

# Showing Up

## Week 6: Capturing Sparks of Ideas

### While we arrive...

Think back about your day so far... what is one "little thing" that you can celebrate right now?

How can you celebrate it in this brief time frame using shape, line, colour, imagery, words, movements, sounds etc....





**Safety**

Resilience

**The Observer**

Capturing Sparks  
of Ideas

**True Welcome**

**Celebrating the  
Little Things**

**Our Gremlins & Fear**



**Following Our Deepest Calls**



# There is No Word by Tony Hoagland

There isn't a word for walking out of the grocery store  
with a gallon jug of milk in a plastic sack  
that should have been bagged in double layers

—so that before you are even out the door  
you feel the weight of the jug dragging  
the bag down, stretching the thin

plastic handles longer and longer  
and you know it's only a matter of time until  
bottom suddenly splits.

There is no single, unimpeachable word  
for that vague sensation of something  
moving away from you

as it exceeds its elastic capacity  
—which is too bad, because that is the word  
I would like to use to describe standing on the street

chatting with an old friend  
as the awareness grows in me that he is  
no longer a friend, but only an acquaintance,

a person with whom I never made the effort—  
until this moment, when as we say goodbye  
I think we share a feeling of relief,

a recognition that we have reached  
the end of a pretense,  
though to tell the truth

what I already am thinking about  
is my gratitude for language—  
how it will stretch just so much and no farther;

how there are some holes it will not cover up;  
how it will move, if not inside, then  
around the circumference of almost anything—

how, over the years, it has given me  
back all the hours and days, all the  
plodding love and faith, all the

misunderstandings and secrets  
I have willingly poured into it.

# Capturing Sparks of Ideas

## Catching Lightning

Ideas of where inspiration comes from.... Lightning, wind, knocking on a door

However you see it, its all the same its IMPERMANENT

Not every idea or inspiration will be fully birthed, but the more we can capture the more we are attuning and listening to ourselves and our connection to the world.

Ideas come from little things, big things, the most important thing we can do is listen to them...

*Making Sparks first...*

Check in  
Word

### **List 3:**

- Creative projects you have been dreaming up.
- Wonderings or thoughts that you have been having
- Needs you have right now
- Gifts you have to offer right now

Choose 3 that feel either  
connected or  
disconnected



# Our Process

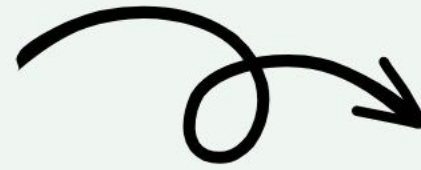
1. Write
2. Set an Intention
3. Ask a Question
4. Trust Impulses
5. Trust the process
6. Stillness

Create Your Own:  
Attention?  
Listening?  
Curiosity?  
etc.

How do these calls  
connect to one  
another?

# Homework

- **CHECK IN- one word**
- Set your intention
- Ask a question
- *5 minutes of writing*
- *15 minutes of art making*
- *5 minutes of quiet stillness*
- **CHECK OUT- one word**



I never decide if an idea is good or bad until I try it. So much of what gets in the way of things being good is thinking that we know. And the more that we can remove any baggage we're carrying with us, and just be in the moment, use our ears, and pay attention to what's happening, and just listen to the inner voice that directs us, the better.

**-Rick Rubin**