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Left, Right, and Center

Thoughts on the Art of Drawing Together the Conscious and Unconscious Mind

by

Heather C. Williams

Author of *Drawing as a Sacred Activity*

NOTE: If drawing is new to you, please be gentle with yourself. Instead of comparing your drawing with other people's, put your energy into following the directions that YOU see in nature. YOUR point of view is one of your most sacred possessions. Your artist's-eye (or child's eye) helps you to feel connected to the Present Moment and to the world around you. You may not have used this eye for a long time but it is still part of you and can be awakened through practice. Ten or fifteen minutes is all you need to begin the practice.

DRAWING REPORT 2

THOUGHTS

Art is a powerful way for ordinary people to explore feelings. Feelings draw from two wells—the conscious and the unconscious mind. For example, when you make a mistake in drawing, a conscious feeling alerts you to the error on your paper and at the same time, the unconscious mind opens up a host of feelings about past mistakes.

Children and young people feel so awful when they make a mistake on their paper. It is common for them to throw the whole thing away once they spot a mistake.

Learn to use mistakes as guides for your own True-Self discovery. Accomplished artists and Truth Seekers learn to regard a mistake as an indication of the presence of their own NEW understanding. Instead of focusing on the erroneous lines, they jump right in and draw the lines of their NEW understanding.

The girls in the drawing above represent the conscious and unconscious mind. The bird in the middle represents the SupraConscious Mind. More on this in the next report.

CONSCIOUS PRACTICE

- 1) Find a quiet place to sit undisturbed for 10-15 minutes. Have a pen or pencil and paper on your lap. The first couple of minutes can be just quieting down, doing nothing but gazing and allowing your thoughts to settle.
- 2) BREATHE IN and BREATHE OUT. Do this consciously at least 3 times.
- 3) Focus your attention on the *edge* of something and be with it for a minute or two. (The edge of a plant, a chair, a wall.) Notice lines (vertical, horizontal, diagonal), edges, shapes between the lines, and relationships.
- 4) Draw lines you see. (You cannot draw *things*. You can only draw lines!)
- 5) Mistakes? Practice Self Observation. *What is happening? What am I feeling? Are my feelings related to the paper or to the past?*
- 6) Practice being willing to let go of the past. Draw the lines of your NEW understanding.