

DRAWING



TOGETHER

promoting the Spirit of dialogue

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Crayons & Consciousness Lesson #2a*

Accuse & Release

Time: 10-15 minutes

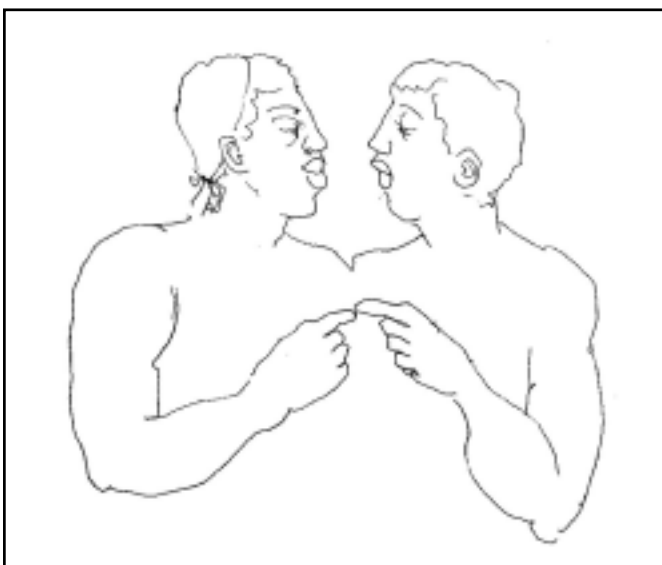
Materials: Crayons, pencils or pens, paper

Suggestion: This exercise is to be done swiftly, in the heat of the moment when your feelings are hot, loud, burning inside you. Don't wait to calm down and get reasonable. Accuse/Release is a healthy way to honor your feelings and return to love. You will use your non-dominant hand.



Find a safe spot where you will not be disturbed for about 10-15 minutes. If you are at the office, excuse yourself by saying you are going to the bathroom. In fact, whether you are at home, on a train, at the office, or at the beach, the bathroom is a great place to do this exercise.

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.



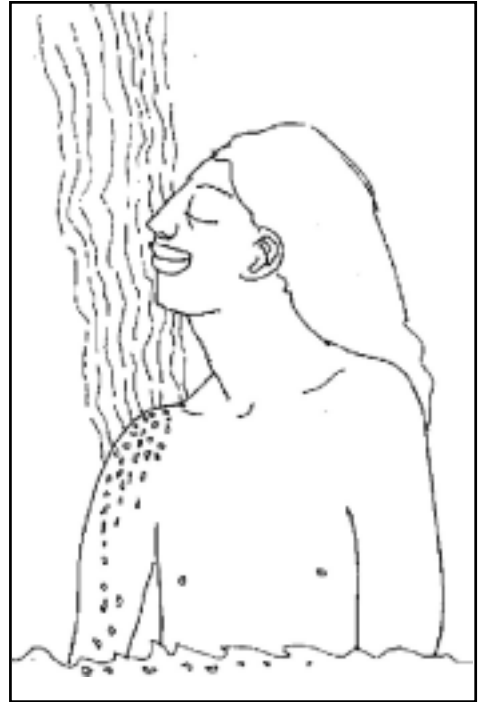
You are alone with your thoughts of the “other” person. Bring this “other” person to mind. Close your eyes and see this other person and see yourself. Describe the scene that brought you to a place of abuse, injustice, pain, sorrow, hurt.

You are speaking to your thoughts at all times and so you can allow yourself to say what needs to be said, what perhaps you would never be able to say directly to the person.

You speak with words and with marks on paper.

ACCUSE-RELEASE EXERCISE:

1. Sit, breathe, relax. Picture the person you need to accuse. Say their name and draw *them*. Squiggles are just fine.
2. Verbally accuse! State exactly what the other person did to hurt you. Use present tense! Now draw! Hold a crayon or pen in your non-dominant hand and draw your accusations going straight at this person.
3. When you are empty of all accusations toward this person, turn toward yourself and verbally accuse you. Of what you say? Accuse yourself of not speaking up for yourself. Draw *you* on the paper.
4. When you can accuse no more, stop, take a breath, look at the paper.



Realize you are not those marks and the other person is not those marks. Both of you are something more than those marks on paper. Do not get into reason here but rather get into your heart-space and feel the presense of the Greater Self of both of you.

5. Release can begin now. Be gentle with yourself at this point. Ask your Greater Self for guidance in this matter. You might say to yourself, *"I am willing to learn from this situation."* OR *"I am willing to release the pattern in my consciousness that created this situation. I free everyone involved. I free myself."*
6. Return to the office, the beach party, the seat on the train or where ever you were. Realize that you just processed an emotion in a safe way. Take the drawing with you. If you are seeing a counselor you might share this drawing with them.

*See page 126-128 of *Drawing as a Sacred Activity*, by Heather C. Williams