

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

Casual Alchemy

The Climate is Changing

10.29.21



“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

Casual Alchemy

Discovering ways to the non-rational, to Psyche; the notion that “*messages*” *may need many several differently conformed iterations in length, style, time...*

Introduce viable, competing alternative themes, eg. *Kairos* understanding of time

Witness other world views **ways to integrate opposites**: Greater interest and tolerance of diversity



WHAT'S? Happening?

It's personal, age stage, medical, political, spiritual all at once!

Encounters with the Non-Rational

Shifting World View:

Each reveals different layer of reality;

"I believe different things in different places"

Time is changing: from chronos to **Kairos** *Slow Down, different frequency.*
Waiting and Coincidence become more important

Needs/ Interests/Capacities are Evolving

*This is often a subtle and lightly conscious process. There are indicators: Your Civility Membrane May Thin out, more gets through Archetypal energy of **Misanthrope, Scamp, Hermit** **See Separate Booklet of Needs*

Emerging Archetypes Homo Spiritus

[renaissance-and-homo-spiritus/](#)

Religion is the attraction of the soul to God

More Encounters with Disorder

TRICKSTER/Scamp appears. *Time to Dismantle, Re Arrange, Re-Order the urgent need/compulsion to rearrange those deck chairs* **Experiences of the Cognitive Kaleidoscope** Everything still there but **jumbled-replaced-repositioned less insulated; You** Pickup new frequencies/ small tear in mindfabric more empathy, less protected Each ordering we choose is seemingly a self-evident virtue **until it is challenged** Poignant encounters with just how much realities and physical space overlap and abraid at once



Responses/Out *Overwhelmed? Angry? Bewildered? Curious?*

Develop “*personal sustainability*” incrementally move boundaries of ego out with regular contact w coincidence, accident, Kairos, Others and Nature as the ego ripens, it can allow and actually seek more encounter.

1. Alone/Quiet **Heart Work**

Be in Nature alone see “derive”

Be Playful and Joyful

Be Open to the game changing

That Prep/Resp may precede event

Be Curious and Alert to accidents, coincidences messages.

Recognize/Accept *It's taken years to grow into a who you are*

Consider Your Needs and how they are met

for Wonder (awe, mystery, “feeling in”)

for Dexterity (transforming, hand-spirit, Infinite Play),

for Stories (how you fit into the world),

for the Organic/Sensual/The Feral/The Carnal, The Need to Belong,

to Provide, to Dominate, to Submit ***The Need to Lump and the Need to Split***

*****See Separate Booklet of Needs***



2. Alone/Active **Head & Heart Work**

Notice/Note/List/Inventory

*Where care, ordering, attention, time **ACTUALLY** goes: Your “Smokey Life”,*

Your patterns of Dismantling, Reordering, Self-Soothing

Your Ways in World: What you Eat? Buy? Watch?

Social media profile, groups, family, How you balance Tech/Nature?

Who Shows Up?

Items of Importance Your VOIs Celia '92 article

Values that Drive Actions? surprise, violation, witness [Pluralites](#),

Dreams **Memories** To Reveal FOUNDATION BLOCKS:

Patterns: range of *reactions to profound disorder*. natural and cultural upheaval,

Notice Language. Tech/mechanical or **ORGANIC** words, images?,

Be Wary of JARGON words that isolate *Altars, anima...Talk WITH not AT them*

Dwell on LifeStage: what's gone, what's arrived **What's MINDFUL AGING**

Use a Buddha Board

Card Alchemist IMAGE



Make Things, alone

Comfort and Practice with organic quality of ordering/reordering/
assembling and dismantling *We all make Dinner, Time, Trouble* Honor the Ordinary.



3. Make Things, with Others Hand Work

FIND Ways, Places, People TO PRACTICE and MODEL over and Over....

Place Made-Objects in your Home

as *Shrines, Fetishes Altars* as Public Portal for Delight, Amusement, Play.

Create a KunstKammer

collections of interesting, random objects,
old/new, made/found, nature/culture, history/future

Gift things to Others *Gift Stories: Grave Cards*



4. Review/Digest Often course correction

“The path shows the way”

What’s Repeating/Appearing? Are familiar themes appearing? Do Family members/memories appear? Remember, it’s all about **MAterial/PATtern**
New and Old Who’s showing up, (Cameo Roles) sticking in your Stories? What you’re discovering to be “true”. Find “touchpoints” for sharing
Calendars See

Animal Visitor + Etheric Cords

Consult Hidden Pairing Not *What’s This* about, but ***what Else*** is this about?
If something is Lost, what’s Found? If something is Here, what is Hidden?

Do a Tech Bio: uses of phone, computer? What are you saving, sharing, Making?

Light Touch! not full arguments, but allurements. ***Take Small Risks***

Poetry often enters through the window of irrelevance. M.C Richards

Find Your Surreal name an anagram of the letters in your name.

Try Small Scale Objects: How little of something is needed to make meaning? *Coffee Filter art*

5. Develop Your Book of Shadows or Grimoire

It’s the Notebook, the Journal of what you’re learning what works, what takes on or sheds meaning.

*****See Separate Booklet of Book of Shadows***

6. Feed Your Curiosity! Seek New Knowledge and Perspective

Trails, Scents to Follow and share, to stay open, porous to what’s out there

Read/Share poems, ideas, words, terms...

*** See Separate Booklet of Trails, Scents, References*