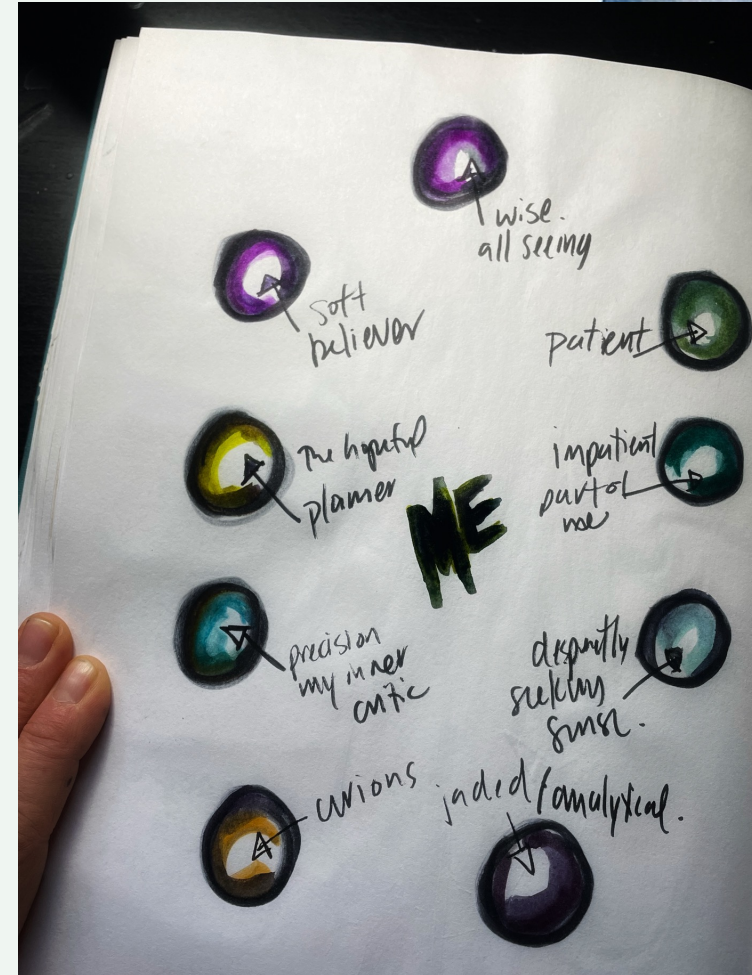


Showing Up

While we arrive...

Draw a simple image of the parts of yourself. Name all of the parts of yourself that you have observed or that tend to show up as you create.

Week 5: Following Our Deepest Calls



Resilience

Safety



The Observer

Capturing Sparks
of Ideas

True Welcome

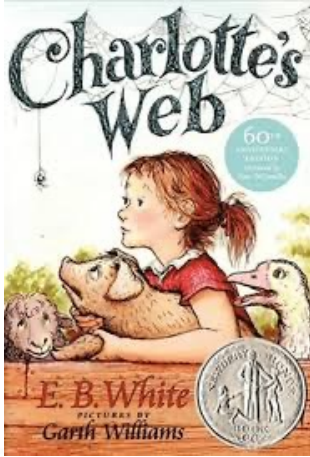
Celebrating the
Little Things

Our Gremlins & Fear



Following Our Deepest Calls

THE VOICE



There is a voice inside of you
That whispers all day long,
"I feel that this is right for me,
I know that *this* is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you—just listen to
The voice that speaks inside.



Listening for a Deep Call



Following Our Deepest Calls

**A voice only heard
in stillness.**

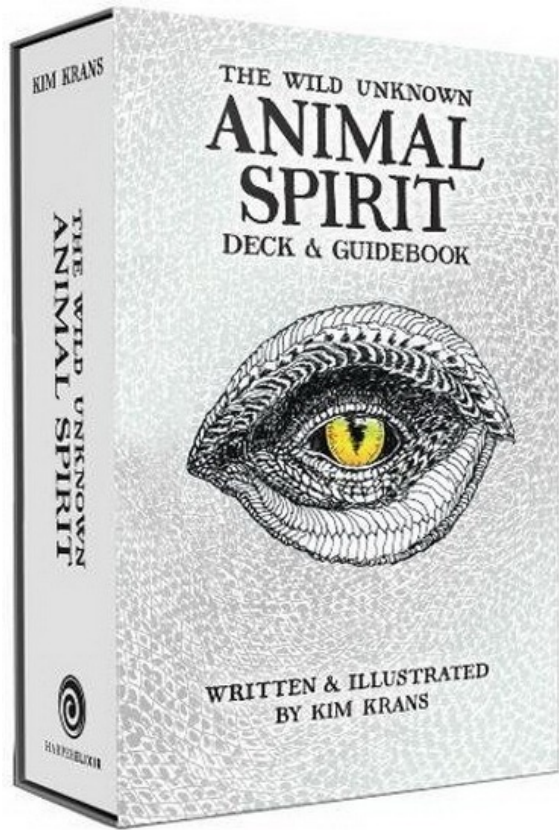
Review: Safety, the observer, true welcome, gremlins...

What are we doing here? Listening. Creative process is for you, to listen deep, hear calls and follow them!

What is your call, what is the work you need to do, the transformation next, the insight most needed? I don't know...but I do know that it's born from deep listening.

My deepest call (so far) is to help people get quiet and listen through expression.

meditation

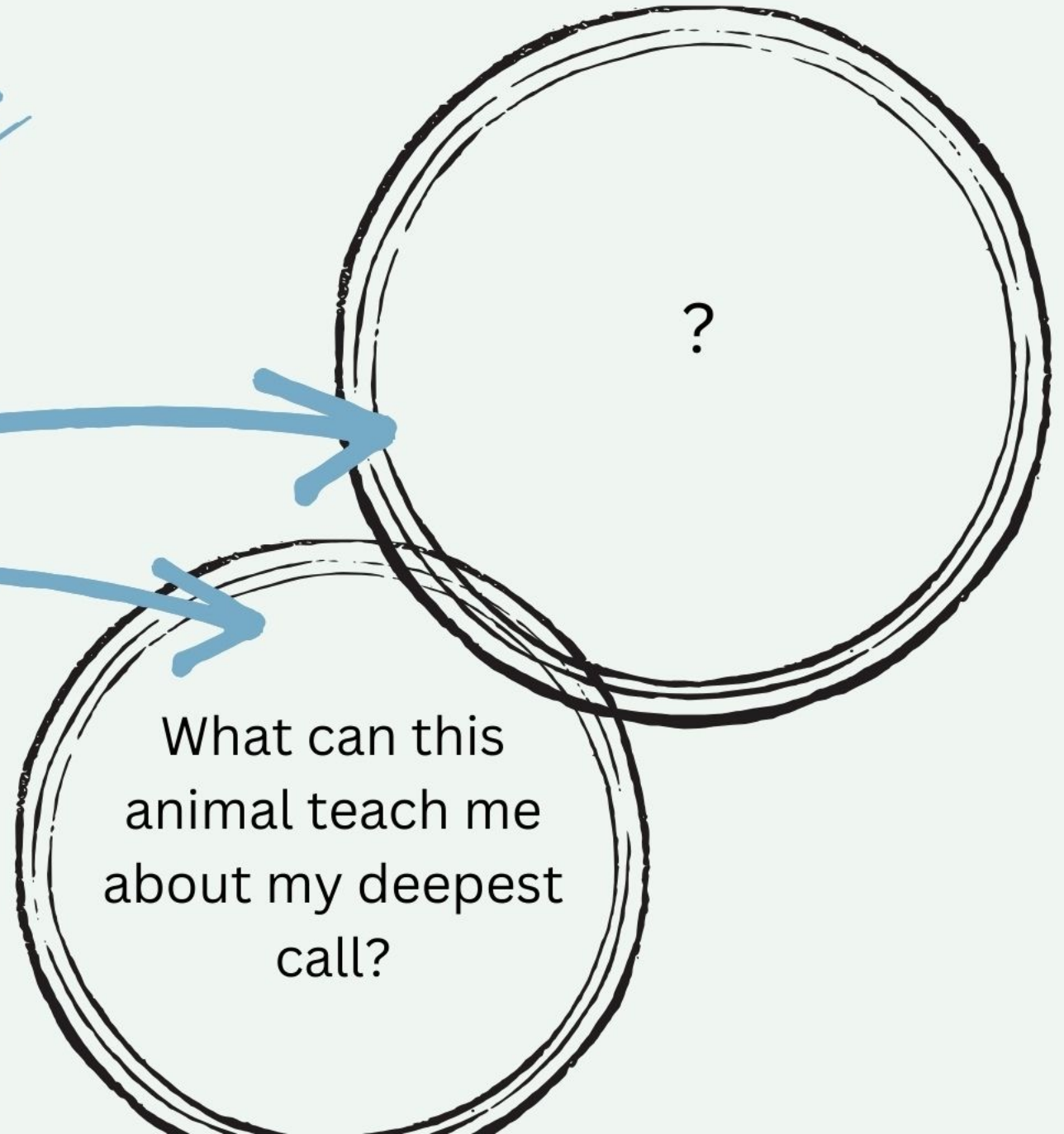


Our Process

CHECK IN- one word

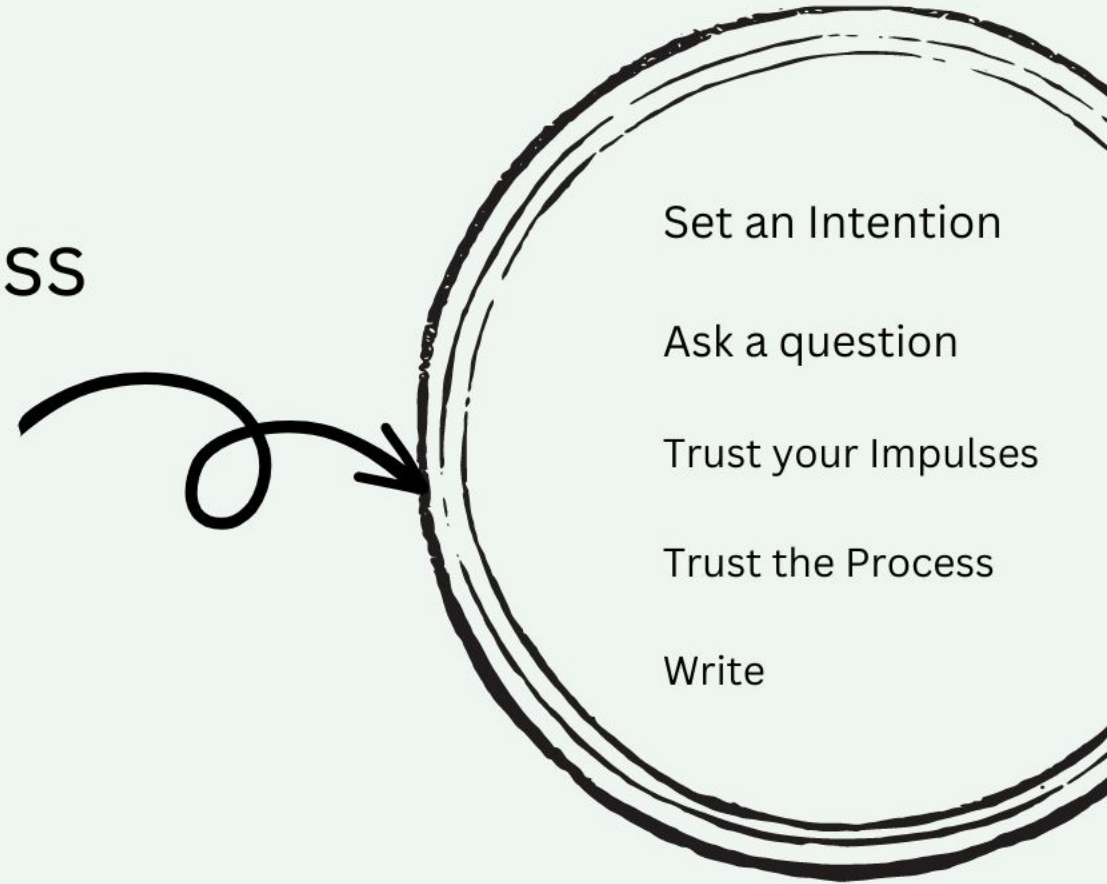
1. Set an Intention
2. Ask a Question
3. Trust Impulses
4. Trust the process
5. Write

CHECK OUT- one word



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**



OUR DEEPEST FEAR

Our deepest fear
Is not that we are inadequate.
Our deepest fear
Is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.
We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small
Does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.
We are all meant to shine,
As children do.
We were born to make manifest
The glory of God that is within us.
It's not just in some of us;
It's in everyone.
And as we let our own light shine,
We unconsciously give other people
Permission to do the same.
As we're liberated from our own fear,
Our presence automatically liberates others.

By MARIANNE WILLIAMSON