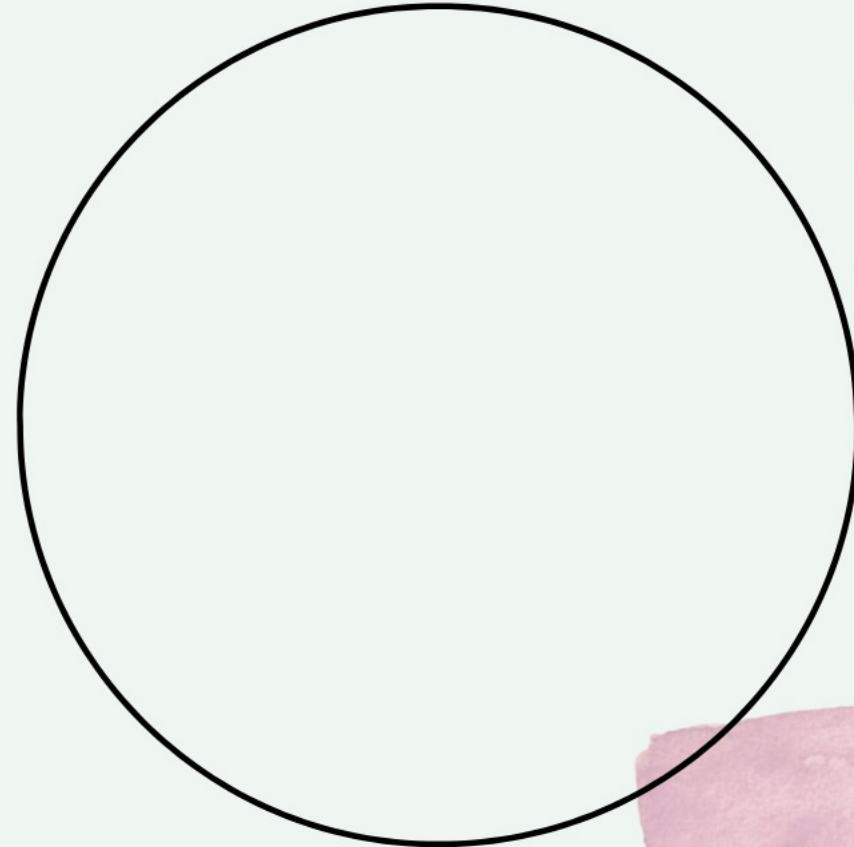


Week 3: True Welcome

Showing Up

While we arrive...

Take a moment and note what you are feeling, sensing thinking & experiencing **right now**. Note in your circle in whatever way feels right. Now pause to observe the observer in you.



“seeing with the eye of thought”

Guest House by Rumi

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!

Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.

He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

True Welcome



True Welcome

Both a space & a practice.

- So far we have considered safety and begun to connect with our observer. So what do we do with all the stuff that shows up?
- Mindfulness encourages us to **welcome**, truly & deeply all the gradients and textures of life.
- This **WILL** be uncomfortable, surprising, strange, but most of all enlightening!
- Our creative practice is both a sacred space to truly welcome and also a practice where we can revisit this again and again.



*Notice a
Small
Discomfort
- Posture of
Welcome*

meditation

Intentions to Explore in the Creative Process

"Today, I intend to

1. Be present.
2. Be patient.
3. Make conscious choices.
4. Listen to my intuition.
5. Allow joy to find me.
6. Express my gratitude.
7. Do something that scares me.
8. Move slowly.
9. Listen to my body while I create.
10. Pay attention to colour.
11. Only explore shapes.
12. Only explore lines.
13. Welcome ____ feeling to join me in this process.
14. Pause during my process and be in touch with my observer.
15. Show myself compassion.
16. Fully trust the process.
17. Let my skills be just where they need to be today.
18. Listen for my deepest calls.
19. Be my true self.
20. Be kind and patient with myself.
21. Relax.
22. Have fun.
23. Celebrate my creative expression.
24. Discover more about my inner world.
25. Pay attention to my old habits and ways of being.
26. Try new things.
27. Believe in myself.
28. Hold space for this feeling.
29. Allow myself to be whatever I need to be for the next ____ minutes.
30. Be ok with my discomfort.

Questions to Explore in the Creative Process

Self-Discovery

1. What are my strengths in relationship?
2. What are my tried-and-true resources or supports that help me when things are hard?
3. What do I value most in my life?
4. What emotions do I find most difficult to hold space for?
5. What is a change or transformation I am ready to move in to?

When you are in a hard spot.

1. What message do I most need to hear right now?
2. What wisdom can my wise self-offer me about this situation right now?
3. What is another angle or perspective I can bring to this challenge?
4. What wisdom would _____ person share with me about this?
5. If this situation were a gift, what would it be offering me?

Practicing Mindfulness

1. What am I noticing about myself right now in this moment?
2. What would compassion look like for me right now?
3. How do my typical negative patterns unfold in my life?
4. How can I offer loving kindness to myself, someone beloved, & someone I don't know right now?
5. What is something little in my environment or my life I can pay attention to right now?

Gratitude

1. What ordinary things bring me the most joy?
2. What is something that went better than expected this week/day?
3. What is ideal/perfect in my life right now?
4. In this moment right now what I am thankful for?
5. What have been the greatest gifts of my life so far?

Creative Expression

1. What are my creative strengths?
2. What ideas and inspirations have been calling me lately?
3. How can I use my creativity to express this feeling, experience, or thought I have been having right now?
4. What is holding me back from creative living?
5. Find a random image, object, or word. How can I collaborate with this thing and create something new in response to it?

Observing Myself

1. How has fear been showing up in my life lately?
2. If I could redo or revisit that situation, what would I do instead?
3. What parts of myself have shown up today so far?
4. What does the wise patient part of myself want me to know right now?
5. How have I been showing up to life lately? Is this how I intend to?

Our Process

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



I intend to say
"yes" & welcome
whatever
comes up

Choose a
question from
the handout.

Homework

Remember to note
your thoughts,
feelings somewhere! →



Do this



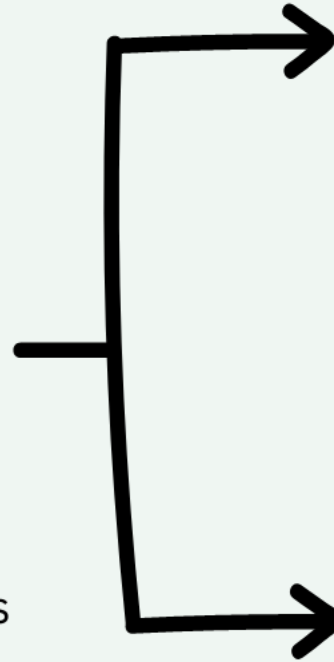
Set an Intention

Ask a question

Trust your Impulses

Trust the Process

Write



**I intend hold space for
myself and say "yes" to
whatever arrives today.**

**I intend to create in a way
that truly welcomes all
parts of myself today.**

"Put your ear down close to your soul and listen hard.

-Anne Sexton