

# Showing Up

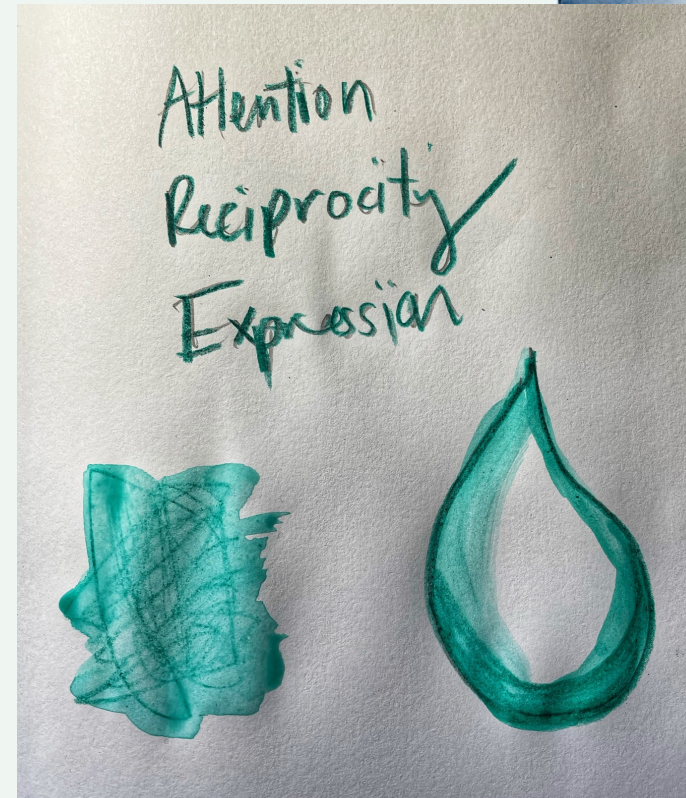
While we arrive...

As best you can, in this moment:

- write 3 words
- pick one colour
- choose one shape
- find one movement

That expresses what your  
"deepest call" is **right now**.

## Week 6: Celebrating the Little Things



# The Process

## **CHECK IN- one word**

*5 minutes of quiet stillness*

***Set your intention***

***Ask a question***



*15-20 minutes of art making*

*5-10 minutes of writing*

## **CHECK OUT- one word**

You may want to make a circle and note your inner critic or other “parts” of you that show up!

Choose from the worksheet or make your own!

Remember to trust your impulses & the process and aspire to make this a safe place for YOU!

## The Summer Day by Mary Oliver

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean—  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of up and down—  
who is gazing around with her enormous and complicated eyes.  
Now she lifts her pale forearms and thoroughly washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

# Celebrating the Little Things



# Celebrating the Little Things

**Attention+ Listening=  
Inspiration**

The goal of this course is to support a routine habit of expression, as a tool of introspection, reflection, awareness building, expression amongst others.

Structure of the process offers a focus, which makes the next question what do I focus on?

Self or the World

The way we stay connected, open and aware is through our attention. When we pay attention we are listening deeply. The inevitable outcome is inspiration!

Too much pressure, hype, pretense. This can stifle us.

Today lets not focus on our inner needs but our connection to the smallest things...

Check in One Word

*meditation*

# Our Process

1. Set an Intention
2. Ask a Question
3. Trust Impulses
4. Trust the process
5. Write

Check out one Word

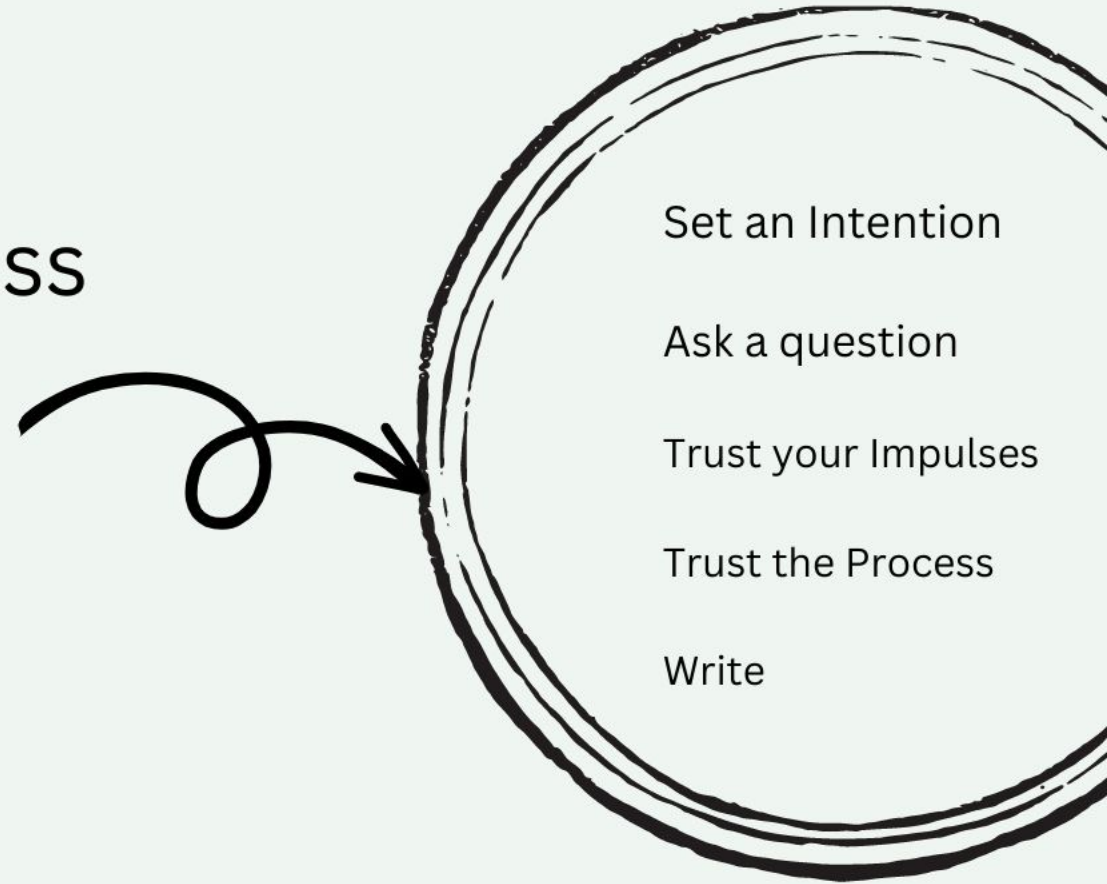


Create Your Own:  
Attention?  
Listening?  
Curiosity?  
etc.

Create your own  
about  
"celebrating the  
little things"

# Homework

- **CHECK IN- one word**
- 5 minutes of quiet stillness
- Set your intention
- Ask a question
- 15 minutes of art making
- 5 minutes of writing
- **CHECK OUT- one word**





Don't go outside your house to see the flowers.  
My friend, don't bother with that excursion.  
Inside your body there are flowers.  
One flower has a thousand petals.  
That will do for a place to sit.  
Sitting there you will have a glimpse of beauty  
Inside the body and out of it,  
Before gardens and after gardens.

by Kabir