



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

*Heather C. Williams*

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

Heather C. Williams

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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Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled Drawing as a Sacred Activity: Simple Steps to Explore Your Feelings and Heal Your Consciousness can be very good book to read. May be it can be best activity to you.

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