

how we are reflecting it in the world about us. (I was thinking of our roles in society as artists, of politics. We can offer more than entertainment to be consumed. The work can meet people in a different way.

S: It's a brave act, and a kind one, to be committed to an art form, because you're constantly going against adversity and dedicating so much.

A: I try to stop thinking of getting and be more worried and concerned with giving.

— Lunch —

• Wiggle + W.A.I.T.

• Sensing: what your role in society is, where you place yourself right now, what your responsibility. What you should do, would like to do more or less of, how you feel about it. How do you feel about it as you reflect upon yourself? Cultivate the heaviness of today.

It's an experience. The Tools: how do I feel about where I am in society today? Describe yourself through a list. Go through it and sense how you feel about it. What are the emotions? Are they conflicting? What do I contribute to the world? How do I feel about it? How does it all manifest in the world?

From there: what's in the body? How does the body fit with it or where in the body is it located? How does it manifest in the body? What is the multitude of sensations? Working it through the body.

Many considerations are coming up in terms of actionable plans that I would care to implement for contributing while also respecting my own learning/sustainability. TBC...