



### **Meet Your Teacher**

Heather C. Williams

Heather C. Williams began drawing early in her life. It was her way to learn about the world around and within her. She earned her Bachelor's Degree in Art and Humanities at Wisconsin State University-Oshkosh and immediately set off in search of a teacher to "Wake-Up" and learn more about the deeper Self.

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This is my story.

I began drawing early in my life. It was my way of learning about the world around and within me. My mother's side of the family greatly valued art. My grandmother was a poet. She included several of my early (age 9) drawings in her book of poetry, titled, "Come With Me". My grandmother's sister, Mathilda, was an early Impressionist artist whose paintings were shown in Paris. My mother suffered a severe nervous breakdown at the early age of 19, long before I was born. She used drawing and painting to heal herself. My dad's side of the family did not express themselves through art but my dad always encouraged me to pursue what I love. While many people say, they are not creative, I firmly believe that every baby is born with a "Creative Seed" deep within their hearts. You may love music or dance or making things with your hands or drawing or writing poetry. The Creative Seed is invisible. No one can see it, but it is there. You are the one who must nourish the Creative Seed within you and when you do, life opens up. I hope you are interested in getting to know and nurture the creative seed within you. It is just like every other kind of seed (apple, fig, strawberry, pine tree, etc.) in that it needs four things to grow: 1) Sunshine, 2) nutritious soil, 3) air and 4) water. If I tell you to stand in the sun for 5 hours and eat dirt - you'll know this is a joke - so I'll employ a metaphor for these four things you must do to grow and blossom the Creative Seed within you. #1) Sunshine = Love yourself and others, #2) Nutritious Soil = Think Critically (get evidence for what you believe is going on) and Think Creatively (be open to the AHA! of learning from your mistakes), #3) Air = Breathe deep, relax and slow down several times a day. And #4) Water = Practice. Practice ten

minutes every day whatever creativity you feel is in your heart. You may have great talent but it goes nowhere if you do not practice!

In my drawing and painting classes, I teach my students to calm down and listen to the deeper part of themselves. Most students sooner or later agree to create a personal practice drawing schedule. All students who have had my basic drawing class and are ready to make a commitment to activating their creativity are invited to meet monthly to discuss our progress, practice critical and creative thinking and love and accept ourselves exactly as we are.

I taught Art and Special Education for 18 years in the Vista Unified School District to middle and high school students. Prior to this I taught drawing and painting to a wide variety of people from university students, teachers and therapists, to jail inmates, people in homeless shelters, people with developmental disabilities, people with AIDS, PTSD, cancer, people in recovery from drugs and alcohol. All people have a story and all people benefit from the opportunity to express their story creatively.

I met The Prosperos School of Ontology in 1970 and in 1978 I was ordained High Watch Mentor which enables me to teach the Prosperos classes. The three primary classes are: 1) Cosmic Intention Therapy (Learn about your individual responsibility in the evolution of consciousness); 2) Translation (Learn a language tool to examine a problem and uncover the ever-present deeper Truth of it); and 3) Releasing the Hidden Splendor (Learn a memory tool to help you meet resistant conditions and release the innate good). Today we really have to WAKE UP and get on board with evolving our understanding of WHO WE ARE and what our purpose is. The Prosperos classes really helped me and I am honored to offer them to you.

**KNOW YOURSELF! BECOME ALL THAT YOU CAN BECOME! THE POWER IS WITHIN YOU! DRAW IT OUT!**