9/17 Beginner's mind

R1	Coffee	5
B	Cake and General Tso's chicken	400
R2	Cold brew	5
L	Sushi	300
R3	Allagash	175
D	Burrito	850
		1735

I appreciated the meeting with Craig and talking about beginner's mind.

Calorie theories by Kat Lauritzis

A ramble of a play about eating and reading

Hi, I'm a qualitative researcher.

I am Bay Area based and not associated with any institutions currently,

that could change by the end of tonight.

I am semi-actively seeking my research question and I'm doing different brainstorming methods.

I recently started a check-in group which I believe will help me with some accountability.

I have a few coaches: life, writing, fundraising, and improv.

- A hybrid for one on the theme of ritual drag

- props: vibratone, 5 minute candle, notebook, calligraphy pen

What I liked about my last improv coaching session was thinking about Latha and what kind of show she would do.

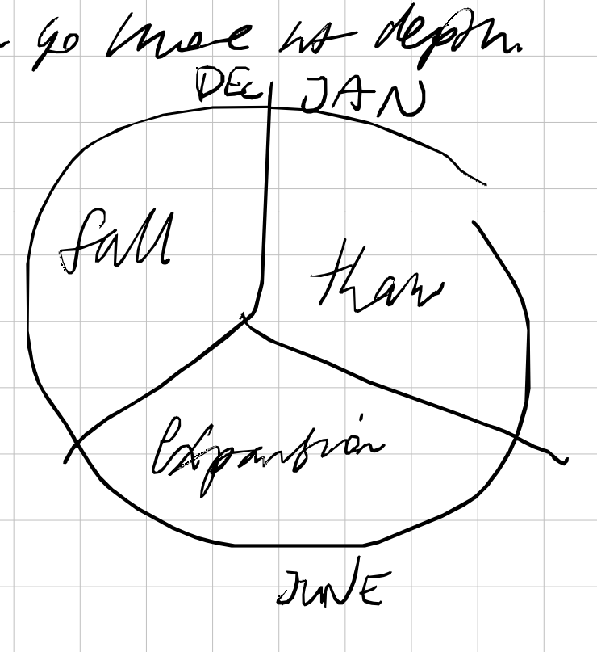
perhaps it's just a wonder wednesdays format where there's a
welcome
Agenda
Check ins
Artist Lecture
Activity
Reflections and Share Outs
Closing time.

Ritual Drag ↑ Agenda Slide

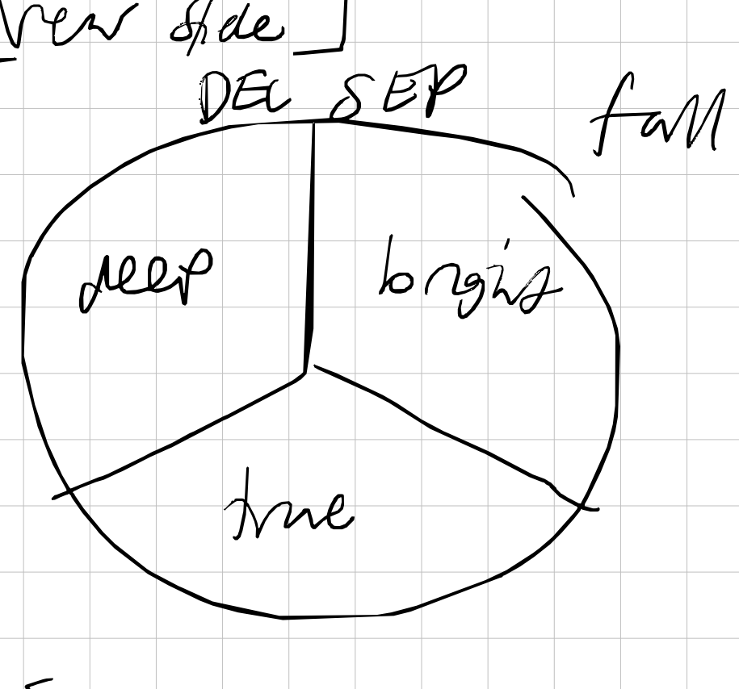
Latha: Welcome to Microseasonal meditation session: HPBF — High priestess of Bright Fall is the title of today's session [Slide Agenda]
I will read this slide out loud — Times will vary, but I will get us into our reception in an hour from now.
I hope you all stay for the reception if you can. I have prepared smorrebrod and marble cocktails.

setting conference room / lecture hall with table at the front with props on it and a headcount's worth of goodie bags (like in rocky horror picture show, they are stuffed with bubbles crayons watercolor paper) a very economical watercolor kit sprigs of agrulula and orange slices. (dried or wet?)

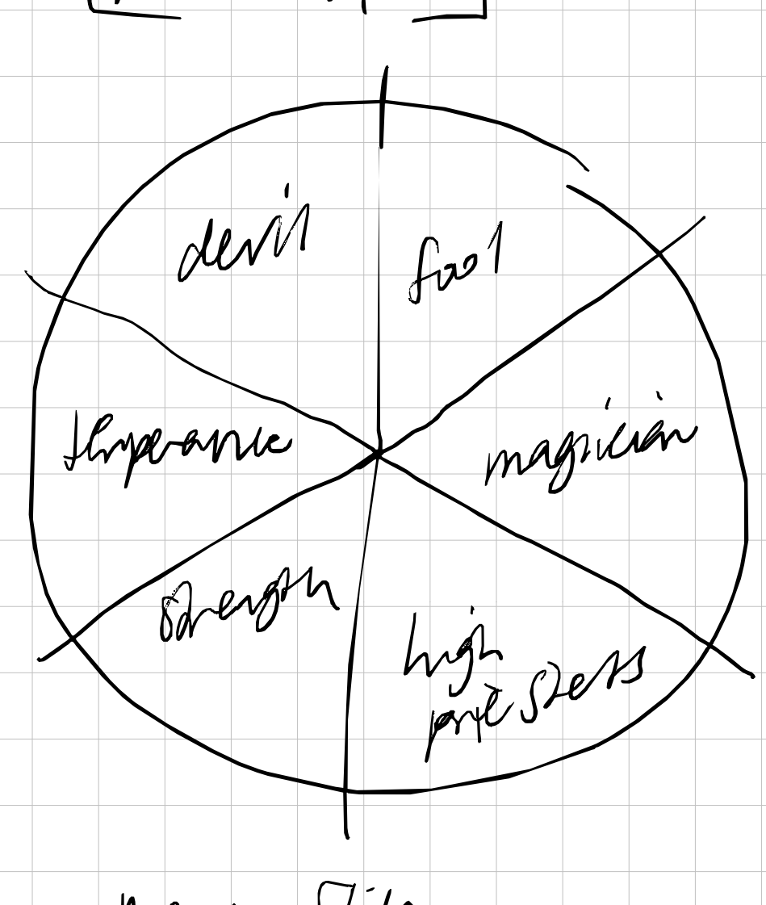
Latha: High Priestess of Bright Fall is the name of this session. Here at Crystal Mountain, we have a unique name for every week of the year. I can quickly familiarize you with the basics and I have a session where we can go more in depth.



[New slide]



[New Slide]



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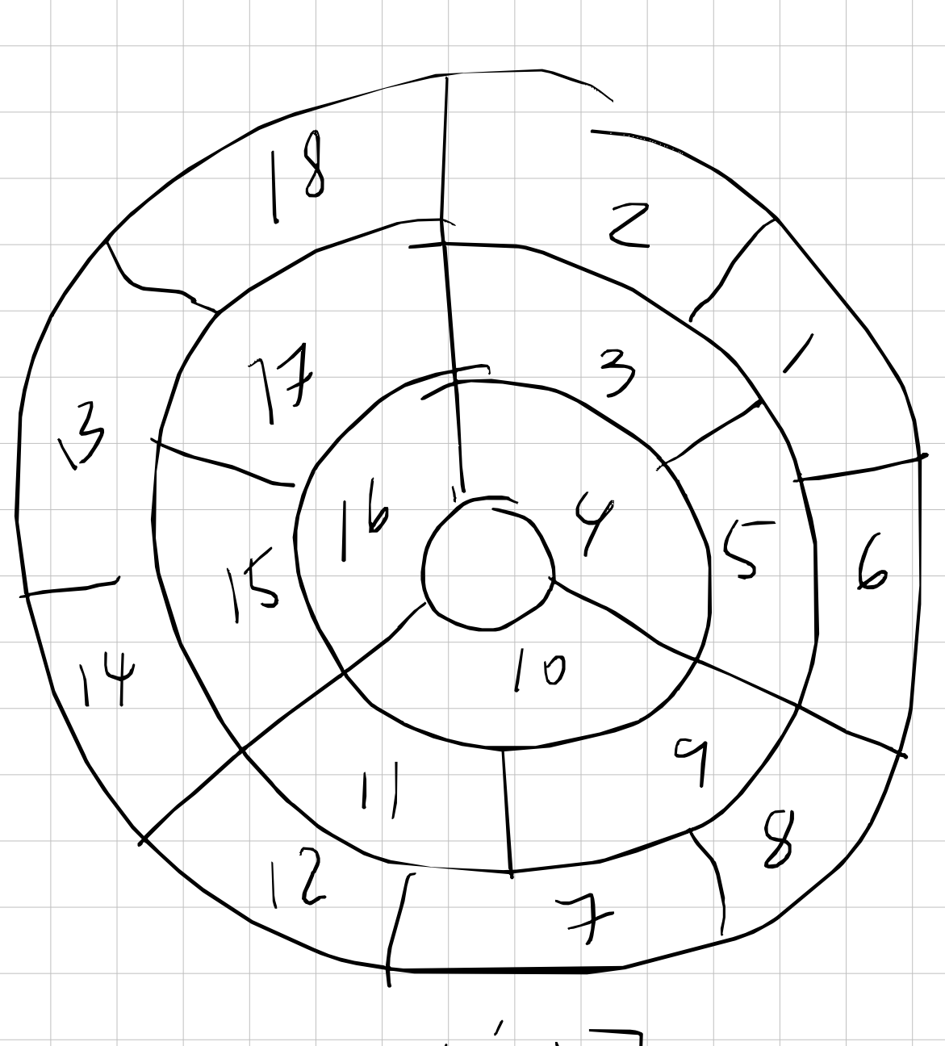

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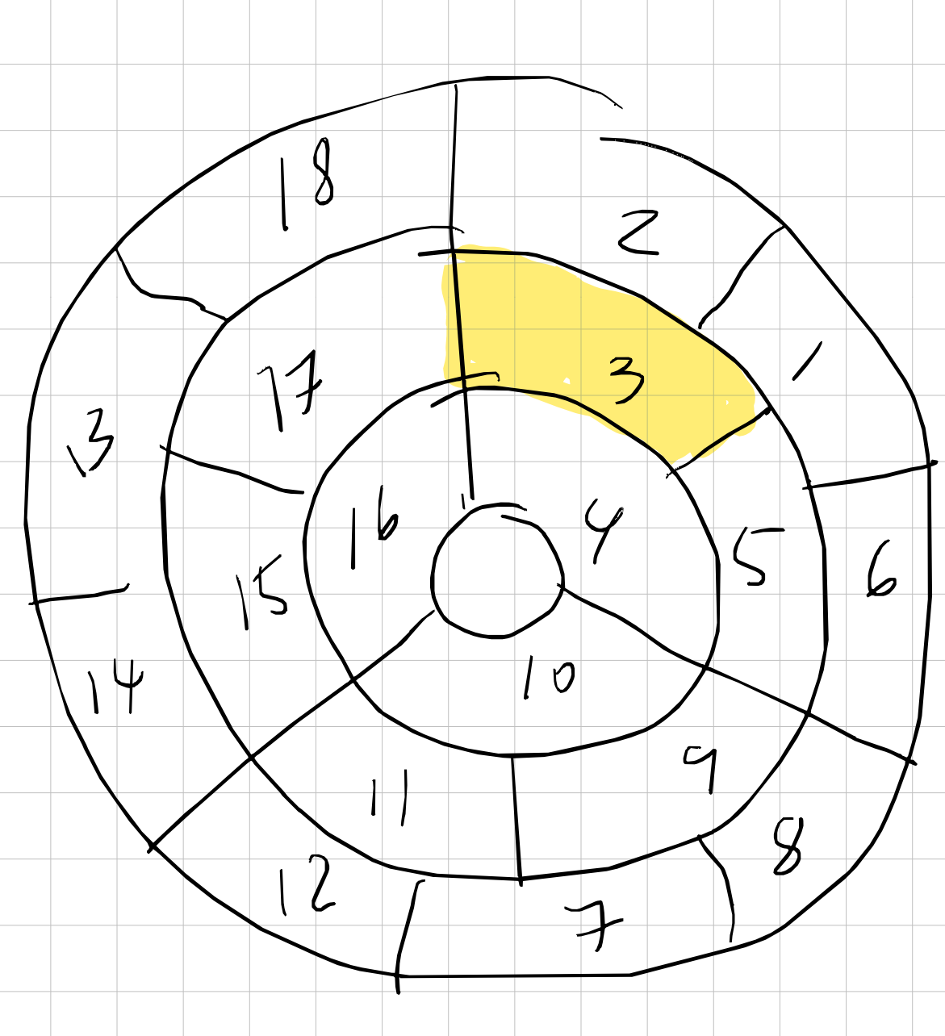

You are here. In this week, the third of the 3rd 3 season depending how you look at it.

Check ins — I would invite all of us to do a three minute check-in silently.

In your prop bags there are pens and notebooks, please take them out now.

When I ring the bell, you may begin whatever process you like to end with a result for this formula

I am feeling ________,
1-3 words

Today I ________ -ed with ________
verb noun

I am trying to get ________
benefits

from this session.

Any questions?

Let's begin [rings vibratone]

[3 minutes later]

Latha: Let's write your ~~name~~ irreverence name on the top and pass those cards forward to the front.

[pre show]

Before our session, I would like everyone to choose a name for today's session for yourself.

This can be a name you have used before or a new name. My goal is to help us tap into our Beginner's Mind and this name can help us feel some distance from who we are attached to "out there."

Reach into your prop bag and pull out your name plate

Here are some names if you want to use them.

random word generator fresh for every session
1 syllables 2 3 4

1 nature	Creekbed	Cloudbeam
2 random Phonemes	Bumeh	Neso
3 pinku names	Mudbath	Stinkpits
4 Religious Figures	St. John	Vishnu

does it help that they are all two syllables? This is a varying parameter — I hypothesize that it helps to keep it legible as a name.

Check in Time is complete

and we now can begin the lecture

→ To close check in time, I will say out loud 4 cards (starting with mine and then random.)

I am feeling balanced beautiful abundant,
1-3 words

Today I walked -ed with silence
verb noun

I am trying to get bonding
benefits

from this session. insight
ideas for new facilitation techniques
validation for the project

Latha Reads the other cards.

[each section has a different colored light in the agenda

Latha changes it with an Led Cube on the table
(use the app pre programmed in the cube)
green / purple / pink / yellow / orange / blue

Latha:

[New slide]

André Breton:

Automatism and You

Latha: I will spend 10 minutes now going through
Autobiographic details and
Artistic details
and
________ details

to help drive home the point of why Andre Breton is a perfect fit to help us celebrate the High Priestess week of Bright Fall.
[develop this]
And now for our activity.
[New slide]

materials needed

Notebook and Paper [New slide]
Instructions
10 of automatic writing / drawing / other?

Any questions?

Vibratone on and Vibratone off
10 minutes pass

Share outs and reflections

[New slide]

What did you think

what did you feel

What do you take away?

Same as our check in cards —

[5 minutes later]
Latha pass up to the front
New slide
Closing time —
Thank you all for the time here —
I will play one song and then we will adjourn to the reception.

What is the title of this song?
[wait until someone says something]
Okay and then go

Latha plays an improvised song

and then at its conclusion

we all go to the reception area and people leave when they are done with the post session social.

After 30 minutes, Strike the set
After 60 minutes, Lock the doors and depart.