11/14 Gifted Planes

Today is Saturday. I'm here to finish the portraits of Daisy, Brie, and Megan C.

Daisy is a consultant. We've successfully pushed a project to submission for CASL / Fulbright grant and she's been supportive in pivoting towards solo music activity. She's the kind of teacher / feedbacker / supporter that can border a vision and walk positively until you have a vision. Maybe it's about the offerings that each support person has. I appreciated that she's willing to take on a topic more lightly, like if I needed someone to grant write the whole thing she's on the table for that. In this world, I think she understands that sometimes collaboration is doing the laundry if someone is already doing it. She's aware of how collaborations fail when people aren't committed. It takes a while to find the person who is your match in terms of matching your ideals. I like the idea of being realistic about what I do best and what I avoid is the key to the lighthouse effect — becoming a harbor for collaborators.

Brie is the neuro-atypical. She's also an ADHD culinary brainiac. I met her through a flight she put up in my neighborhood. Someone from a different world. She's the most hands on. She's my only teacher I've met in person. That is one of the coolest effects of before we were all (expecting) video calling has expanded our connections and the dichotomy between online and in-person. Especially for someone like in person.

writing session Recipe

Today's session started at 11am. We had
an arrival of time and then a time to get started
and now

Here's a recipe for the groniore—
A two hour container and then a smaller container
and then smaller containers

session 1 Session 2

arrive open | | | | | close depart

Here's the path I find about writing is accepting how creeky I am knowing that we will edit that out. My heart is open to happiness and sadness and everything in between.

My native writing moment = what do I want to speak out loud for two minutes.

I am a spell.
I am open, here present, human, neutral, embodied, repetitive, hypnotic, dreamy, sacred congruent, elevated, stylized, trained practiced, caring

A prayer for my reader - I'm interested in authentic writing for 30 minutes and that is a long time in the presence of another person. I'm grateful but yes, also on edge. I miss the Anjie.

I like the idea of "Yoga Ceremony." I'm interested in people wearing their authentic movement clothes and going forward a y'all.

I like the idea of free yoga where instead of poses, I have a yoga class where we bring our writing and engage in the effervescent qualities of poets.

The music of yoga poses - I like the suspensions of a yoga writing session that's guided by a person going through stones.

Welcome - we are in a guided writing session where we have 5 phases. Warm up, pose-1, pose 2, pose 3, cool down.
include include

We write

	time	tone	question
1)	5	free	What are you listening?
2)	10	formal	What is important?
3)	5	incoherent	Why are birds crying that?
4)	10	epistolary	What do you want them to know?
5)	5	obscure	What connections do you want to make?
6)	10	novelesque	What scene is playing out?
7)	5	free	What would you change for next session?
	50 min		

I write the allegiance of prose - a mere 50 min -

I appreciate the simplicity I am writing to trial - the idea that people can entertain themselves - or ~~not~~ ever have a workout while I'm having a workout - I like the feeling of predictability work outs -

like reading.

My sweet kitties are in for an exciting moment of getting to the vet after this and it's such a funny endeavor of having assignment where I am allowing it all to be part of the lesson I'm teaching.

At this, we love meditation/ creative arts

I'm curious what the Rajneeshees embarked along their sessions with Bagwhan. I like the idea of servant leadership and that feeling of allowing your contribution as a leader to be a focal point. That feeling that we need a figure, a character, a bhavan, to escape to.

I appreciate the idea that altered states are like Dmt - where we are here to visit with the entities that have a bit intimidating and that idea of being able to be a total fool, a total vessel, to be able to see the "third knife" of the existence of only the words you type and of my moment, of you're what you think.

That to me is one of the most alluring things as an artist or someone that has the ability to hold space for the connection, "hey, I held it in the palm of my hand and I can tell you it's color and shape."

I think too, through that feeling of hypnosis where through a combination of words and even dumpies - comics - to further mindfully - I can take you that feeling that you're being transported - that I've done all the hocus-pocusing and how I can explore the quiet nuance of fantasy - "what would I actually do if I could do anything -

And that for me is to go to a loving school - a school that nurtures your quiet talents.

that feeling of your teachers recognising your potential and being well compensated - well - motivated that they are just ready to devote this hour of their time to you.

For the case of Brel, she dedicates 2-3 hours of her time to me and that offering is utterly magical and perhaps my schedule and I e

1) Craig is surprisingly generous with
2) his time and perhaps is going to
3) devote 2 hours a week!
4)
5) Am I in heaven? What is this life
6) like? Why is he moving? Do I need to know? How are teachers so utterly mysterious.

Round 2 - the reflecting how do I take in feedback or just accept that the dance ride is a perfect place to be in multiple registers and the idea that you are being in a state of paradox from the reparation of the idea that there's a sense of your friend Dave being there and maybe he says more stuff of Dave occasionally misses this down or even gives you a look - an homage to Dave - where is he, what is he doing, does he want to hang out?

There was a time where that seemed like a good idea at it was happening -

This two hour workshop - facilitation is hilarious and I can appreciate the emphasis of keeping myself enjoying the material - a true feeling of someone who is really enjoying the form they work and reps of it - pets on dogs where you can let yourself go - to wander down the two lanes and become in the zone.

Perhaps it's not schizophrenia that feels utterly familiar - the curving of the school bell - the 5 minutes or 7 minutes to get your books and then move on to a new composition of reality. Reps what I miss - that feeling of receiving / Sometype - That feeling of hard work - has experienced of rules that we are in a new vision - how much I loved that and have a hard time now not being there and so the beauty of being there.

Hello class, we are ready for a moment where you can enjoy the rotation of 6 subjects in 8 lots,

I had a moment pri - how - I was distracted / annoyed to the feeling of carrying out a vision more & needed to make the transition happen and it's ease and lessons to be able to succeed for my morning session and I think it's relaxed, to have a writing session where I still in the world / that feeling of being present to everything around me and trying to prevent this nostalgia -

I miss the dance studio days of being in a pure corporate -

How do get that balance where I have rehearsal space - maybe even to a month where it's absolutely intensive improvement time - and I love that idea - but also the realism of getting pieces of parts of that in their own places. I'm looking forward to the 4th meeting on Monday and the ... dinner last night and tomorrow's session - is it Craig, Ellie and Josie!? That love is freely wild that merges our notebooks ready and school is in session.

I'm intrigued by that for tomorrow, with Craig - the real journey begins -

I mid reflecting on that with Gene - how that's my comfort often in this moment.

I appreciated Cassidy telling about her birthday and how it's another lifetime, he's still my housemate and we are sharing this gorgeous home in West Oakland. There are tradeoffs to having a new life - that old life feels like a book where the story continues and we have only so many things to do that we can go off on in terms of accepting that the feels of there was and is a part of it.

That juicy experiment of nontraditional family and how we get and live that fantasy from we are in. how and to how small ones, but also the joy * Twilight * that feeling of creating life - that I have a vampire and me will endure the centuries.

*Meditate a lot * Am very happy with my feedback from Gaia, and it's pretty much how these two minutes is - It's the 180-200 notes?

I guess I like the idea of knowing how many hours ~~200~~ minutes is just so I can get a story out in 2 minutes or a prayer - I liked that most bottle mill's room is the length - the feeling of if you had 5 minutes & die with people before they noted on to the next room, what would you do?

I liked that with a zoom-based ~~x~~ neo Libris's play where they gave us 5 minutes before ~~Splitting~~ switching us to new people - zoom based dating where they said "Swipe" and it happened so fast that you barely knew what to do with yourself.

I appreciated that I immediately knew & wanted to prepare mentally for the next session and yes the one-pepto-a-day reminder (If that makes sense -

Gaia and I share the dream of having a Black Mountain College where all we do is art projects and somehow money is made - I like that w the idea of them to make money off of things a bit of what we already do by - maybe related to the temple - the home page where we post resources

perhaps the biggest con/ trick is just getting
outward low enough - here's the thing - Americans
gypsy caravan, cross nerved to detach and we've
have his brilliant idea.

How to lean into the 4 minutes left mark -
the feeling allowing ourselves hand down -
I am a fully-paid residency where an eccentric
has paid for you to live with them in a commune
and get the time to accumulate your resources and
just relax and hang out and plan out your
next move - that idea of being well-resourced
is a drug - for the first X months you're in a
space of just living and being and - it's different
than the problem because there's a baseline
security. So that letting of how to give yourself
that ade - that you're in a dark tide where everything
is just relaxing and spending time in a state of
bliss, control, entrainment, feeling that you
are personally connected and drawn to and
the world is your oyster and you really
believe it and all that.

NOV 16

What if I pay to rest the idea that I need to be doing more for Fibers and accept that I have a 3 hour slot on Sundays to try and make something happen?

RS's Devil week — turn in paper time.

Maybe as part of each submission for Megan at Re Devil week, I add a paragraph about personal Reflection space and Keeping skills Vibrant like two books.

Introduction: letters to Rainbow are Part of a development process with a possible culmination as a novel about a women's storytelling about a place for learning and contemplation.

Books that not cited but inspirational to the influence here:

1) God is Change
2) Re Imagine the Matrix
3) performance Ritual Media

Some acknowledgements
Every piece comes from a melting pot of circumstances. I'm supported by my partner in a variety of practical ways - read - Significantly that I think is important to note. I have spent a lot of time emotionally unregulated in my adult life unable to tap into utopian thinking.

I thought that this True Fall Season would be more about special ingredients, but I found myself enchanted by the word "ritual."

D) God is Change – This book helped me appreciate the following notes – I took notes and they are here. To key.

4) I read smart but scattered which helped me analyze the specifics of my exeunic skill boons and bane – ~~self~~ deficits and benefits.

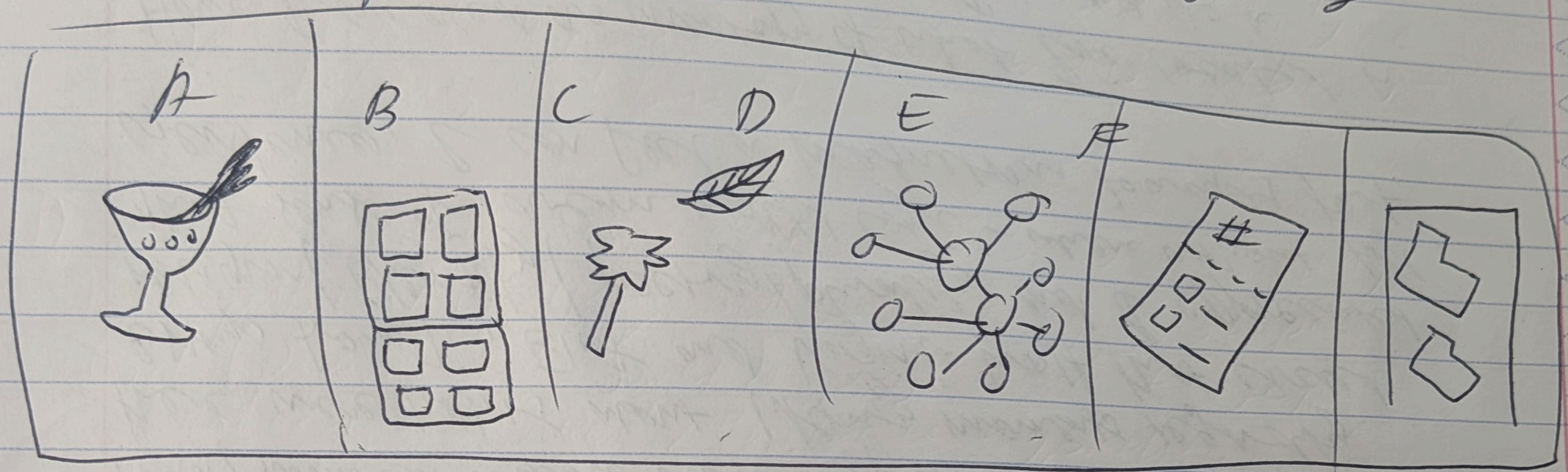
D) a manual of praxis, edified: the books of the living, be capable of evolving with the culture, to shape God (parable of the sower), project of change, reincarnative need, embrace hybridity, Gynerchi religion and responsibility (Brinda) creator, preservation and destruction not deities the continuity of the sacred (Oakenali), cultural facilitator, go-between ~~as~~ role as overseer and nurturer, process theology, writer's ~~optout~~ of fate

I appreciate the connection between this piece and my mid-term where I explored putting something on the page that I wanted to exist – What I like about surrealist games is the validation of the process and how letting "Jesus take the wheel" is a strategy to release. That is a part of my goal perhaps.

Coming back to the first but scattered book.

I took an assessment that I really loved and
I'll document it here.

A A goblet - drinking to a muse, no filter, overly candid
B A tower - a vision of this story nicely and then...
C A wand levitating a feather
D The calyx of a mental dreams & interconnected details
E A trees - a task document that begins a journey
F A desktop with folders



A reminder to the reader and to me that assertion
Rhetoric has some warrants/ premises that propose
a vision of a rider on a horse (methinks) and
I ~~the~~ took at my report card and I could see that
glitch as I'm the following subjects: Response
Inhibition, Emotional Control, and Sustained Attention
paints a picture of wildness that perhaps a new
paradigm can capture as an "autistic girl."

My ~~I~~ coach Ellie and I talked a little about ~~that~~ how
to decipher tweets and it's one of the great mysteries.
Why does it feel bad? We talk about all the conditioning
- self-limiting beliefs -

As a somatic researcher, my feelings are data points and my intuition is a sensing tool. This idea of a co-regulating school that honors that human part took more like poems and images containing more than text.

The paradox of ↓ phenomenon.