

# Go Deep

## Art Journaling

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## Recognizing Our Inner World

How often do we bumble through our days and never pause to notice what is going on in our internal lives? For many of us the only time we stop to tune into our internal experience is if we have pain or discomfort. Nonetheless, your heart continues to pump, your lungs breathe air, your emotions move through your body. Recognizing what is happening within us begins by intentionally observing all of these background activities we have become so accustomed ignoring.

For your first art journal prompt you will tune into what is happening inside of you paying attention to the concert of sensations, feelings, and thoughts that are all simultaneously happening inside of you at any given moment! You will then welcome these observations out into your journal. This simple process will encourage you to pause and build a deeper awareness of the experience of what it feels like to be you each day.

*Be a curious observer of your inner world. Right now, in this moment what is happening inside of you? Take a few moments to scan your body noting sensations and feelings. Welcome these internal feelings outside and onto the page using shape, line, colour, imagery, symbolism etc. You may then choose to add words, collage or even just journal next to the imagery about what you observed. Add a poem or short written journal entry about what you observed. No need to do anything, or change anything, simply recognize what is happening inside of you.*

You may choose to revisit this prompt a few times over the next few weeks and note how your internal experience is the same or different from moment to moment. Sometimes we come to the moment full of stress, other times , but most times even in our most neutral moments we have a rich and varied story unfolding inside of us.

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