

Go Deep

Art Journaling

#6

Remembering Care

In the last step of RAIN we explore what it feels like to be nurtured, cared for, seen and understood by the wise part of ourselves or similar. The richer and more nuanced this experience of a nurturing presence is, the more profound our perspective shifts towards one of compassion and patience. Depending on the circumstance we are exploring in our meditation it can be quite difficult to bring this caring presence to ourselves as we think we may not be deserving or worthy of it. Having a vivid memory of care and compassion to anchor this imagined experience on helps to create a defined space within us, one that truly knows and recognizes what it feels like to receive this sort of care.

For this art journal prompt we are going to begin by recalling a real-life memory (or memories) that left us feeling cared for, on the receiving end of compassion, or truly nurtured. Through words, drawing and embodied movements we will steep ourselves in this memory asking for its warmth and connection to stay with us during our next time of need.

- *Begin by closing your eye and recalling a moment where someone offered you care, compassion, or truly took care of you in a time of need. This may be a memory from long ago or something recent.*
- *Stay with the memory, noting how the care was exchanged, what actions, emotions, words, or energy was given to you?*
- *With your body see if you can express this act of nurturance. Hold the position for a few moments and notice any sensations, feelings, or thoughts that come up for you in response.*
- *Open your art journal and begin by either capturing this feeling through either words or imagery first. Select your tool of expression with intention aiming to capture the feeling and the emotional charge more than the reality of it. When it feels complete switch to either words or images next depending on what you started with.*
- *As a close to this experience give your expressions a title that captures the essence of this care.*

Next time you practice RAIN see if this image has a place as you offer yourself some nurturing care, it's important to embody this care so we truly felt seen and cared for. Invite this image to come to mind anytime you are in need of some care.

Share an image of your process or a general reflection in the forum!