



Drawing as a Sacred Activity: Simple Steps to Explore Your Feelings and Heal Your Consciousness

Heather C. Williams

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Like many people, Heather Williams was not encouraged to embrace her creative side during childhood and as a result turned her back on part of her inner life. Beginning with an explanation of how she reclaimed her artistic impulses, this book invites readers to explore their own resources for creativity. With a step-by-step approach to personal development in the tradition of *Drawing on the Right Side of the Brain* and *The Artist's Way*, it teaches not only the technical skills needed to draw but also ways to delve into our inner lives for healing and inspiration. The book is divided into three sections: Pencils and Perception (observing and drawing what is seen in the physical world); Crayons and Consciousness (drawing the interior landscape); and Ink and Intuition (drawing on one's intuitive wisdom). With 300 black-and-white illustrations, this is an easy, fun way to unlock creativity and unleash the spirit.

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