

# DRAWING



# TOGETHER

promoting the Spirit of dialogue

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## Ink & Intuition #2b\*

### Stop • Drop • Feel

Time: 3 minutes

Materials: Pencil or pen

Many of the exercises in my book, *Drawing as a Sacred Activity*, come out of this exercise. I have done this exercise without the drawing part and I always felt a benevolent shift in consciousness. If I have only a little time I am satisfied with a line drawing. If I have more time, I develop the lines into dramatic darks and lights.

This exercise teaches me that I have a choice in how I use my energy. I can imagine worst-case scenarios and waste enormous amounts of energy. Or I can STOP • DROP • FEEL. I can choose to feel that I have to run the world, OR I can choose to connect with the vast source of energy available to me through my Greater Self.



## EXERCISE:



1. STOP. Stop the chattering mind. Just stop. You can do this anywhere, no matter what is going on. If you are really in a jam, it is especially important to get a hold of yourself and stop your chattering mind.
2. DROP. 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 trial and error. Just go there now.
3. FEEL. Feel this space at the center of your heart. It feels a little different to everyone I suppose. It may feel a little different each time you do this. This heart space deep within you is a constant and ever present reality and it is open and available any time of the day or night.
4. DRAW. Pick up your pen or pencil with your non-dominant hand.

Feel your heart space guiding your hand, making the lines, connecting the lines.

5. Thank yourself for stopping, dropping, feeling and caring enough to check in.

\*See pages 183-184 of *Drawing as a Sacred Activity*, by Heather C. Williams