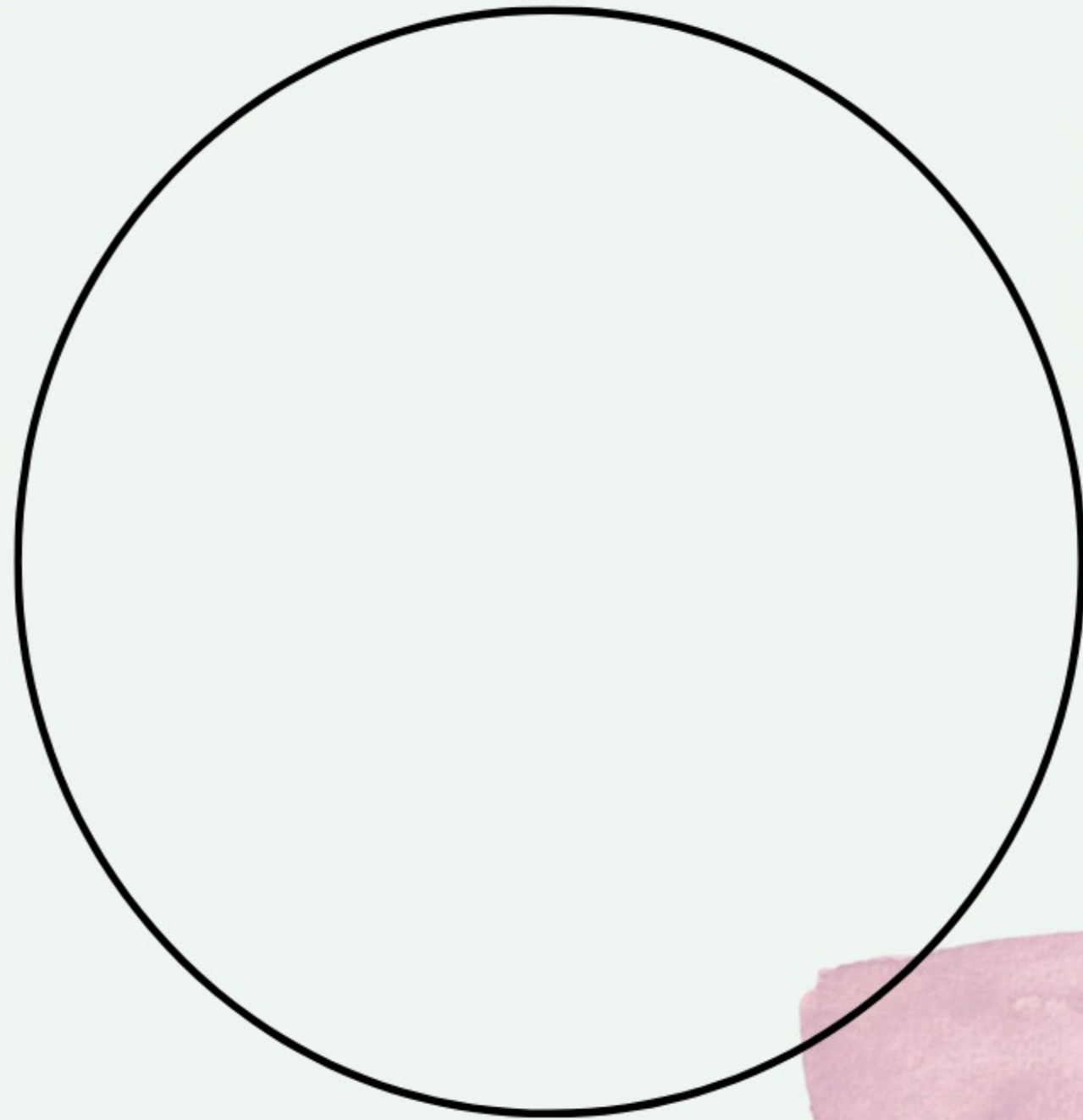


Week 2: The Observer

Showing Up

While we arrive...

Draw a circle & take a moment to capture some of the thoughts, feelings, ideas that have come up for you around the notion of **safety**.



“seeing with the eye of thought”



Love After Love by Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,

and say, sit here. Eat.

You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.

Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.

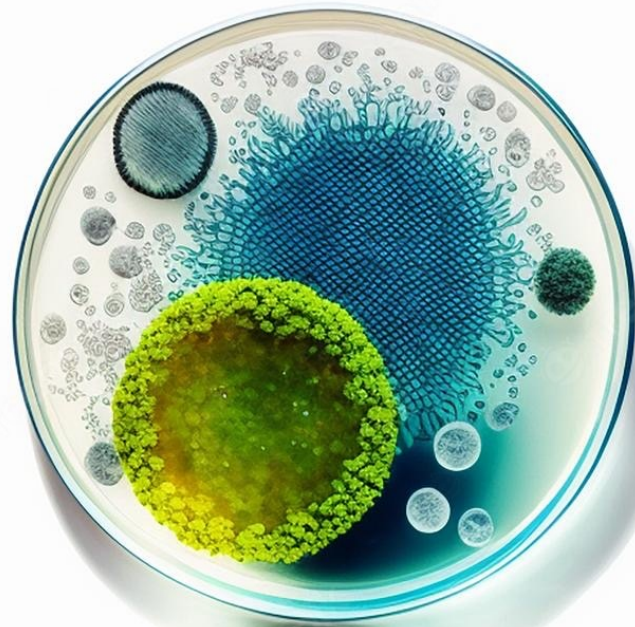
Sit. Feast on your life.

My Morning Meditation



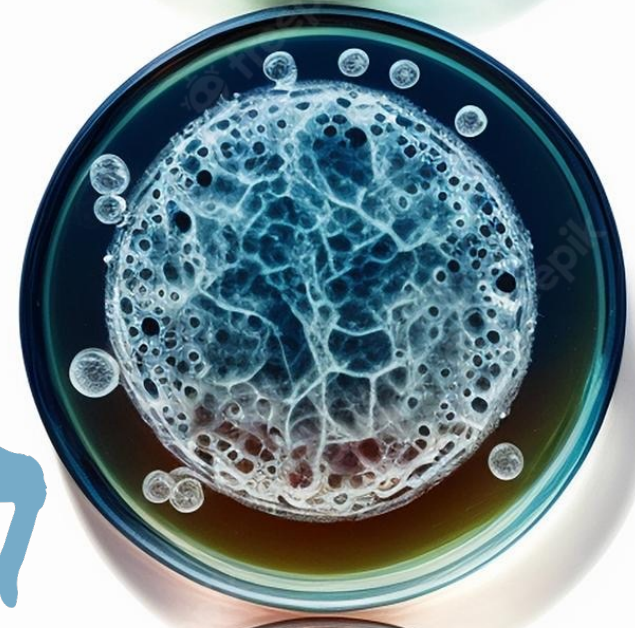
*My Morning
Meditation*

Pain in my lower back



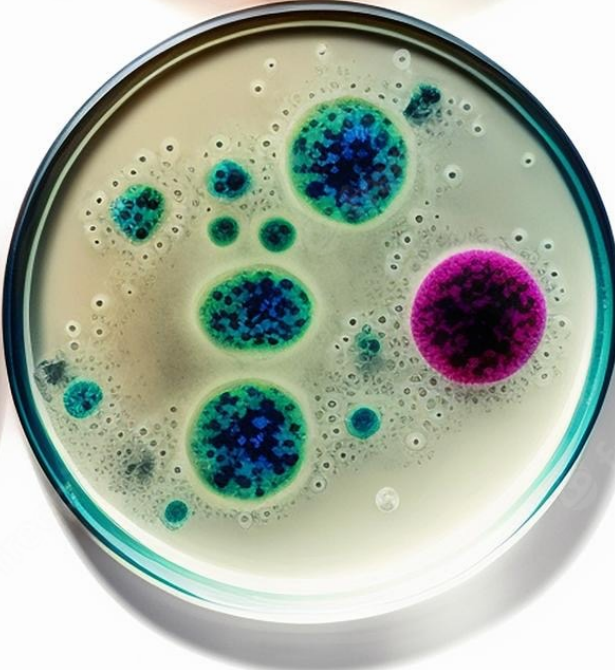
Annoyance at loud sounds around me

Planning for the future



Tight chest

Anticipation



Gratitude

*My Morning
Meditation*



fineart
america

The Observer

An ever present witness...

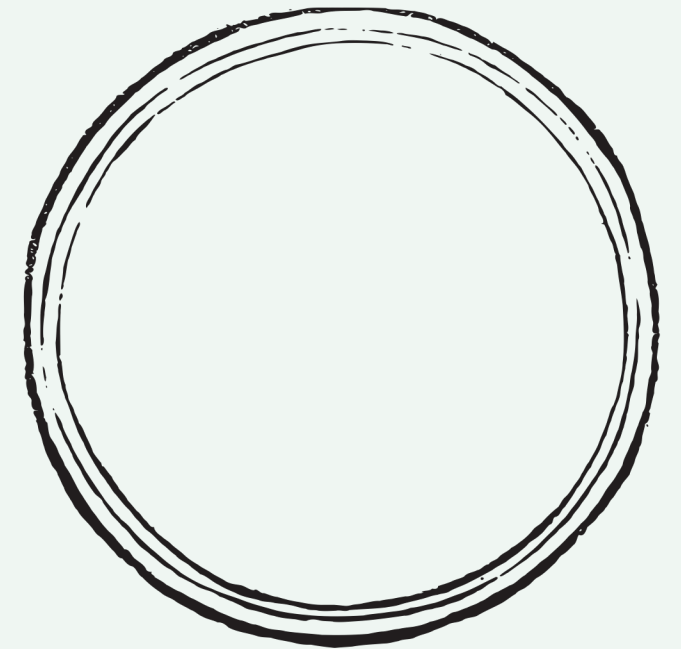
You are not your thoughts, pain, sensations, feelings
You are the witness, the part deep inside noticing this
all.

Ram Dass say's "Everything changes when we see we
are the witness to the story instead of the actor in it."

"Observe the space between your thoughts.... then
observe the observer"
- Hamilton Boudreaux

Our creative practice is a place to notice & witness our
thoughts, feelings, sensations ideas.

How do I do this?



Label it, take it "out"
put it in a petri dish,
or out through the "eye of thought"

"Name it to tame it!"

I intend to notice the thoughts + feelings that come up for me.

Q: What does my obsessional want me to know?

I don't know
what I am doing.
With some I feel this pressure!
Keep going, I know that's what
I don't trust you. You don't know
what you are doing
you are going to be stuck

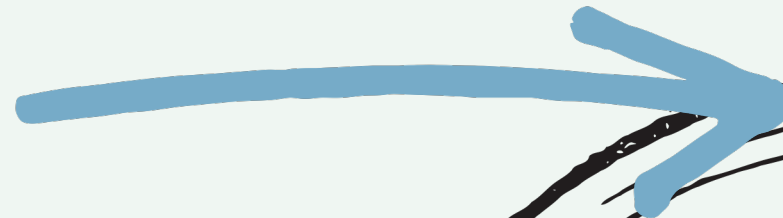
You can trust me
Why won't you trust me



meditation

Our Process

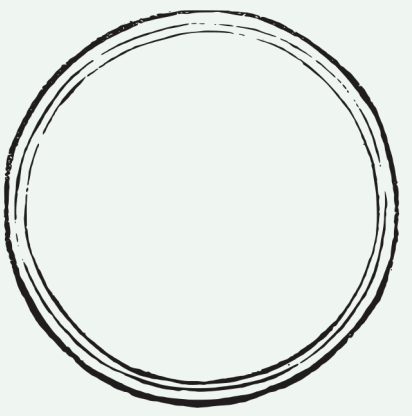
1. Set an Intention
2. Ask a Question
3. Trust Impulses
4. Trust the process
5. Write



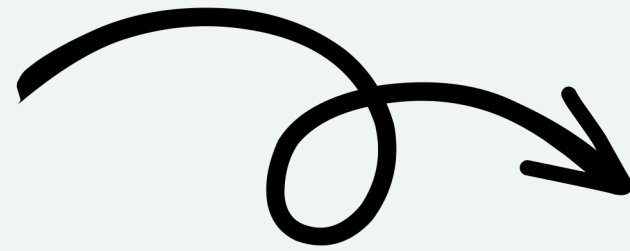
What are the thoughts, feelings, stories & sensations that occur for me in this process?

What does my observer want me to know?

Homework



Do this



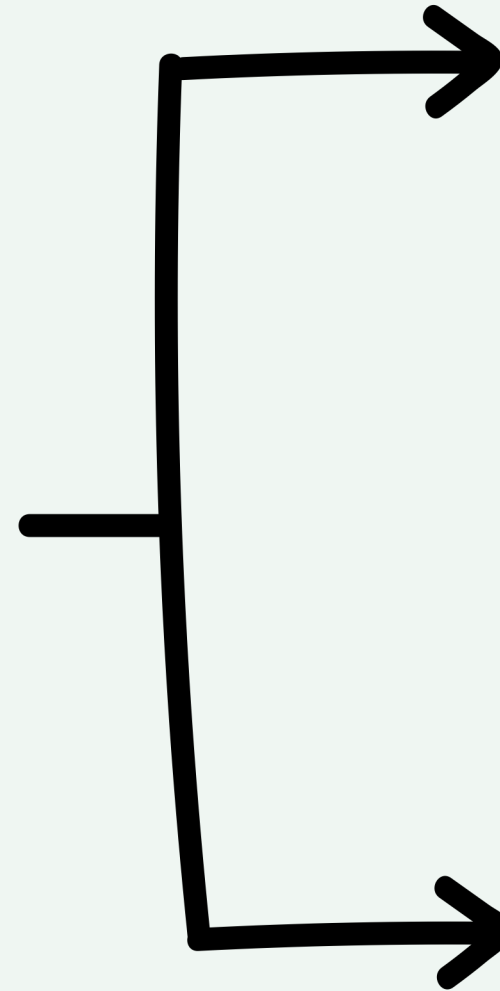
Set an Intention

Ask a question

Trust your
Impulses

Trust the Process

Write



I intend to observe the thoughts that come up for me as I create.

I intend to find space between my experiences & myself.

**"Hiding in this cage
of visible matter
is the invisible
lifebird.**

**Pay attention
to her
She is singing
your song."**

-Kabir