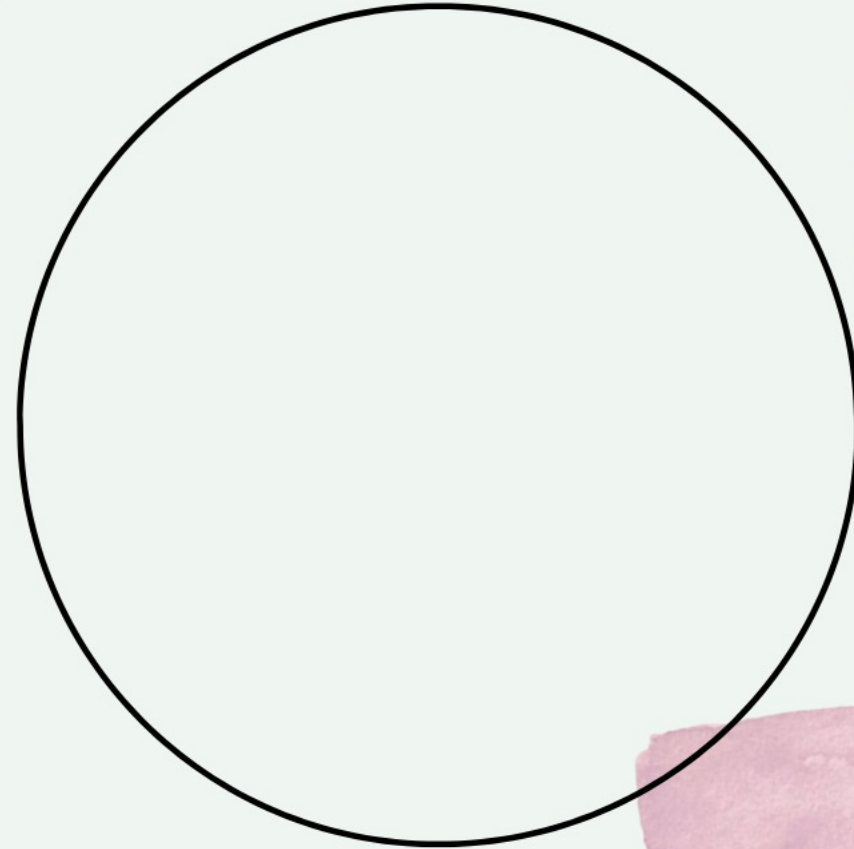


Week 3: True Welcome

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

Both a space & a practice.

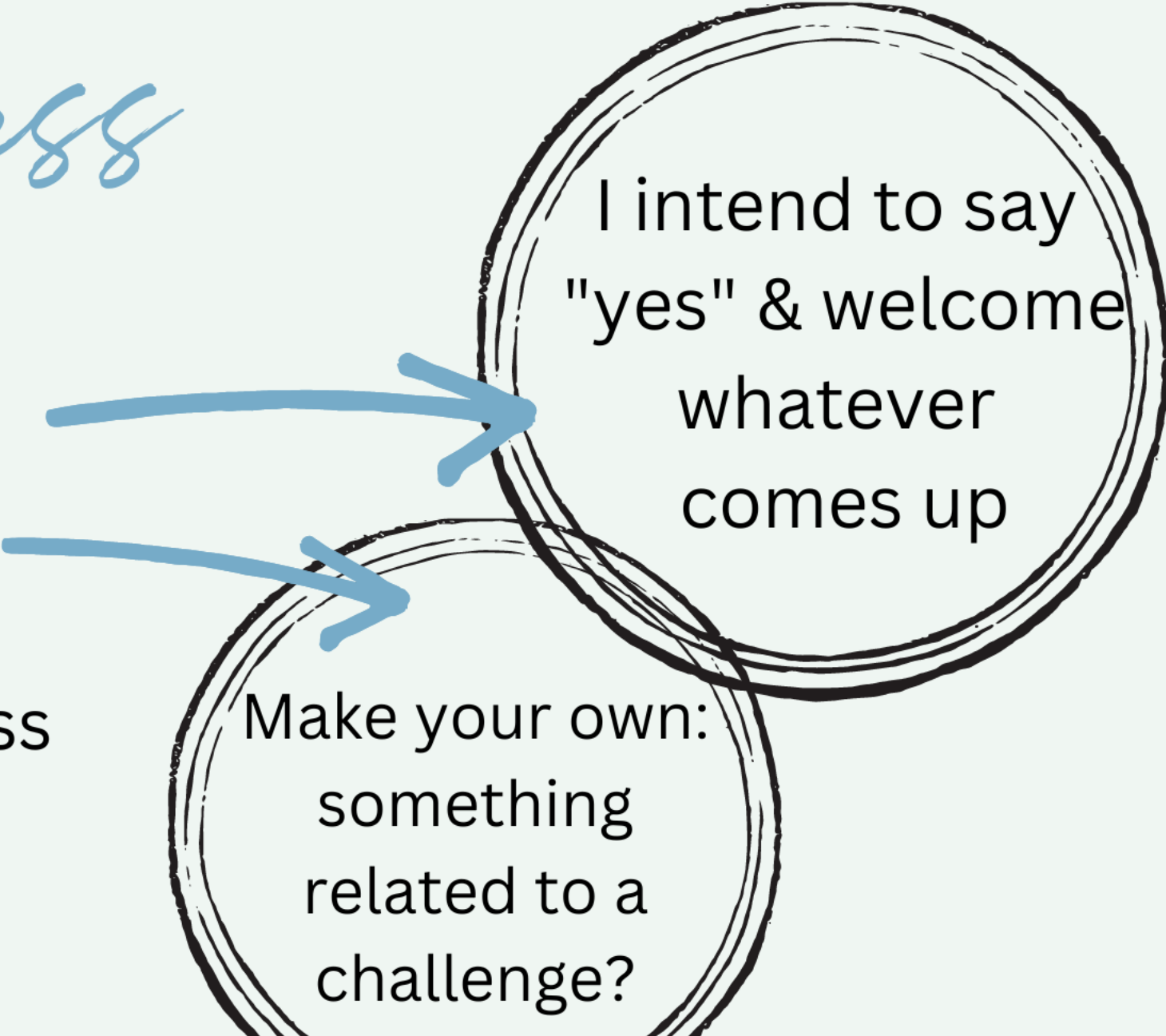
- So far we have considered safety and begun to connect with our observer. So what do we do with all the stuff that shows up?
- Mindfulness encourages us to **welcome**, truly & deeply all the gradients and textures of life.
- This **WILL** be uncomfortable, surprising, strange but most of all enlightening!
- 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*

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

Make your own:
something
related to a
challenge?

Homework

Remember to note
your thoughts,
feelings somewhere! →



Do this



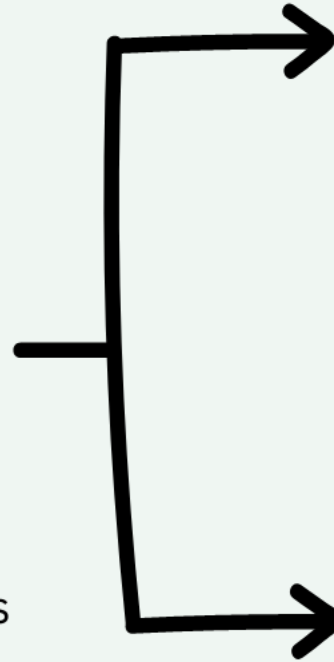
Set an Intention

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