

The Casual Alchemist 8.28.19

Fast Start Playbook

*for Spiritual Explorers: seekers, elders, outliers,
caretakers, the wounded and the healing.*



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

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

*This is the start of our personal Book of
Shadows and our shared Grimoire*

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



"The soul's duty is to listen to its own desires and abandon itself to its master passion" Rebecca West

We ALL have a Spark of the Divine; the Joy
Kabbalah

'La ruta nos aportó otro paso natural'
"The path provides the natural next step"

FAST START!

You choose where to Start

<i>Be Alone/Quiet</i>	<i>Trust Curiosity</i>
<i>Consult current symptoms</i>	<i>Seek Awe/Wonder</i>
<i>Take Small Risks</i>	<i>Play</i>
<i>Pause/Wait</i>	<i>Make Things</i>
<i>Make Time for The Holy</i>	<i>Trust the Body</i>
<i>Distrust Talk/Words</i>	<i>Be with Children</i>
<i>Give Things to Others</i>	<i>Repair Something</i>
<i>Recall a Dream/A Memory</i>	<i>Revisit/Repeat</i>
<i>Find/Share Thin Places</i>	<i>Make a Presence</i>
<i>Be with others; Find Clan</i>	<i>Be with Nature</i>
<i>Put Something in an Empty Container</i>	
<i>Allow for The Unresolved/The Unseen/Ambiguous</i>	
<i>Read: Kandinsky's The Spiritual in Art, Rumi</i>	

Keep Notes on your experiences.

***Honor the casual. This is not a Project, nor Art,
nor a Test, nor a Challenge.***

***Approach all this sideways: alert to coincidence,
hunch, accident, mood,***

***Move on if nothing seems to be arising. It has its
own ways and means.***

***Three Moods to start from: Quiet, Active or
Public Where are you right now?***

BE QUIET Alone/ Just pause,
wait for something to arrive.



***You are the
spider who has
just woven
this beautiful
web***

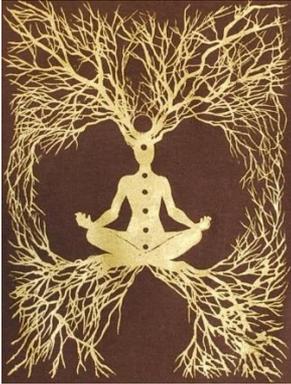
***Trust Curiosity. It's a shy, indistinct
flicker or shadow of interest***

***Seek Awe/Wonder.
Who, What, Where brings on
moments of brightness?***

***Consult the Body and your current
symptoms. What and where are the aches,
or the feelings of well-being?***

Make Time for The Holy

BE QUIET IN NATURE



Distrust Talk/Words

***Allow for The Unresolved, The
Unseen, The Ambiguous***

Recall a Dream/A Memory

***BE ACTIVE: engaging your Body,
The Material World and Your Heart***

Play!

The opposite of play is not work. It is depression.

Take Small Risks.

*Just a stretch beyond the usual,
the comfort zone*

***Attach 3 things together
with wire, string or dental floss***

Empty Container.

*Get a jar, a box, a tin, a cut of wood.
Put something in it or on it.*

***Make Marks on a piece of paper
With ashes, flower petals, coffee stains;
Draw some shapes around them to reveal
clues to the Message, the Map.***

Repair Something

This is practicing caretaking and creativity

***BE PUBLIC: finding Ways to be in
Community***

Be with Children

Find Clan

Make a Presence

***Create something for others to discover
in a park, a field, a corner.***

Learn about Wonder Rooms

Give Things to Others

Revisit/Repeat All This.

***Like the tides, they come in and go out all
the time. Similar, and New.***

***Make some notes on what worked, what
surprised you...***

***This is the Stuff of the Book of Shadows,
that Grimoire: records of your experiences
with the powers of enchantment,
encounters with the Holy.***