

Showing Up

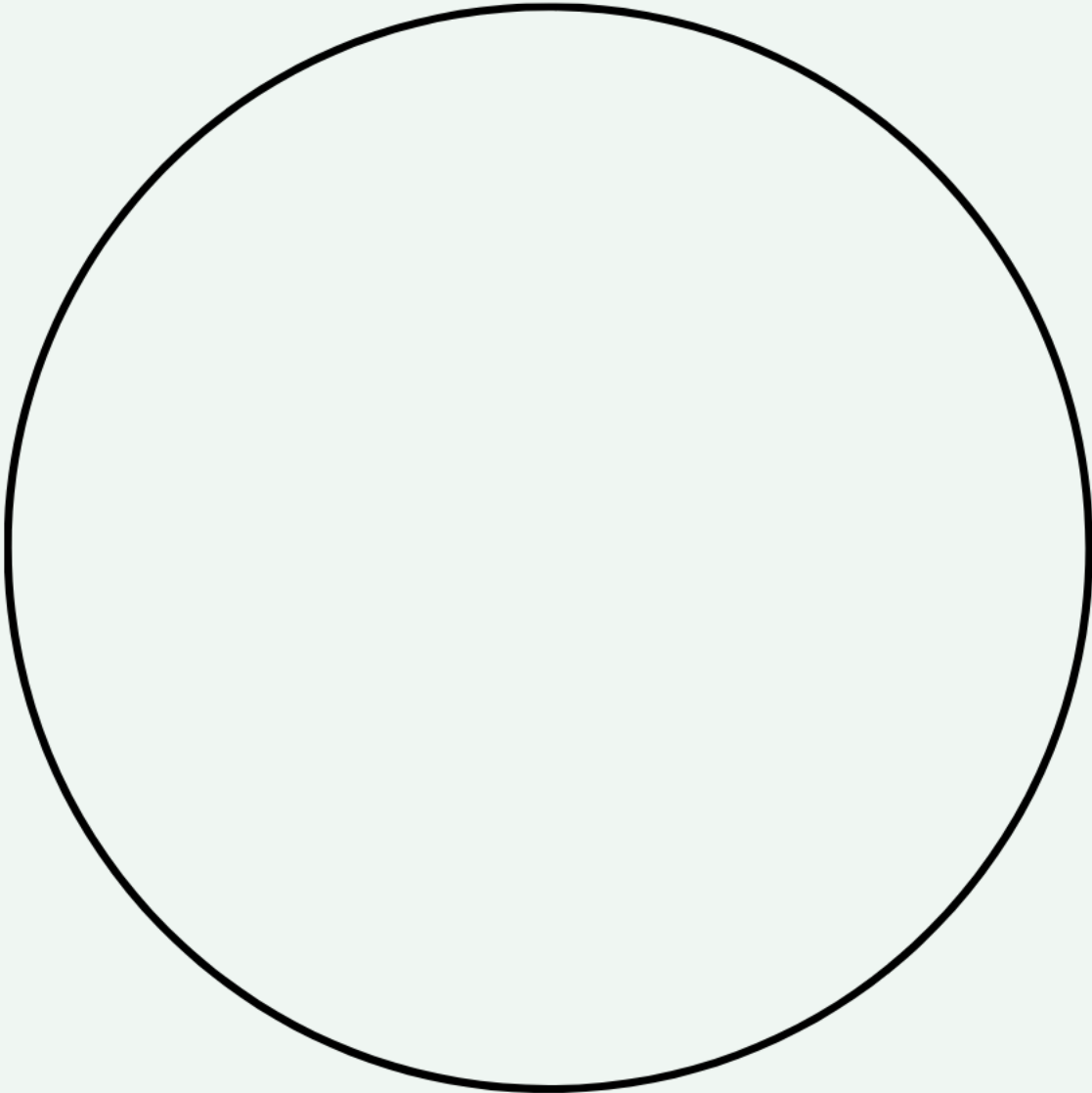
In the chat tell us in one word or one sentence, why are you here today?



The idea

“seeing with the eye of thought”

from Zen teacher Kosho Uchiyama



Hold Out Your Hand by Julie Fehrenbacher

**Let's forget the world for a while
fall back and back
into the hush and holy
of now**

**are you listening? This breath
invites you
to write the first word
of your new story**

**your new story begins with this:
You matter**

**you are needed—empty
and naked
willing to say yes
and yes and yes**

**Do you see
the sun shines, day after day
whether you have faith
or not**

**the sparrows continue
to sing their song
even when you forget to sing
yours**

**stop asking: Am I good enough?
Ask only
Am I showing up
with love?**

**Life is not a straight line
it's a downpour of gifts, please—
hold out your hand**

Safety



Safety

Our foundation, our breath, our work...

The first step in any creative practice or self care is safety. None of this works without safety!

Who can create safety?

Can you give yourself permission and/or create the expectation that you will make messes, slip in your routine, feel lost, underwhelmed, overwhelmed, uncertain and so much more?

Create a safety statement.....

- *Here and now, I give myself permission to relax deeply and be with whatever comes.*
- *This is my sacred space, no one can disturb, demand, ask or expect anything of me here. No one can judge, criticize or threaten, injure or harm me in anyway here.*
- *This is the place where....*

Our Process

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



What does safety
look like for me?

or

How can I give
myself permission
to be safe here?

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?

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Sharing

In the chat share....

How you are feeling right now in this moment?

Reflect back....

What does all of this mean?

Whats your biggest takeaway today?

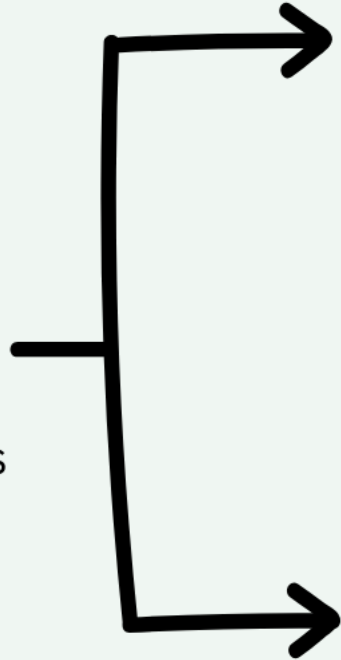
Your safety statement/mantra

Homework

Do this



- Set an Intention
- Ask a question
- Trust your Impulses
- Trust the Process
- Write



What does it mean to show up with love?

Hold out your hand, what gifts can I feel right now?