

# A Practice Of Becoming Lost

## I. GROUNDING

make a meal that brings you comfort.  
go outside to eat

sit in a spot where your body is supported  
acknowledge those things  
that are holding you now

allow yourself to be here  
fully present

chew your food slowly and  
watch the world  
move before you.

take in the sounds  
sights  
smells  
of other creatures living.

*dogs barking*  
*rooster crow*  
*ice cream truck*  
*roasting peanuts*  
*neighbors yelling*  
*birds talking*  
*motorcycle on the freeway*  
*train in the distance*  
*a beehive filled with*  
*thousands of bees*  
*the sickly-sweet smell of honey*

what are all the things being  
consumed  
reproduced  
defended  
in any given moment in this city?

what things have had to die  
so that others  
could continue to live?

## II. WHO ARE YOU?

who came before you, and  
    who came before them?  
    what about before that?

close your eyes and be with yourself  
envision yourself in a place you feel safe

breathe into it  
    in your mind's eye  
        look around  
        notice:  
            sights  
            sounds  
            smells  
            bring this place to life

invite in an ancestor to join you  
in whatever form they take.

be with them  
    silently  
    as long as it feels right  
    till they depart.

breathe in the space they leave behind  
    breathe in whatever feelings arise  
                                    breathe it all in  
    exhale love

take a moment with your breath before you return.  
when you are ready  
    open your eyes

on a piece of paper you will write a letter  
    your hand will be the channel  
through which the voice of your ancestor will be heard.  
    breath  
    relax  
    and whatever comes out  
    will be addressed to you:

dear \_\_\_\_\_,

### III. WHAT IS YOUR ENVIRONMENT

where are you now?

right now.

what or who has disappeared

so that you

could be here now?

what do you know of their stories?

today we will set out to find a portal place:

a site that connects to another place,

person

or time.

you aren't guaranteed to find a portal, but with practice,  
one may find you.

decide how you want to meet the city today

how you will move (feet or wheels? bike or car?)

consider

slowing

down

choose presence

over productivity.

today the journey is your destination.

bring with you an offering

and object or gesture

of reciprocity.

you will greet today with an intention to be open  
to that which may be revealed.

set your sites on a location of entanglement

a place where

city and forest

human and critter

housed and un-housed

this time and another

safe and unhinged

your body and

those boundaries between

become porous.

*site: radio hill elysian park*

as you walk toward this place, direct your attention  
to the ground beneath your feet  
there you will find objects that tell you a story  
of who was here before

*leaves from a fruit tree*  
*foil wrapper*  
*various grasses*  
*small twigs*  
*burned clothing*  
*flower petals*  
*dry bones*

fancy yourself to be a bird who is building a nest of these tales,  
collecting these stories to weave them together.

remember your offering.

locate a safe area where you can sit undisturbed  
here, you will relax your gaze  
seeing but not looking

allow your attention to shift  
to savor your sensations of  
the surface on which you sit  
the sounds that surround you  
the scents carried on  
the breeze

let your body become  
an antenna tuned in to these frequencies.

*portal: a feral beehive located in a termite-eaten log,  
on the path between  
an abandoned homeless camp & newly-occupied area.*

maintain this perception of receptivity  
as you make your way out of the site.

take a different path if you can.

what do you discover?