

Go Deep

Art Journaling

#3

Resistance

As we begin to notice our inner worlds, we often find that we carry a lot of fear. Fear shows up in many ways, from avoidance to anxiety to control, many of us have cultivated clever adaptations that prevent us from facing our fears. What is it that we are fearing? Rejection, inadequacy, hurt, vulnerability? The pains of life are very real, but if we are to move towards greater self-compassion and begin to live with peace, we must honour and welcome all of life— both the sweet and the sour! Resistance will always exist within us; the trick is for us to meet it with love and understanding, to see it completely and welcome it out of the shadows so that we can begin to know it better.

For the third art journal prompt we are going to be exploring the ways that we resist showing up fully. We could look at resistance in any area of our lives, but as a start we will begin to look at our resistance to the practice of RAIN. By now you have likely already found yourself feeling scared or perhaps lost under the veil of avoidance in this practice, today we are going to welcome our resistance into the light and create a safe space for it to be seen and known.

- *In your journal write “I resist when I . . .” and then let the words flow.*
- *Next create an image that symbolizes safety and welcome then depict your own personal tools of resistance as part of this scene.*
- *What does it feel like to welcome them into the light?*

You may want to add other images to this scene as your awareness grows. Remember to offer yourself compassion and love throughout this art journal prompt and ahead, resistance is not wrong it's simply another part of being human!

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