through drawing is a positive way to solve problems.

3: Good Health. Your health rests securely on a meaningful dialogue between the outer and inner worlds. Drawing together the conscious and unconscious aspects of yourself re-establishes balance, harmony, and health. The activity of drawing, as outlined in my book, in section two, goes into this in great detail with many exercises. Having a counselor or therapist is essential sometimes and taking a drawing with you to the session helps them to help you.



This drawing emerged out of my "One-Minute" drawing exercises. I just got into it and drew and drew, totally absorbed in the moment and willing to let something happen on my paper.

It is time for us, in the 21st Century, to refocus our attention. Instead of focusing on what's happening outside you, stand still once in awhile and look within. Drawing is a safe, exciting, and effective way to look within. While it may be a bumpy ride some of the time, remember that you are Mind unfolding a greater understanding and in the process coming home to your True Identity as Consciousness.