



Exploring

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

*The helical twist of our 3 Living Realities:
The Imagined, The Perceived, The Remembered*

***WHY?** It changes!*

*It needs attention, reviewing, refreshing
by Looking In, Out, Down, Back and Ahead.*

*These are not tasks, but invitations, idyls to
“kindle magic in an unmysterious world .”*

Joseph Stella

Casual Alchemy Characteristics



CURIOSITY-DRIVEN: Wonder Room motif

LOOSE PARTS: just have interesting stuff around and see what happens

ALLOWS NEEDS to be revealed

ALWAYS in “course-correction”

STAYS SIMPLE

INDIRECT: known by absence, effect, *like magic*

GUIDED DISCOVERY:
that fine balance between teaching and learning styles



ELLIPTICAL, REFRACTED Style of learning

KALIEDOSCOPIC: same pieces keep realigning

WHY DO THIS?

“Bidden or not bidden, the gods arrive.”

*... in accident, disguise, chance, coincidence,
events... alone, in pairs, triples or mobs*

“The rush and pressure of modern life are a form, perhaps the most common form, of contemporary violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activity neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.”

Thomas Merton

***You’ve been
jolted, bumped,
injured or just
sensed a Shift.***

***You want to
Adjust.***

***You have the
time and
interest to
PLAY more.***

***You want
access to more
Energy***



*Walking in Three Worlds
photo by David Horton*

***You want to tell a truth you've discovered about nature
and human nature: about diversity, appreciating
Opposites, the Organic, Listening, Keats' "Negative
Capability"***

You are aware of Hungers, Tasks put off too long.

You want safe practice with chaos, transition, intuition



Long-gone Buddha Board Image

***You recognize your NEEDS: For wonder and joy,
the carnal, stories, making and outering***

ACTIVE STRATEGIES 3.4.21

1. KEEP AT YOUR PROFILE

Start from where you are at Make notes of memories about collecting? Self-soothing? Eating? Buying? Loving

2. FIND WAYS TO EXPRESS and PRACTICE

over and over.... What you've discovered and come to believe to be "true".

3. WATCH YOUR LANGUAGE. *Are your nouns, verbs and images* Technical and mechanical? OR **ORGANIC**

Be Wary of pseudo-spiritual, psycho jargon *that might actually serve to insulate you from people.*

Talk WITH not AT people Look for common ground.

4. BE PLAYFUL Make Things [ITCs](#) [Process art](#) ... and Give Them Away

5. BE ALERT *All Shiny Objects may not be distractions.* Some are Some Aren't. It changes

6. FIND OTHERS who are on the same path. Recognize Them Surrealists? *Homo Spiritus?* *Give Gifts*

7. WANDER Let go of A Plan. *See what the word "derive" (duh-reev) means*

8. TRY HAIKU *In poetry and in making: Just three things: Nature, Feeling, Contrast*

Trails to Follow

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DM Blog

DMs booklets, especially *The Game*

The Five Remembrances

1. I am subject to aging. No way to avoid aging.
2. I am subject to ill health. No way to avoid illness.
3. I am going to die. No way to avoid death
4. Everyone and thing I love will change and be separated from me.
5. Only true possessions are my actions, I cannot escape their consequences. Do not suppress knowledge of our frailty, impermanence and fears that lie in the depths of our consciousness. To be free of these fears invite the Remembrances into our consciousness and stop seeing them as enemies.

Thich Nhat Hanh, Understanding Our Mind

Poems

Rumi, Mary Oliver

Autobiography in 5 Chapters Portia Nelson

Terms to have the Pleasure of Searching for:

Zep Tepi, Negative Capability, Epistrophe,

Books, Articles

How Can I help? Ram Dass

Helping, Serving Fixing Naomi Remen

Listening-to-understand Andy Eklund