



WRITING CIRCLES

DEEP TRUST. DEEP LISTENING. DEEP PLAY.

I'd like to meet you.

We could be related.

You could be part of my forest.

I am an Arbornaut. I am a writer.

I am an experiment and experimenter.

Are you startled?

Are you pouncing?

| Download to [Register Here](#) |

GROUP WRITING CIRCLES OFFERED FEBRUARY/MARCH:

Freedom to Write/Create Experiments: Five weeks, five session series for writers/creatives who are in-between sustained periods of writing/creative flow. Discipline and experiencing the sacred are embedded in our work together.

- You might be at the beginning of a creative project, working on several projects at once, or you might be wondering how to put together what you've been collecting/thinking about for a long period of time. You might be a long-term writer/creative or a beginning writer/creative.
- Your time commitment can be limited to what you create during our zoom experience together.
- We will generate text/symbol each time we meet.
- We will focus on one/several experiment(s) in writing/life to expand our creative experiences by adding a direct, and unexpected, experience to our daily log.
- The direct experience might be the liquid gold which fills in the cracked pieces of a ceramic heart which is also your heart.
 - i. It might also be the pathway down to the root of a memory, now lighted by a circle of friends holding paper lanterns.
 - ii. It may also be the calm belly of the ocean who is able to notice the waves without freaking.
- *Our goal is to experience deep trust, deep listening, and deep play.*
- *Our goal is to feel the freedom of our sovereign journey as writers, as creatives, as one among many.*

Freedom to Write Experiments: Tuesday evenings: 3 p.m. PacificST, 4 p.m. MountainST, 5 p.m. CentralST, 6 p.m. EasternST

Freedom to Write Experiments: Tuesday evenings: 6 p.m. PacificST, 7 p.m. MountainST, 8 p.m. CentralST, 9 p.m. EasternST

Homeostasis Experiments: Five weeks, five session series for writer/creatives who are interested in exploring and creating from the intersections of our direct experiences with life. Reciprocity and discipline are embedded in our work together.

- We will uncover the metaphors and symbols of our stories, (written as we live)
- We will engage in developing, exploring and sharing our experiments.
- Your time commitment will extend outside of our meeting time together. From 20 minutes for five days per week to more...depending on your curiosity.
- We will experiment with present-tense writing, present-tense experimenting.
- We will experiment with how we show up to life, to our writing, to our creative play.
- We will be interested in experimenting with others' experiments, creating a wide and deep sandbox for play.

In homeostasis, we are in deep play with trust and listening: we experience internal stability while adjusting to changing external conditions.

The sharing in our circles will allow us to expand our perspectives and deepen our commitment to our creative play through the meaning we make, not the outcome, not the product. Perhaps we will see something interesting happen when we let go of the importance of a product.

Homeostasis Experiments: Thursday morning: 9 a.m., PacificST, 10:00 a.m. MountainST, 11 a.m. CentralST, Noon EasternST, 5 p.m. UK

Homeostasis Experiments: Thursday afternoon: 11:30 a.m. PacificST, 12:30 p.m. MountainST, 1:30 p.m. CentralST, 2:30 p.m. EasternST, 7:30 p.m. UK

Also available, private group (4 to 8) circles, and one-to-one meetings/co-creation spaces. Upcoming 2023 events include an in-person gathering on Saltspring Island, June 4, 5, 6 and a remote wilderness gathering in late summer/early fall (more info coming soon).

| Download to [Register Here](#) |

WHO AM I?

I engage with life in ways I notice and observe. I walked to a tall bluff every day for a year to watch the sun rise. This was my first official experiment in disciplined, purposeful connection with nature-in-the-city.

More and more I'm purposeful in how I show up. Open, engaged, able to flow with whatever happens, laughing with life. I think showing up in this way leads to a calmer world; but just calming my world was enough for a long time.

My experiments include workshops and experiments in writing/creativity circles to nurture *The Academy of Life as a Learning Lab* into a mother tree to support and nurture an experimental process and creative people.

WHERE AM I FROM?

I wonder if where I sleep influences where I am from? If my dreamtime and the specific geographical location are in communication?

I sleep in many places in a year. Two, primarily. One in Calgary near the first-built city airport. The house is over 100 years old, constructed from a house kit and significantly modified during the past century. The second place I mostly sleep is in a house at Ghost Lake, the dammed lake at the foot of the Canadian rockies, where Ghost River and the Bow River meet, where more than 10,000 years of human history has occurred. I know little of the old stories of the Îyâxe Nakoda Nations, the Blackfoot Confederacy, the T'suu T'ina, the Metis Nation (region 3), and the Cree who are among the nations who stewarded, traveled through, lived and celebrated with the lands where I lay my head. I am grateful for their love of the land. I am grateful for the role-modelling and wisdom their current ancestors have shown me: deep trust, deep listening and deep play.

I also sleep in a tent, on a thermarest, on the ground, on rocks, near rivers and lakes all over Canada. I'm thankful for all the peaceful nights I've experienced in close proximity to wilderness.

I look forward to meeting you.

Mar'ce