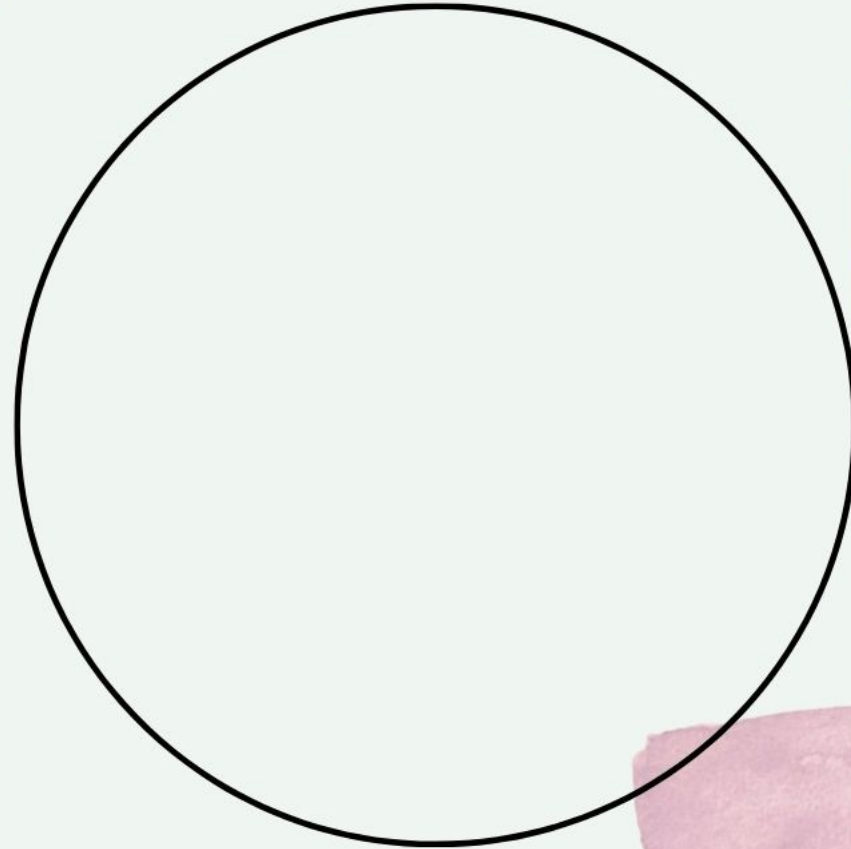


Week 2: The Observer

Showing Up

While we arrive...

Draw a circle & take a moment to capture some of the thoughts, feelings, ideas that have come up for you around the notion of **safety**.



“seeing with the eye of thought”



Love After Love by Derek Walcott

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,

and say, sit here. Eat.

You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

The Observer

An ever present witness...

You are not your thoughts, pain, sensations, feelings
You are the witness, the part deep inside noticing this all.

Ram Days "Everything changes when we see we are the witness to the story instead of the actor in it."

"Observe the space between your thoughts.... then observe the observer"
- Hamilton Boudreaux

Our creative practice is a place to notice & witness our thoughts, feelings, sensations ideas.

Our Process

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



I intend to notice the thoughts & stories that come up for me.

What does my observer want me to know?

Intend. to notice the thoughts + feelings that come up for me.

Q: What does my obscurer want me to know?

I don't know what I am doing. Not sure I trust this process. Keep going, I know that spot I don't trust you. You don't know what you are doing you are grasping for it.

You can trust me why must you trust me



Homework



Do this



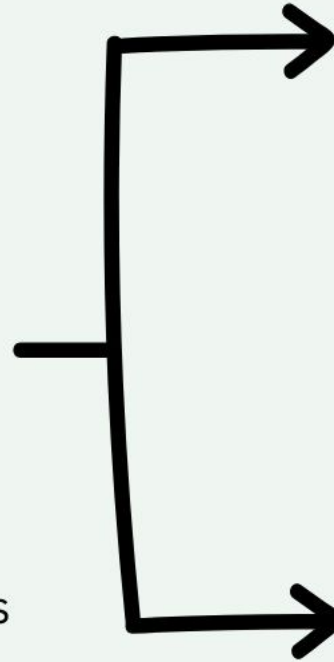
Set an Intention

Ask a question

Trust your Impulses

Trust the Process

Write



I intend to observe the thoughts that come up for me as I create.

I intend to find space between my experiences & myself.

**"Hiding in this cage
of visible matter
is the invisible
lifebird.**

**Pay attention
to her
She is singing
your song."**

-Kabir