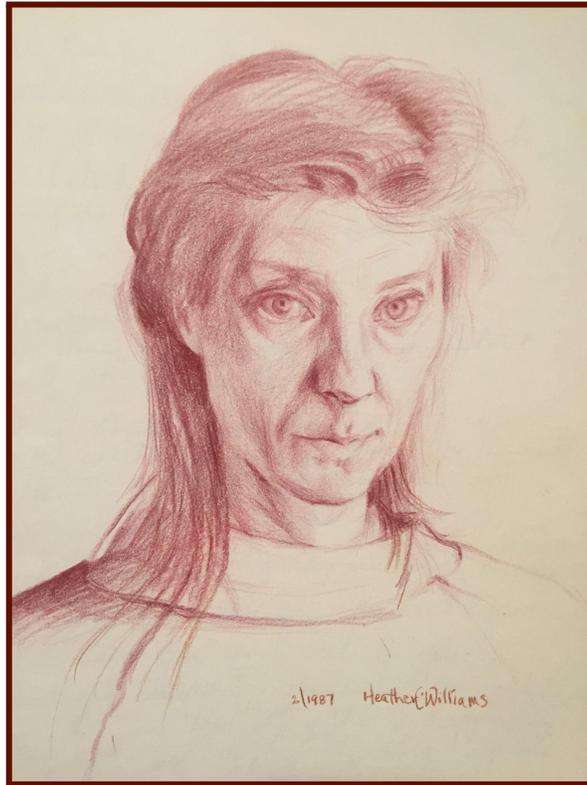


WHO IS HEATHER C. WILLIAMS, H.W.,M.?



2020 Photo of Heather with Big Red



1987 Self Portrait Drawing by Heather

I am an ontological artist and the author of Drawing as a Sacred Activity. My book was published by New World Library in 2002. In 2019 I moved with my life partner to Madison, Wisconsin. I am NOT a therapist. I am an Ontological Mentor. I use a variety of Prosperos tools plus drawing and journaling activities to help people connect with their True Self. This helps us to live fully. In my personal life I have used drawing as a way to come to KNOW myself. I have turned to drawing as a way to question and learn about the world around me and to learn about the world within me. Curiosity allows you to embrace the unknown and this, to me, is the most valuable asset a person can draw upon to deal successfully with today's challenging world.

The H.W.,M. after my name stands for the High Watch Mentorship degree that I earned in The Prosperos School of Ontology in 1978. Ontology is the science of Being. The tools in this school are based on the teachings of Gurdjieff and Carl Jung. They are designed to help people draw out their unique True Self.

I am truly grateful for this school and will continue practicing and teaching these tools for the rest of my life. I grew up in Watertown, WI., graduated from UW-Oshkosh in May 1970 with a Bachelor's Degree in Art and Humanities and in June 1970 I moved to San Francisco, California in search of a Gurdjieff school. I found The Prosperos and worked with Mentors in Mt Shasta, Santa Monica, Malibu and Vista, California.

1980-1985: I met Jan Valentin Saether, master artist from Norway. I became his art apprentice and worked with him/lived with him and his family in Malibu, CA for 5 years. I learned the 5 KEYS to Observational Drawing with Jan Saether. These KEYS are what I teach in my Observational Drawing Class.

1987 - 1999: I met Louise Hay and I led drawing exercises for the Louise Hay International Teacher Trainings around the world. These exercises are what I teach in my Imaginative Drawing Class.

2000 - 2017: I got my teaching credential at CSUSM and taught ART and Special Education students in the Vista Unified School District in Vista, CA. I retired in 2017.

RESOURCES

My website: www.drawingtogether.com

My email: heather@drawingtogether.com

My podcast: Seeing With New Eyes - <https://heathersdrawing.podbean.com/>

Instagram: <https://www.instagram.com/heathersdrawing/>

Facebook: <https://www.facebook.com/artist.awaken>

Drawing Classes on VIMEO: <https://vimeo.com/manage/folders/4787068>