

# Go Deep

## Art Journaling

#4

Desire

In the daily concert of emotions that show up in our lives desire is one of the most complex. On one hand it somehow feels right to hope, long for, wish, and want things. It's a perfectly natural experience of being human to long for something we want to emerge on the horizon. On the other hand, desire can keep us from being with what actually is. It can set us up for disappointment, prevent us from recognizing the gifts and joy that are already with us, and keep us running an endless marathon on the treadmill of wanting more. Desire is neither good nor bad, just another feeling worth noting in its full spectrum.

For the fourth art journal prompt we are going to be exploring the ways that desire shows up for us in the practice of RAIN. As you practice RAIN what are the preconceived hopes, desires, goals, or outcomes that you wish to achieve? When we pay attention to these in our practice we may begin to see a theme emerge around how desire may be cleverly pulling us away from what is. Consider how desire may also have a shadow side, a side that prevents you from being truly in the moment.

*•In your journal write “I desire when I...” and then let the words flow*

*•Depict an image or use abstract shape, line, colour and space of what desire is in its full spectrum of both the light and shadow.*

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.

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