

# Showing Up

## Week 6: Capturing Sparks of Ideas

### While we arrive...

Think back about your day so far... what is one "little thing" that you can celebrate right now?

How can you celebrate it in this brief time frame using shape, line, colour, imagery, words, movements, sounds etc.....





**Safety**

Resilience

**The Observer**

Capturing Sparks  
of Ideas

**True Welcome**

**Celebrating the  
Little Things**

**Our Gremlins & Fear**



**Following Our Deepest Calls**

## **‘The Tigers Tail’ from Big Magic by Elizabeth Gilbert**

I met (Ruth) Stone when she was nearly ninety years old, and she regaled me with stories about her extraordinary creative process. She told me that when she was a child growing up on a farm in rural Virginia, she would be out working in the fields when she would sometimes hear a poem coming towards her- hear it rushing across the landscape at her, like a galloping horse. Whenever this happened, she knew exactly what she had to do next: She would “run like hell” towards the house, trying to stay ahead of the poem, hoping to get to a piece of paper and a pencil fast enough to catch it. That way, when the poem reached her and passed through her, she would be able to grab it and take dictation, letting the words pour fourth onto the page.

Sometimes, however, she was too slow, and she couldn’t get to the paper and pencil in time. At those instances, she could feel the poem rushing right through her body and out the other side. It would be in her for a moment, seeking a response, and then it would be gone before she could grasp it – galloping away across the earth, as she said, “searching for another poet.”

But sometimes (and this is the wilder part) she would nearly miss the poem, but not quite. She would just barely catch it, she explained, “by the tail.” Like grabbing a tiger. Then she would almost physically pull the poem back into her with one hand, even as she was taking dictation with the other. In these instances, the poem would appear on the page from the last word to the fist – backward, but otherwise intact.



# Capturing Sparks of Ideas

## Catching Lightning

Ideas of where inspiration comes from.... Lightning, wind, knocking on a door

“ I just feel better  
when I am making  
art”

-Calliope 5 years old

However you see it, its all the same its IMPERMANENT

Not every idea or inspiration will be fully birthed, but the more we can capture the more we are attuning and listening to ourselves and our connection to the world.

Ideas come from little things, big things, the most important thing we can do is listen to them...

# Chasing Ideas



Yellow, Black, Grey  
Poems



meditation



# Spark Harvesting

Check in  
Word

## **Look back through your art journal:**

- Find 3 sentences or phrases that feel abundant
- Find 2-3 small (or large) parts of the images you have created, what do you love about them?

*If you don't have your past art journal handy open a magazine or book with images and do the same!*

# Our Process

1. Write
2. Stillness
3. Set an Intention
4. Ask a Question
5. Trust Impulses
6. Trust the process
7. Check Out Word

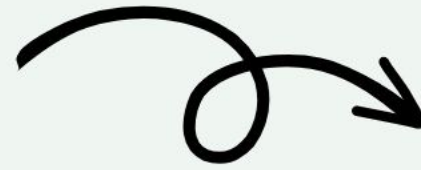
Create Your Own:  
Attention?  
Listening?  
Curiosity?  
etc.

What type of  
attention from me  
does this spark or  
idea need next?



# Homework

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



I never decide if an idea is good or bad until I try it. So much of what gets in the way of things being good is thinking that we know. And the more that we can remove any baggage we're carrying with us, and just be in the moment, use our ears, and pay attention to what's happening, and just listen to the inner voice that directs us, the better.

**-Rick Rubin**