

# DRAWING



# TOGETHER

promoting the Spirit of dialogue

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## Crayons & Consciousness Lesson #1a\*

### Up until now

Time: 5 minutes

Materials: Pencil or Pen and paper

Hand: You will use your non-dominant hand (the hand that never went to school)

We begin with a few basic statements for all drawing exercises in the Crayons & Consciousness series. These very simple drawing exercises are a great way to explore your feelings. Whether you are a beginner or an advanced searcher, whether your feelings are clear or conflicted, it is very likely that you will benefit from spending 5-10 minutes drawing them out on paper. Everyone has feelings. Rather than stuffing them down inside or denying that you have them and later exploding in rage—honor your feelings by drawing them out in a safe, meaningful, and playful way.



You want to create a safe outer environment for yourself by finding a comfortable spot where you will not be disturbed for about 5 minutes. A safe inner environment is important too. You create this for yourself by refusing to criticize or judge yourself during this process. Make it okay to test things out, make mistakes, feel your feelings, to look at things differently.

You will use your non-dominant hand to draw and write. If you are right-handed, then you will use your left hand and vice versa, if you are left handed—use your right hand. Somehow it appears that for most people, they are more open to allowing honest feelings to flow from their “other” hand. Honesty and simplicity is what we are after here. Many adults get very skilled at hiding their feelings even from themselves. So try your other hand and see for yourself.

When you finish with this exercise, give the drawing a name and hang it up and look at it for a few days. The lessons sometimes flow out of this for days.

### EXERCISE:

1. Sit, breathe, relax.
2. Hold a crayon or pen in your non-dominant hand and draw a vertical line down the middle of your paper.
3. Focus on an issue that concerns you right now.
4. Write “Up until now” on the upper left side of the paper and below that make marks to express how you feel about this issue. Scribble, slash, plod, be precise, make a mess. Allow your heart to guide your hand.
5. Write “What love would do here” on the upper right side of the paper.
6. Drop your awareness into your heart for a moment. Look for a little door at the back of your heart. This door opens out into the infinite part of you where unconditional love dwells. Feel unconditional love flowing into your heart and into this issue.
7. When you feel ready, let the love draw a picture or make marks on the right side of the paper. Just be open and willing to allow this love to take form.

\*See page 145 of *Drawing as a Sacred Activity*, by Heather C. Williams