

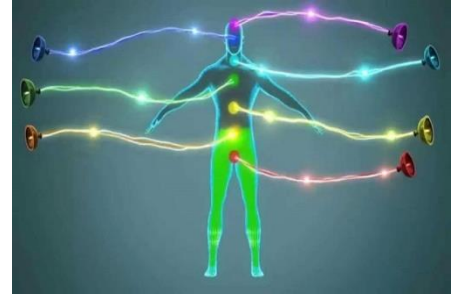
“Bidden or not bidden, the gods arrive.”

... in accident, disease, disguise, chance, coincidence; alone, in pairs, triples, mobs; as strangers, friends, feathers, leaves, sticks, stones and bones.

Casual Alchemy Exploring Your Etheric Cords, Your Connections.
They have changed during the Pandemic 9.24.21

We live in many worlds at once: that helical twist of *The Imagined, The Perceived, The Remembered, The Glimpsed* Some get forgotten more easily. There's a cost:

“The rush and pressure of modern life are a form, perhaps the most common form, of contemporary violence. To allow oneself to be carried away by a multitude of conflicting concerns, to surrender to too many demands, to commit oneself to too many projects, to want to help everyone in everything, is to succumb to violence. The frenzy of our activity neutralizes our work for peace. It destroys our own inner capacity for peace. It destroys the fruitfulness of our own work, because it kills the root of inner wisdom which makes work fruitful.” **Thomas Merton**



They need to be remembered; Given attention, reviewed, refreshed by Looking In, Out, Down, Back and Ahead.

These are not tasks, but invitations, idyls to “kindle magic in an unmysterious world .” **Joseph Stella**

CORDS to encounter, revisit, remember:

Etheric Cords are connected to our Four Needs (*see below*).

They are expressions and connections to Archetypes.

They are Feral, Random, Erratic, Carnal, Disorderly;

Yet, they are about Science (order), Art (beauty), Magic (intuition, transformation), Religion (groupness) and Shadow, Darkness.

They are your interwoven connections to places, people, substances, practices, thoughts. They are always being formed:

They are Ancestral, Casual, Accidental.

They can form from a passing encounter out a car window!

They can be cut and dissolved.



“Walking in Three Worlds”

Photo by David Horton.

ACTIVE STRATEGIES for Practicing Casual Alchemy:

regular re-balancing of Self, Community and Nature because Things Change. We are Porous, Semi-Conscious, Organic Beings. Summary of this three-fold approach

1. BE Alone/Quiet 2. BE Alone/Active (Light Making) 3. BE With Others (Share, Play, Service)

** You can start in any of the three modes, but try to engage with all three.

1. BE ALONE/QUIET: tuning up an attitude of openness

Trust Intuition: Allow that the Non-Rational, The Magical, has a place of integrity; for Exploring, Discovering new, other multiple ways to “see”

Consider Organic language, activities: which *seed, grow, WAIT, ripen, wither, compost*
Start from where you are:

Make notes of places, people, substances, practices, thoughts, memories.

What do you Collect, Eat, Buy, Love? How do you self-soothe, pray?

What is your need for deception, solitude, secrecy, “inner irreverence”?

Your “***Shiny Objects***”? (All ***Shiny Objects*** may not be distractions. Some are; Some Aren't. It changes.)

What are your encounters with disorder, chance, coincidence, accident?

What's your experience with ***The Indirect*** (that known by absence, effect, like magic), The Elliptical, Refracted and Kaleidoscopic (those same pieces keep realigning)

Stuck? Check your Cell Phone! It's all there.

Explore Your Four NEEDS

THE NEED FOR AWE/WONDER Where, When, How do you encounter The Marvellous?

THE NEED FOR THE FERAL Need for Tension and Release, Violation of Order, The Serpentine, Contact with Carnal: roots/routes open to underworld feeding shadow archetypes.

THE NEED FOR MAKING. What hand skills/tools do you use?

THE NEED FOR STORY and its many parts: Dreams/Actions/Themes /Characters/ Props

ACTIONS: What Cords, Chords, Outerings, Utterings, Red Threads, Rituals seem a recurring part of your Story?

THEMES: Your preferred themes? stuck themes? Lingering Storylines from Birth, Jobs, Traumas, Health, Family, The Woes of Others, ?

CHARACTERS: What CLAN are you a part of? Animal Guides, Family, Friends, Children? Groups. What Cords are developing and dissolving with these characters?

PROPS: What you Collect/Attract? Your “hot” objects, favored things? Altars? Places? Again, Check your cellphone. It's all there. Describe your life with technology: cars, machines, social media.

How Much of other people's stories can, do, should you ingest? Costs?

“Matter is Spirit moving slowly enough to be seen” Teilhard de Chardin

Look carefully at the Matter in your life. Look at the *Mater*-ial and *Pater*-n. How you are Mothered and Fathered by all this.

2. BE ALONE/ MORE ACTIVE:

This is the chance to Materialize what you are getting through intuition.

STAY SIMPLE-PLAY MORE:

See/Make objects as compasses, tools of personal exploration:

Use a Buddha Board, Draw on Small Cards, Pound Fresh Flowers onto Small Cards, Bundle a few things, Create Altars to attract and hold Cord-Objects, Go on Scavenger Hunts, Get some empty containers: jars, envelopes, cans. See what happens Play with twist ties, rubber bands, paperclips



3. FIND MAKING opportunities with Others, especially Children. Share control of materials, techniques, tools, outcomes “Let’s see what happens?” A curiosity-based approach, not a Plan or a controlled engagement. These are ego-modulating activities. Cooking fits in here. *Arrange/Leave a few things, publicly, in your yard, in a park*

NOTICING CHANGES? Are you seeing some of your Vested, Meta-Stories? Are you shedding? Themes, People, Activities? Are you drawn to emerging themes, places, activities, people?

TRAILS TO FOLLOW and share

13 Casual Alchemy Booklets on Daniel Mack’s website

Find *OTHERS* on the same path. **Poets?** Rumi, Mary Oliver, Robert Bly

The work of James Hillman, particularly, **The Dream and the Underworld.**

, Portia Nelson and her [Autobiography in 5 Chapters](#)

Learn more about The Forces that fuel life shifts: *Kairos, Surrealism, [The Marvelous](#), [Ethereic Cords](#), [Homo Spiritus](#), [5-D people](#), [Ascension Flu](#), [Astrology](#), [Book of Mirrors](#), [Archetypes](#), [Dreams](#), [kintsugi](#), [wu wei](#), [The Bardo](#). [Opus Contra Naturam](#), [Hungry Ghosts](#), [8-efforts-laban](#) [Unconscious Intelligence](#)*

[The-Gift-Fear-Gavin-Becker/](#)

Play the Forest School Way Worroll & Houghton

A Way of Working ed D.M.Doolng see pg x



Here’ s a Venn Diagram of the intersecting of the Four Needs and a page of elaboration
It’s another way to explore these realities. Each Intersection generates varying responses to ponder . Eg GROUPNESS: “Do you like being with people or prefer Solitude?”

ANIMAL Feral, Carnal, Imprinted
 Archetypal, Inherited, Semi-Conscious
 Organic, not Technical, languaging

FEELING-Sensation: Awe, Shame, Regret, Unsafe
 Fuels Story Form/Reform; Charge of Objects Made



ACTIVE Doing, Making, Acquiring, Tools
 Alchemical, Transforming

9.24.21

STORY Pattern/Matrix, Making Sense; Always in
 Re-Write due to Aging, Trauma, Accident, Astrology
 with likely recurring Characters, Actions, Themes,
 Scenes, Props and Intended Audiences

Elaboration of INTERACTIONS (Learning about the influences of the non-rational) 9.21

Center (four interacting forces) FEELING ALIVE! Experience of “meaning”: cooked, complex, clarified forms of each need, Endurance/Performance Expression: Objects, Body, Feeling, Story All Pistons Firing; and PERFECT PERVERSIONS OF THEM ALL. Intellectual Beauty 1816 Shelley refers to a mysterious, intangible awareness that is not accessible through the senses but is capable of increasing the potency of the natural world

NEXT RING OF FOUR (3 intersections) Charged, but in personal ways, likely not universal “PERSONAL OBJECTS” Story/Feeling/Making:: saved photos, relics, drawings, hair, teeth, Gifts, mementos, VIOs souvenirs

“EXPRESSIVE ACTIVITY” Animal/Active/Feeling: Surrealism, Dada, Dance, Sports

“SURVIVAL” Animal/Feeling/Story Therapy, Coaching, Self-Care, Diet, Exercise, Ingestions

“BODY” Animal/Active/Story NATURE-tipped sports, hunting, fishing, hiking, travel

NEXT RING OF FOUR (2 intersections) not so much Charged, as just semi-conscious life

“GROUPNESS” Feeling/Story drawn to Religion, Community, Visiting, Service vs Need/Fear of Solitude UnSafe in a group?

“PROTECTION” Animal/Active guns, fences, walls, locks, WAR, Amulets, Fetishes Self-taught/Outsider art Collecting, Hoarding Addiction, Need to Hide, Trick, Bury, Safe Places?

*“THE CHURN” Animal/Feeling at The Unknown; Anxiety, disorder, misadventure, **Etheric Cords, Hungry Ghosts** Always a MIX of Sacred/Profane/Civil/Comic*

“DAILY LIFE” Active/Story Ordering, fixing, Improvements, Repairs, Gardens, Cooking, Cleaning, Rearranging,

OUTER RING Just the “Need” itself each with Conscious & Unconscious thrusts; towards light & dark All have qualities of The Sacred, The Profane, The Comic, The Manic and The Civil

ACTIVE The Beehive/Labor-Oratory; Where/When/ How to Make, Play, Pray with Tools and Materials: GERUNDIC: Doing, Making, Acquiring, Tools, Alchemical, Transformative quality. Notice favored Materials, Patterns, Sizes.

FEELING-Sensation: The Emotional Weather Fronts Awe, Wonder, The Marvelous, Dread, Shame, Regret, Remorse; Feeling Unsafe, Threatened, Unprotected. Fuels Story Formation/Reform; Charge of Objects Made; What Blows In; Changes brought with trauma, aging, Accident. Messages from the Creative Unconscious.

STORY Pattern/Matrix, Making Sense; Stories from Percieved, Remembered, Imagined and Glimpsed/Intuited worlds. We flutter between all of them. Always in Re-Write: “Things are not what they seem, nor are they otherwise” Look at these likely recurring Elements of YOUR Story: Characters (safety of Strangers, Others), Actions, Themes(Tension-Release, How Safe is your world?, “In Gods Hands” Good Wins Out, ,), Scenes, Props and Intended Audience

ANIMAL Feral, Carnal, Imprinted Archetypal, Inherited, Karma, Semi-Conscious, Parsley Worm Model – programmed cycles Themes, known, suspected and to be discovered. Zodiac, Tarot, Animal Guides

NOTES See writing about Needs in the Booklets.

All have a Conscious and Semi and Unconscious aspects. Feral most of all. Account for newly developing sensitivity/porosity. Shedding; Certain Events returning with new power. 3-Part Head-Hand-Heart Model misses unconscious Animal.

Finally, FIND WAYS TO SHARE WITH OTHERS what you are discovering.

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