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Patterns of growth

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

by

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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 3

9/19/04 THOUGHTS

A ferrel cat has appeared on our doorstep. She is very talkative. She may be in heat. We are loving her cautiously kind of hoping that she is trying to adopt us. Our two miniature dachshunts are alert and a bit on edge. If she did come to live with us she would have to live outdoors. The dogs would have to adapt.

Dogs and cats, and for that matter all living things live and survive by instinct and adaptation. The potted aloe vera plant on our deck table lives and survives by instinct and adaptation. The pot is very crowded. Normally two leaves grow out from the stem at 180°. The next two leaves grow out at 90° from those. However, in a crowded pot, leaves can adapt to the space available and forego the pattern.

I think of my own life patterns here in my home. My partner and I have to adapt/change our individual patterns in certain areas. I think of my life at school as a teacher—students and teachers have to adapt/change to help each other. We humans have the ego—a sense of separateness which fears changing the pattern. Remember, it is *natural* for us to adapt and change.

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) Select one *living* thing to observe. Move as little as possible. Notice the overall shape of its body, its movement (if any), it's relationship with the world. For example, does it respond to the wind by swaying or wiggling? Does it utilize things like a spider utilizes edges to build its web?
- 4) Look for the pattern(s) that this living thing uses to express it's joy in growing and living. Contemplate the similarities and differences with your own life.
- 5) After 10 minutes, write and draw. Relate the patterns you see in this living thing with your present life situation. Any AHA's?