

AL KEMI *personal development through playful Alchemical activity* 1/25/22

**We are lived by powers we pretend to understand:
They arrange our loves; it is they who direct at the end
The enemy bullet, the sickness, or even our hand.
It is their tomorrow hangs over the earth of the living
And all that we wish for our friends; but existing is believing
We know for whom we mourn and who is grieving. —[W. H. Auden](#)**

WHY?

Driven by curiosity, adventure, a wound, a Transition, a felt shift, wanting more **PLAY** in life
Learning about “powers we pretend to understand”, your *Etheric Cords, Ancestral Karma*
Learning to Better See the Metaphor in Daily Life; **to Live** a more Poetic (5D) Life
Contact/Honor neurodiversity, the non-rational, the indistinct, the ambiguous, **The Trickster**
Re-balance *The Prose and Poetry of Living by Trusting Chance. Practicing when to use*
The Head (Rules, Counting, Patterns, thinking, logic), **The Heart** (Intention, Feeling, Hunch, Intuition, Memory) and **The Hand** (Physical, Matter, Mechanics, Making, The Technical)

“Artists can choose what to do — inventing deceptions to encourage more consumption —or helping repair the world.” David Berman

HOW? *Three different ways to Play*

Alone Quiet *Considering things:* Images, Wandering, Study, Waiting, Entrancing
Alone Active *Getting Ready:* Start to Make Your Kit, Profile, Alternative identities
With Others Showing/Sharing/Listening/Collaborating/Making up the GAME

ELEMENTS **BOARD:** Buddha Bd, Pillows, **TOOLS of CHANCE:** Dice, Timer, Cards, **POINTS:** Pins, Thorns, Tacks **CARDS:** Blank & Basic Deck, **PIECES:** found, brought

GAME ACTIONS

Bring/Show/Share your Game Kit of favorite **pieces, boards and cards**
Adopt a Game Persona/Character (*archetype*) to embody **Get a Name, a Cap**
Discuss “rules”: **ways to play, win, OR NOT** Use of Chance, Dice, Timer, Cards, *Objects, Pieces, Buddha Board, Loose Parts, Picking, Matching, Rolling Dice, Losing a turn, Getting “points”, Home, “Safe”, when to Make, Share or Draw a Card*
Prompts *Suits/Sorts/Records of Current Interests, Encounters, Etheric Cords*
Nature Guides Places Earworms Spills/Accidents Symptoms Dreams
Memories Wounds Thumbprints The Elements:, Air, Earth, Water, Fire, Aether

EXPRESSIONS: *Later, Alone, After, In Between* **The Game Goes ON!**
Keep Developing, Refining Your Deck, Game Kit, Book of Mirrors, Finding Clan
www.patheos.com/book-mirrors-reflections-critical-thinking/

WHY, again? as Ways to meet your *shy, deprived, deformed, dark, shadow selves.*
HOW, again? By Digestion, Quiet Exploration, Meditation, Service, Gifting, Play

Basic GameNotes an alchemic 'kit' to Help ID Current Priorities: (fx of age, events, fate) 1.21.22

Introduction: describing overriding idea(s) of alchemy to put the thing (package, deck, box) in some a context. (on a separate card, or on the container itself) *“Bringing magic, science and art together as equating to philosophy, religion, craft, mindfulness, meditation, etc.”* *The whole package becomes a game without rules, but with guides, mostly or firstly to be approached individually, not by a group.* Stress *Play/Game Model, not pedagogy.* **Trust the Lightly Rational.** an alchemy resource that could be used on many levels depending on the user Offer several options of "instructions": models or starter ways using a basic game that is provided The next choice is to embellish, modify or replace some of the provided piece's with personally made ones. *This can take place alone as a private activity or with others as partners in the game* The ultimate **goal is collecting material and insight for your own Book of Mirrors**

Provide or Assemble a few Basic Game Elements: *pens, inks, Thread, Pillows, Pins, Yarns, Dice, Sand Timer, empties Blank Cards, Buddha Bd*

Create Space/(Time?) (altar), a bench, a box, a room, a window sill or board. A place of comfort for your pieces, cards, devices.

Try out a GameName: *helps with shifting persona*

Possibly an anagram of given name; Limna Da Kec Fajule dia Mesca

Game Attitude :Self Care, Curiosity, Appropriate ChallengeMAYA

Choose how to Start: Three Ways, they all connect at some time.

1. ALONE, Quietly, with a Soft Gaze, A meditation, wandering, Trance, Reverie to Allow Thoughts, Marks, Cards, Sounds your NEEDS, YOUR Archetypes, Karma, Fate, Family, Earworms and Concerns Allows Invite the surfacing, emerging of insights Notice and Honor Changing Priorities.

2. ALONE Lightly Active/Making: *First, Try Buddha Board*

GameCards 2-D Start a Deck of ATCs with suggestions, quotes, doodles Band-aids, Card Categories? Revisit Inherited (karmis/DNA), Learned, Perceived, Imagined, Remembered, Collected, Earned, *Lost, Clan, Diseases ActionCards* for use of Materials Haiku-inspired Sensory, Now, Contrast *HOW?* 1/2/22 outline is great in identifying 'alone and with others' - 'quiet and active' use of the parts/cards/etc.seeing this assembly (of cards ?) as *loose parts* itself. *See what comes*; Review 5 Needs, Explore different **elements** of The Game.**Each card** might have a task, quote, quiz, bar of music, poem, colors, yoga pose, random dots to connect in random ways, already made imaginal card(s), and important blank cards available for . Cards are of various textures/qualities (handmade, glossy, matte, heavy, thin). all being white - A plain field that doesn't present any rule or pre-conceived direction.

Collect/Make 3-D Pieces, Different Boards, Devices of Chance,

Collecting Personal pieces materials: stamps, logos, labels - Objects that hold meaning trigger Memory (family photos/loss); **Ordinary materials** found in home in desk/dresser drawers:: old/new, soft/hard, juicy, wet, ink/fruit/liquid for stains **See Lists CA Bkls** **Common tools/objects:** pliers, hammer, saw, clippers, glue wire, *twist ties, empties, screws, pins, yarn, dental floss, band aids, feathers, spirals, dolls, Sticks, "blades", mirror pcs, keys, beads, sand, paperclips, rubberbands, shells, washers, screws, old coins, 5x7 Card Stock, lead sinkers, copper tacks, chain, nuts, pussywillows, bones*

Arrange/Join/Bundle Pieces. Then *ReArrange them*

3. With OTHER PLAYERS

Look over everybody's Game Pieces, Cards

Discuss why/when/how to play together *Likely NOT just Parallel Play on Same Board*

Review current Life Stage Intention: vexes themes, task, concern job, children, *Uses?*

Ritualize the Game: place, time, collection, use of Elements, candle? flowers? scrying? 5 Remembrances, Archetypes, Tarot,, 4 Temprrnts, SP/Quotes

GameBoards Each board form inspires/directs new ways of playing and discovering (*old Parchisi Game?*) Kilim, Bread Board, Checker Board? Drawing, Family Photo, napkin, w Hidden area? Leather, cloth, placemat, photos, paintings, posters. Kuba Cloth, Stained Fabric, clothes, potholders, pillows, pincushions,

What Board form speaks to this?

Use of CARDS/PIECES Choose 2 more pieces *Colors?* soulcraft.co/essays/the_12_common_archetypes.html Squares, Triangles) could become structures of BOARD... Ex Corpse fashion!

taken one by one, chosen by chance out of the deck. There would/should be no order to any of it. Some cards get ignored by the user. Others start vigorous exploration and experimentation away from the cards. *Depends on the user - everyone will be different.*

ACTIONS Yoga Move or short meditation or Gift Thought for someone Intention to game: task, concern, to create Board of the Day; start by choosing and arranging objects 5x7 card. Err into other senses: smell, touch, taste, the non-verbal, *physical Balance three things. Give 2 pieces to every player, Surrealist Techs, Fold/Stand Cards Pattern-Making. Rearranging, Make Objects, "idyls" Alone and With Others (heart hand) Give/Take something to everybody, Animal/FetishHiding, Words, Collab ATCs* **GET POINTS**

RETURN FOCUS TO NOW *What Nature have you been in touch with today? What part of your body are you most aware of right now; Share an Earworm? REMEMBER a favorite food, pet, person, place;*

PROMPTS *Consider Prompts Haiku! Homeopathic not Prose, not hard instruction*

EXERCISES *in Guessing (about other players), in Seeing: World pave my command, Dress Colors in Staining Pick a Poem to Share/ your or chosen; Use a twist tie, yarn, wire; Share Sounds? DO SOMETHING! Visible, Perceived, 5 Remembrances, Vexes Needs, Chaos, Exquisite Corpse, Scavenge NOW! BE LOCAL Use Fragments (tacklebox?) Collect/Tell a short story about a Card or object Find Images Ersions Fortune-Telling?? Share/Trade items?finding, collaging Haiku (mood-nature-contrast), ShadowPlay Half Glass? Items Nature Guides Children FAMILY Needs Feral instinct QuotesPairings of Longing, Isolation, Comfort? Dead Raccoon? People Body (hara) OrganicThinking AltCategories:5 Reces, A'types, Tarot, Elemnts, 4 Tempnts*

Loose Parts *area for newly found, made and brought objects* MAYA

EXPRESSIONS: *Poetics Hall/Book of Mirrors (SoulHouse?) danielmack.com/HomePlay.htm*

NOTEBOOK (*Bk of Shadows Grimoire Your Inferiorities, Ersions, Create Mindful Ceremony: season, nature-based Art in Wild by Gifting, by shared expressive activity Public Version? KunstKammer*)

UMCO (*CuriosityCab*), **Zoom Clubs**

DISCUSSION Notes *Available periodically in different inflected, updated editions??*

These questions may help shape the final formatting *Childrens version? No Mow May Model*

Threads people? Pythia as Canary in Mine Alert to Mary's 'making' rejection/discomfort: her equating 'making' to my making - not acknowledging her or anyone else's

different/significant making. Understand different definitions of making... 'EXPRESSIONS'..... YOUR, YOUR, YOUR. Page 2 Notes:YES!, Mary thinks 'makers' will get this and others won't. Sees herself as not getting it. That asks for variety and lots of options.....so she'll get what she's supposed to and discard the other— great Discuss ways to use Dice: 1 Add to a Collaborative Card 2 Do an Accordion Book Page 3 Scry for

a minute **Spinner:** (12 Archetypes or *Head Hand Heart , Needs areas?) To Pick Theme of Game publisher/distributors? Those Wild people STAY GAME-Based... Like A Ouija Board?*