***Book of Shadows: 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

***WHAT IS IT? Book of Shadows is a private record of how you have made/lost Meaning; Attended to***

***your Needs; 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 vantage point.

Narcissistic? No, it’s taking ownership for who you are, what you’ve done and what you’ve become.

***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, Allow Contact w 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) from three areas of your life:**

This can be in a pile, a box, a drawer, a notebook, as a deck of cards… *It’s likely there are already pieces around*

***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 *When has life had meaning?*

**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** *Are there life-long fears or worries?*

**Your Erotic Life?**

**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**toPassing Encounters, Accidents, Coincidences, Pictures, People, Places, Symptoms, Attractions,

Hunches, Events, Animals, Scents, New Voices. What Songs are stuck in your mind? What Dreams are presenting? 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** from Casual Loose Parts. ***Just Arrange things*,** Use a paper clip, rubber band, twist tie, band aid, playing card.

**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.