

Showing Up

In the chat tell us about a time when you felt safe & relaxed.

Where were you?

What were you doing?

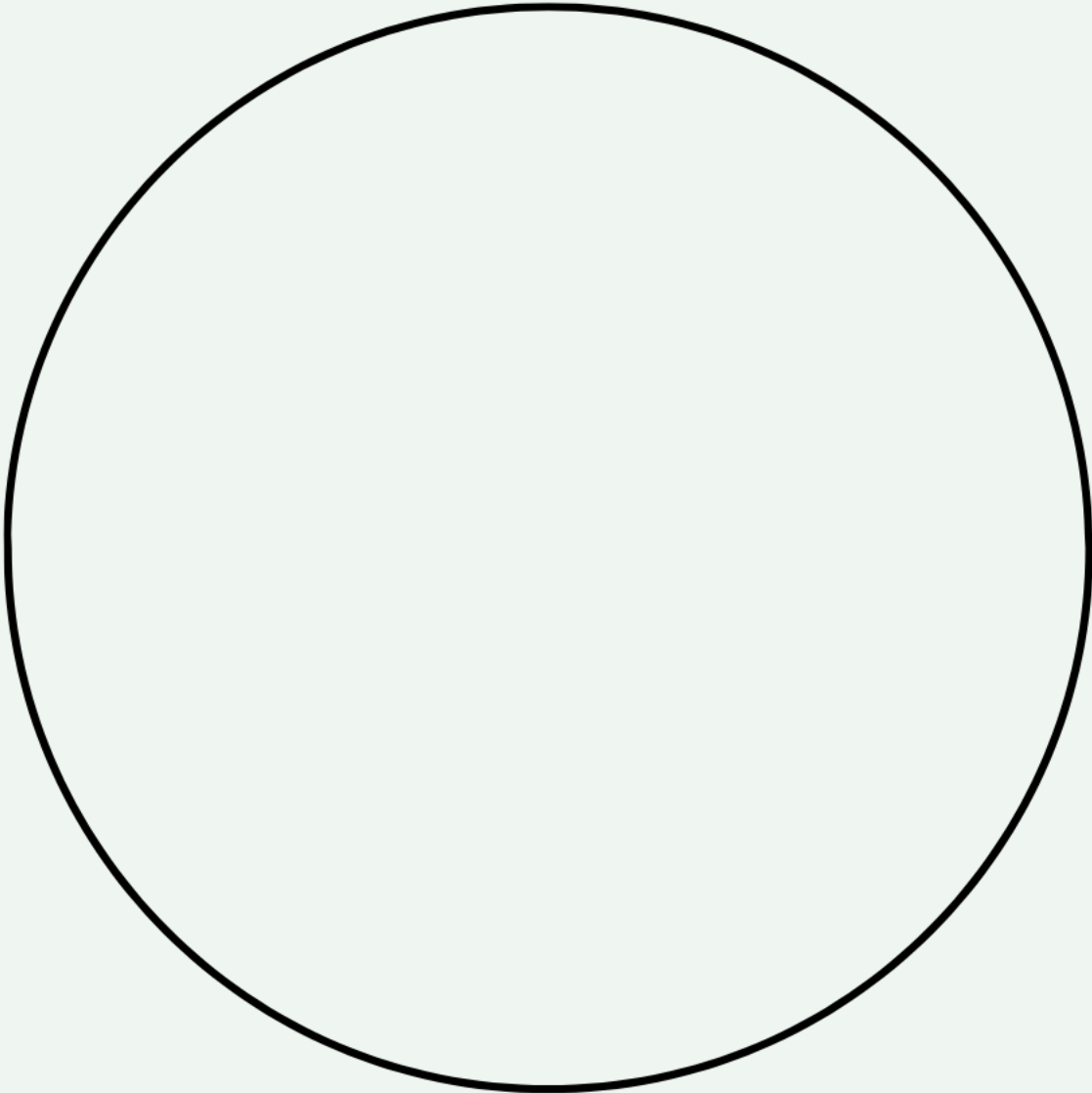
What image comes to mind?



The idea

“seeing with the eye of thought”

from Zen teacher Kosho Uchiyama



Safety

Our foundation, our breath, our work...

The first step in any creative practice or self care is safety. None of this works without safety!

Who can create safety?

Can you give yourself permission and/or create the expectation that you will make messes, slip in your routine, feel lost, underwhelmed, overwhelmed, uncertain and so much more?

Create a safety statement.....

- *Here and now I give myself permission to relax deeply and be with whatever comes.*
- *This is my sacred space, no one can disturb, demand, ask or expect anything of me here. No one can judge, criticize or threaten, injure or harm me in anyway here.*
- *This is the place where....*

Our Process

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



What does safety
look like for me?

or

How can I give
myself permission
to be safe here?

Hold Out Your Hand by Julie Fehrenbacher

**Let's forget the world for a while
fall back and back
into the hush and holy
of now**

**are you listening? This breath
invites you
to write the first word
of your new story**

**your new story begins with this:
You matter**

**you are needed—empty
and naked
willing to say yes
and yes and yes**

**Do you see
the sun shines, day after day
whether you have faith
or not**

**the sparrows continue
to sing their song
even when you forget to sing
yours**

**stop asking: Am I good enough?
Ask only
Am I showing up
with love?**

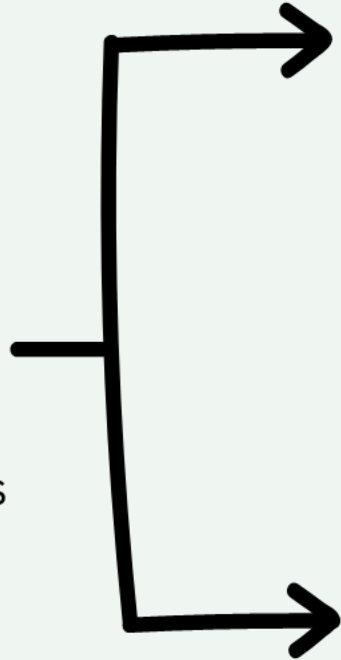
**Life is not a straight line
it's a downpour of gifts, please—
hold out your hand**

Homework

Do this



- Set an Intention
- Ask a question
- Trust your Impulses
- Trust the Process
- Write



What does it mean to show up with love?

Hold out your hand, what gifts can I feel right now?