

Go Deep

Art Journaling

#5

A Welcome Mat

A key component to the practice of RAIN (as well as mindfulness) is allowing our experience to be just as it is. Many of us have spent much of our lives using our will, wit, and wisdom to try and avoid pain, but inevitably discomfort always finds us. When we create a philosophy of welcoming whatever our experience is with open arms we are allowing and accepting whatever is going on for us to simply be. If we spend our energy seeking to know and understand exactly what we are experiencing as is it undressed and naked, we are then able to choose right action or often find that action isn't needed when where we first thought it was.

For this art journal prompt we are going to explore a symbol of welcome that we can imagine, draw, or meditate on as we seek to allow. Many of us have welcome mats on our front porch, special boxes or containers for our precious items, altars, galleries of treasured images and other carefully curated spaces that signify "welcome treasured friend." When we intentionally create spaces for the sacred, we are signalling to them that they are welcome. We cherish them as they are, for what they signify, for the meaning they hold despite the fact they may be rusted, cracked, or far from pristine. We can do the same with our emotions and feelings, we can create a container, a special symbol of welcome that we conjure to signify the process of allowing.

- *Take some time to walk through your home noticing the items, artifacts, and precious items that hold deeper meaning to you.*
- *Open your art journal, close your eyes and in your mind's, eye begin to explore symbols and imagery that signifies "yes, you are welcome here" to you. Trust your imagination and inner guidance to settle on a symbol.*
- *Sketch this symbol and then in your journal give it a voice let it tell you how it can hold a safe space for your experiences.*

Next time you practice RAIN see if this image has a place as you Allow your experience to be. Invite this image to come to mind anytime you are seeking to truly be with whatever is.

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