9/11 Flight Landing

R1	coffee	10
B	avocado toast/ side salad	400
R2	cookies	210
L	sushi	400
R3	Sasparilla	180
D	Locomoco	600
		1750

Today is Friday

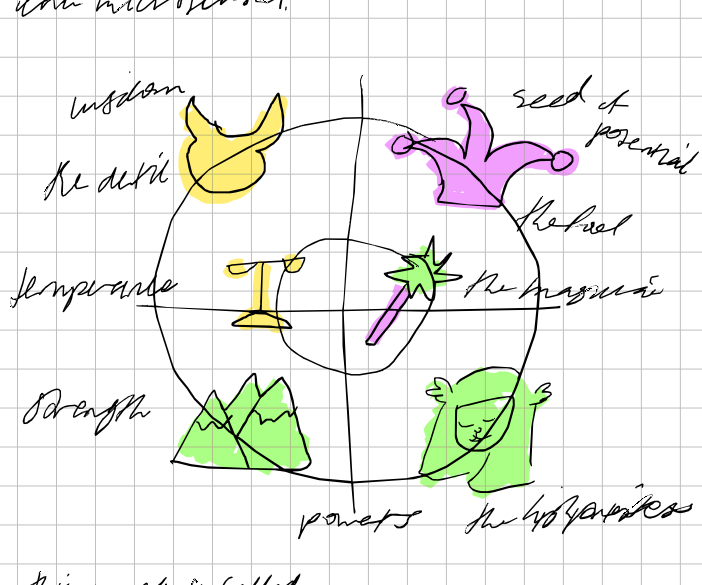
Flight to Montreal

Yesterday was Thursday.

Works, maturity of the Seasons and Locomoco.

I just finished watching Color Theories by Julio Torres and I'm appreciating multimedia performance art.

Yesterday, I placed six figures in the tarot that represents the week for each microseason.

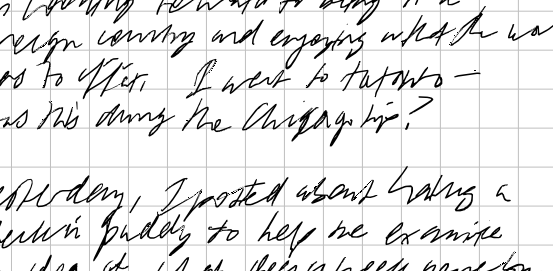


This week is called
The Magician of Bright Fall
the second week of the "goodbye light"
the waning
the asymmetry of darkness and light - why there's a break for the waxing and waning love for the waning and waxing.

Dmitri wants to buy fancy shoes in Canada this week -
I also bought new shoes just for the wedding.

I had some icky feelings with the stress of packing and I felt them and then let it go at accepted them.

I appreciated delineating the different sections of the seasons and the idea of returning to this week next year and appreciating what it's like and how my projects have changed.



The feeling that I love more sushi than anything else in the world.

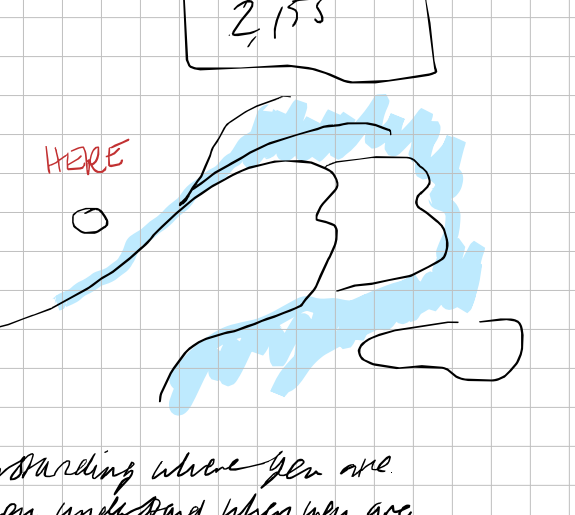
I'm looking forward to being in a foreign country and enjoying what the world has to offer. I went to Toronto - was this during the Chicago trip?

Yesterday, I posted about having a check-in buddy to help me examine the idea of what this week generally looks like?

How is this week energetically special?

Travelogue Day 2 9/12 Fri

R1	coffee	5
B	Breakfast tacos and sweet bread	400
R2	Sparkling white wine	100
L	Edamame and rice Clam chowder	400
R3	Sake and radishes	250
D	Poutine and Fried Rice	1000
		2,155



Understanding where you are helps you understand who you are

On this, the Magician's week of Bright Fall in Quebec (Above Vermont)

It is a crisp morning at Merle Cafe. I'm about to acquire $50 in Canadian money

And perhaps try to find a thrift store or museum gift shop.

I have 2 hours before I return to waking up Dmitri for his brunch.

These sacred hours, to be an artist, I think to myself -

We might be artists together, but more like comedians and less like ethnographers, ethnobotanists, poets, cartographers.

There are three days left before my report to Megan is due.

New Project, The Weekly Checkin

Current Projects

(New) The Weekly Check-In
Kat's Zine Club
Kitchen Arts Tangent
Kat's Art Nite
Morning Pages
Library
Elbe Meetings
Goblin Market
Lasha
Opportunity Applications

I applied to work as a program manager at the Arts Research Center in Berkeley.

I applied to a documentary grant $500

I applied to Cal Humanities for $5,000

I applied for a residency at Seven for Seven to develop the Lasha project.

I used painting at the airport, I could use another word for doodling - opening up to visual - for externalization.

I was walking to work the other day, thinking about fashion school

Genre: resort, festival, casual whimsical

It struck me as something that I could spend my life on.

I suppose that's my best guess at what would I do if I had all the time and money in the world.

Yesterday, I saw The Drama starring Robert Pattinson and Zendaya and it was great timing - I was on a plane.

Watching

Color Theories by Julio Torres

Naturescape of Kauai

Dune Prophecy Ep 1 Season 1

The Drama

[brick format for a play]

[a wind of grief processing]

[a boarding school for women to develop their role in society]

[a woman in her 30s challenges her partner to accept an extreme self expression piece that she was not planning to divulge]

I appreciated the character of Charlie and his obsession. Occupation: curator at a museum. I like the idea of trying to extrapolate how a person who is a curator of stories would be caught up in something outside of his comfort zone.

They don't really give any hints about what Emma's occupation is.

I enjoyed it and now reading the reviews, I can appreciate how casting makes a big difference.

I can appreciate how a mixed (black) character experiences herself as a character amongst the changing backdrop of moving with her military father.

I can also appreciate the expression of someone radically counter culture, a gun-woman specifically bent on a mass shooting, It's like an arsonist bent on setting cathedrals on fire.

The spectacle and also the genre I agree with the movie is that the portrayal of mass shootings in a certain era - Columbine and after - we get a sense of the psychological profile that is discounted as "socio" or "psychopathic."

I can appreciate that for Emma, she's way more compassionate towards the DJ who is seen snorting heroin (allegedly) and I like that idea that a mixed race woman in America, we want to investigate these under-privileged categories. In a way that makes us seem like apologists.

A review I read wanted to project a self-loathing anti-blackness rhetoric to why Zendaya's character would embody a character (a mal-adjusted gun-person) who is typically played by white men in these "performances" and actual crimes, acts against the living.

Actually, would be cool to do an essay of comparing The Drama to Color Theories by Julio Torres.

How an El Salvadoran moves through the world creating comedy while a mixed-race black American woman moves through the world in a variety of roles and explores this dramatic role.

JT	Emma
monologue with dance standing through	manic pixie dream girl
BIBO	trapped
	controversial
	marriage candidate

What is the psychological profile of someone interested in self-theatricization?

Little Richard
Michael Jackson
David Bowie
Marcel Duchamp
Leonor Fini
Dolly Parton
Frida Kahlo
Every drag king or queen.

Writing, directing, and performing your own characters

Roles of authority - I thought this was silly at first.

I often want to tie back my explorations to my parents.

How did they demonstrate their virtue? Their skills, the roles they ended up playing in society and how I'm drawn or repulsed or skipping out of the running?

I think that there could be a greater interrogation - first generation problems. Treating the self as a line that goes back through the generations and the multiple "incursions(?)" that are like wounds in the self or at least prunings of lost files and the post-modern pastiche.

Innocent implies guilty
Mixed implies pure.

Diasporic implies mono sporic -

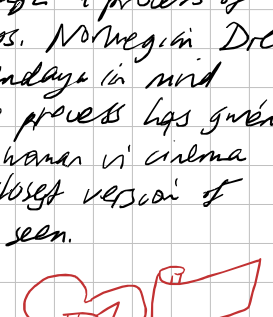
First generation is your parents forever being on the other side of a gate as you navigate a journey on your own

My parents never talked about race because they never had to.

Just like my older half-sister Jenny never got the famous line (from my dad) "When you shine, there's always more."

And so, here we are empathizing with characters created through a process of intention and process. Norwegian Director/writer didn't have Zendaya in mind initially and so this process has given me a great gift, a woman in cinema who might be the closest version of me that I've ever seen.

(let's stop here)



P.S. The tree values morphing: the symbol for metaphority could be the one to recapturing?

The symbol for mastery could be broader for literary transformation

The symbol for creative ergonomics - still trying to get it sculpted

<ladder, handle, slide>

(end)

Monday 9/14

R1	coffee and snacks	100
D3	Cod Cakes	400
D2	Lava Cake	500
L	Indian Wedding Buffet	1000
R3	two drinks	300
D	Dinner and mushrooms	450
		2,750

Today is Monday. I have a little time with Dmitri before going on a flight to Sacramento.

Yesterday, I had an experience at an Indian wedding and then another trip to Le Dix Pensées.

I enjoyed splurging at "happy hour" and Dmitri's gaming time doing an I Ching.

I was meditating and I generated a random one and looked it up, it was wind-wind - 57 - gentle penetration - I think that somewhat accurately describes my exploration into chairship.

I also yesterday was an I Ching with the intention of answering a question: What is the message for Bright Fall and it was Harmony with some key takeaways
䷊ earth on Heaven

I appreciated the writing out of that. How to deal with peace: what to do when my life is going well. It doesn't mean there aren't challenges

Maybe it means the challenges are more subtle and sneaky. To continue to grow and discern without just being active.

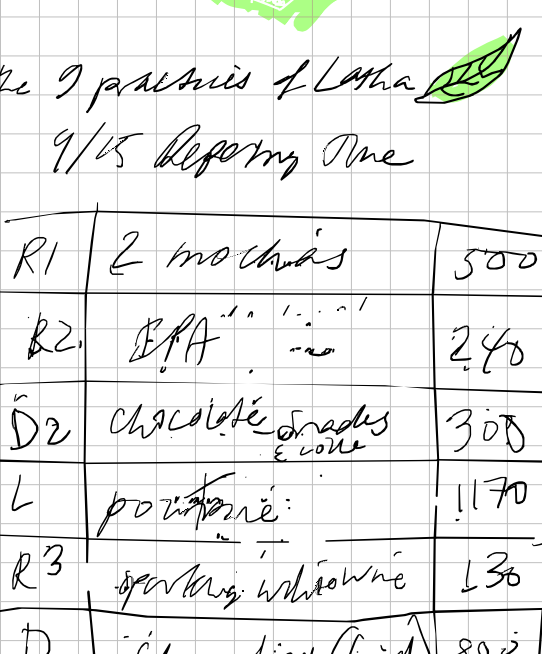
I appreciated the feeling of introducing myself at a wedding where I didn't know anyone and that feeling of recognition of "Oh, you're an artist."

I mentioned my zine maybe for the first time to people that don't know me at all and I appreciate the simplicity of that. You are defined by the legacy you leave behind and someone who is a fan of Ray Johnson will maybe get their hands on a mysterious collection of works - 10 years worth of zines and put together the pieces of how my fonts and aesthetic grows and changes.

Tomorrow is report with Megan day and I want to do a traditional IMRD paper and then the report will be about why this is a good format for this part of the project.

The project Cleric Transformation Course is a self-directed program with guidance from Megan (is anything self-directed - a vacuum of directors?) -

I'm growing more confident with a character - I hesitate and feel a spasm, a cringe - sensing where things aren't quite adding up.



The 9 practices of Lasha

9/15 Reporting Time

R1	2 mochas	500
B2	BRA	240
D2	chocolate shakes & coke	300
L	poutine	1170
R3	sparkling white wine	130
D	Cheese bread (fried)	800
+1097		3,140

Today was dinner

Yesterday plane traveling Montreal

I am getting sick - deep breath -

I saw her step in some gyoza sauce then later on and felt the tension of "that's my responsibility to clean up what they can step in."

Returning home and thinking about the report

Dear Megan,

I recently read the I Ching - or rather I was doing some unconnected drawing and I generated a hexagram, 57 -

I appreciated/noticed that it was with changing lines - I will get more used to reading those, I'm sure -

In my reading about Seidr magic, I was inspired by the two domains of divination and trance and I appreciated how that felt like really great skills to focus on.

I recently read about André Breton and my interest in Automatism is renewed and I think it complements/integrates into these new projects.

I have been appreciating that the core inspiration was to deepen my understanding of holiness - the Cleric Transformation Course.

Ideas of devotion, but also of memory - How to be devoted to my practices and values while changing?

I have two main outlets, the zine and morning pages - I don't really publish much of the latter and so there's some of a lot of effect of re-writing papers having an increased outlet function.

I was deeply affected by delivery of challenge insights my partner summarized one night after a late show (the annual Lesbian Goth Strip dance by Hot Garbage)

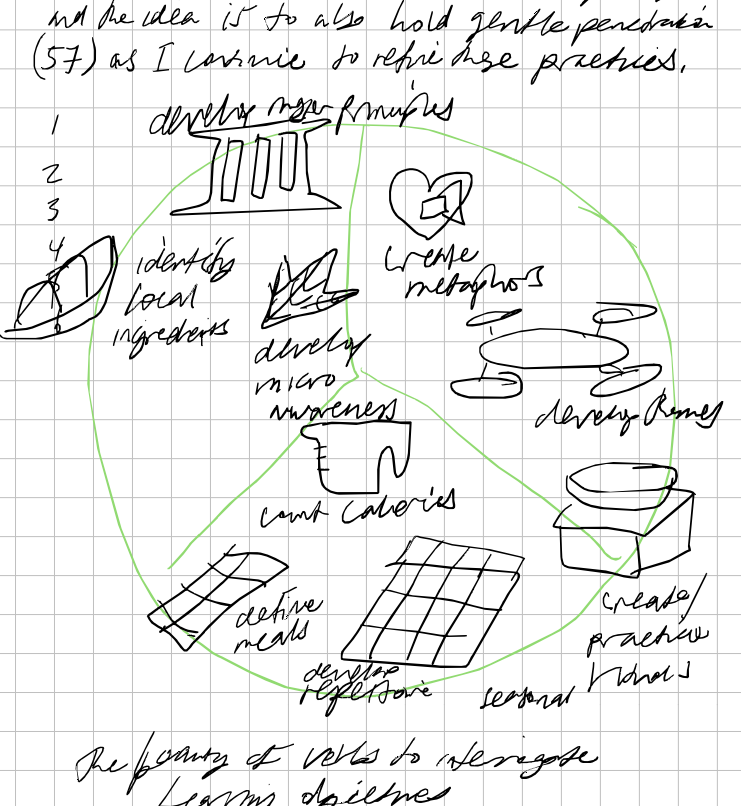
And I was reminded of my goals and it felt dissonant, or uninspired or a tinge of if it's this, I'm going to be a little disappointed, but essentially, I created a new character based on some practices related to having a goal about losing weight.

Eating (and movement) but mostly eating has been a personal and complex endeavor.

Eating, cooking, sourcing.

My twin motivators is wandering a romantic portrait was someone to share practical about "food and gym" - I would keep saying this in my head

So, I'm in a great state of harmony (11) and the idea is to also hold gentle penetration (57) as I continue to refine these practices.



The journey of verbs to interrogate learning objectives

9/16 Late Report

R1	coffee	10
B	avocado salmon toast side salad	600
R2	cold brew	10
L	Salmon sushi	400
R3	coke/whiskey	200
D	clear wine and cake	600
		1820

Deep Breath -

What are the rules for a late report?

I cannot leave it without comment.

The syllabus of my life - a simple mechanic, knock off a grade letter for every day that it's late.

self-healing - self-regulating.

My urgency to do the reports.

I have a new check-in group.

So far, it's Bill and Ben, I also appreciate Greg running me through some improv.

The idea of embodying Lasha - hmmm, not quite yet, I guess -

But the audience relations to a Lasha show - I liked the feeling of collecting features.

Prompt: I will conduct audience exit interviews to the show.

There was lighting, tactile objects for the audience, direct references to audience members being on hallucinogens, hype-realism vignette at the top of the show, prospects of a close encounter and a distant encounter, reveals and intrigue.

I commented afterwards how maybe I was relying on the afterglow of a show where ethnic people are very generous but haven't really processed what they were an audience to.

This morning, I had a snippet enter my head that I needed to make a note of to myself:

"Welcome to Poem of the Week."

I have a new goal -

Write a poem every week about every week.

The idea of encomium or longing and a meditation of awe and magnification.

I like the idea of bringing in my reading and eating into the details of poem of the week.

A wedding where the magistrate forgets the groom's name repeatedly.

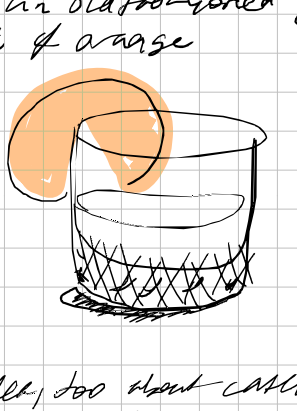
A waitress with a French accent and excellent recommendations

A writer who uses tarot archetypes to delineate weeks of the season

A game developer who suffered through pants too tight as a groomsman

A house cat waking up a catsitter, her big old face in their sleepy groggy state

And the flowers, a double of Bourbon served in an old fashioned glass with a slice of orange



I had an idea, too about catching up with Fool's week in Bright Fall.

Introduction
Method
Materials
Results
Discussion

I recently created a proposal for a residency about a new character Lasha.

my inspiration comes from wanting to /
be more intentional about the adventure /
that is an homage /
— that addresses a great problem /
conflict / area of improvement / passion /

I had a vision of preparing a /
poetry book with 52 poems /
that gave me clues about what happened /
that week that was so special /
and a featured botanical moment. /

I keep circling around the word
"encomium." /

I appreciate the idea of this parallel
being very positive. /

I like the development of writing
with line lengths that come from the
original state of handwriting on the
tablet. /

For me, I think that's a way to stay
connected to the writing. /

I read about about scientific writing and /
Stephen B. Heard said that some /
writers do very little editing and take /
their time at composing initially. /

My goal is to find a relevant
research question to help focus my
next piece /

I think the general domain is about awareness and documentation of visions, divinations and maybe trying to combine it with questions about what is so special about this week in this time. /

Kat's ideal sermon formula /

How to commemorate each week in the same way for 18 weeks?

Experiment 1 - a poem (text and image) a week.

Sep 1 - Dec 29 -
A new name for Autumn -
Rolling down from Summer's Plateau into a cold nadir
the calendar doesn't center the nadir

Lasha represents innocence -
maybe something about beginner's mind or the idea that it can be conceived and not preconceived