

Book of Shadows Jan 2020

for Spiritual Explorers: seekers, elders, outliers, caretakers, the wounded and the healing. A later-life project of collecting clues to Your Life-with-Meaning



We are being lived by powers we pretend to understand W. H. Auden

Exploring *Self, Community, Nature and Unconscious Intelligence with chance, coincidence, accident by making objects as compasses, tools of personal exploration.*

“The poet’s labor is to struggle with the meaninglessness and silence of the world until he can force it to mean; until he can make the silence answer and the Non-being be.” Archibald MacLeish (1961)

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WHAT IS IT?

- *A private record of how you have made/lost Meaning*
- *How, when and why you have Revised your Story*
- *How you have encountered the Intuitive, the Spiritual and the Practical in your life*
- *Your Dance with the Body, the Mind and the Moment. Your history of Going In, Down, Out and Away*
- *How you have managed the tension between life expected and life experienced.*

You are collecting clues about your emerging selves, and the changing matrix around you.

A different, selected, edited version may be made and shared with others. This is called a Grimoire.

WHY DO THIS?

- It is part of your legacy.
- You've spent your whole life getting to this point.
- Narcissistic?
- No, it's taking ownership for who you are and what you've become.

Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now.

You are not obligated to complete the work, but neither are you free to abandon it."

Talmud

HOW, generally?

Trust that Meaning is always available in the Regular;
The Profound is in the Simple.

Trust Process; That you are not alert to it all, That One-
step leads to another,

Seek Contact with Ambiguity, Chance

Seek Casual/Indirect Ways to Allow Discovery; that
there are layers of meaning which get Revealed after risk

It's like Ikegai, Active Imagination, Restorative Yoga,
Dream Analysis, Haiku, Archetypes, Myers-Briggs,
Astrological Charts, Enneagrams.

HOW, specifically?

Collect information (images, objects, words) in a
pile, a box, a drawer, a notebook, as a deck of cards...
*It's likely there are already pieces around from three
areas of your life:*

1. Pieces of your PROFILE: *What you've Earned,
Learned, Inherited, Rediscovered;* Life-long defaults,
tendencies, interests, routines, themes;
"Oh, YOU Again!" Welcome friend!

BODY: *health?, habits, the ways you Present yourself? Hair,
Clothes, weight, height?*

BIRTH/FAMILY Highlights Birth Experiences, Deaths,
Successes and Tragedies

NEEDS *when has life had meaning? Are there life-long fears
or worries?*

Experiences with OBJECTS:
PRODUCTIONS/COLLECTIONS? Saving?

Experiences with the Eternal, the Olde, the Paleo: rocks, insects, water

Experiences with Religion? Spirituality? The Occult? *How you Alter Consciousness*

Experiences with The Feral, Nature, Instinct, Shadow YOUR GIFTS? Passions, talents, obsessions, reputation?

Your Preferred, Practiced Voices: *teacher, preacher, cheerleader, critic, victim?* Can you access others?

2. What's TIDAL, in play, right now?

the weather fronts of the moment.

Tune in to Passing Encounters, Accidents, Coincidences, Pictures, People, Places, Symptoms, Attractions, Hunches, Experiences, Events, Animals, Scents, New Voices What Songs are stuck in your mind?

What Dreams? What words, verbs, nouns seem to repeat?

Old/New Clan *Is a new clan appearing? Who's there from the old one?*

Experiences with Organizations Why do you join,? When do you leave ?

LIFE STAGE: What's this one about? What are you losing? What opportunities are presenting?

Media BITS gleanings from messages/emails/your programs and apps, your life with electronics

QUOTES/POEMS What words, images, stories move you?

3. What can you help REVEAL (conscious/active experimenting with materials/objects/making)

First, Pause See Pausing, Waiting as an Activity, not a lack of activity.

Try Making Order/Disorder from Casual Loose Parts *Just Arrange things* Get a paper clip, a rubber band, a twist tie, a bandaid/. What happens?

Practice Gifting Both *Objects and Attention* as a tool of Active Exploration; Sharing your Gifts

Try Other Voices: *Assisting not Directing, Listening, Greeting*

Be with children.

THEN?

- Allow all this to just be.
- *No autobiography. No poems.*
- Sit with it.
- Let it reveal as it may. Or may not.
- Be out-of-charge.