



## **GIRAFFE JAM #8 PLAY WITH DA MYSTERY**

### **RECAP**

#### **The Big Arc**

Delight, Design, & Demand focused on areas of life we can control – our choices – our attitude, our story, time/schedule, our environment

Purpose & Invitation focused things we have less control over, work, obligations and other people.

Playing with Disruption & Da Mystery have to do with things that are even further from our control - cosmological principles– chaos and order

Coming full circle.

Our journey started with playing by delight, the Magical child following her compass of joy, and being filled with awe and wonder at the magic of life.

Now we're going to dive more deeply into that vast mystery and explore how we can perceive the way it's inviting us to play.

#### **Playing with Da Mystery**

##### **ORDER**

Disruptions are one way that mystery communicates with us. But they're unwelcome surprises. They can feel as if the universe is scary, uncertain, unsupportive. We have to let go of our own agenda our control and adjust to a reality that we may not like.

Playing with Da Mystery opens us to the larger principle of order in the cosmos. Not just the order of structures remaining stable and consistent, but the ways in which the universe is supporting our plans, putting wind in our sails order beyond our control. life is on our side. It's inviting us to play, winking at us, all the time.

The ecstatic author, astrologer, and trickster extraordinaire, Rob Breznsy describes this perception as Pronoia, the opposite of Paranoia. It's the perception that the whole world is conspiring to shower you with blessings. Everything, even chaos, is happening for you not to you, to nudge you onto the Playground.

**Tragedies happen.** Sometimes beyond what we can bear. This is not about making light of them, it's about seeing the light in them, which can help us be more resilient. So it's a good idea to fill our friendly universe tank whenever possible. That's a practical reason.

### **Re-Enchantment of the world –**

I want to acknowledge that this is not easy for most of us because we have been raised in a mechanistic, disenchanting worldview in which humans are an island of meaning and consciousness in the dead vastness of space. According to scientific materialism is the prevailing orthodoxy of our time, if we can't measure it, it doesn't exist. It's like a default cultural programming and it's hard to override, despite real evidence and experiences to the contrary.

I'm an astrologer. I experience evidence of the correlations between the planetary archetypes and daily events all the time. And I'm still continually shocked by it. Holy cow! It's real!

Our rational minds and preoccupations with our immediate trivial concerns, complaints, and demands on our lives can flatten our consciousness and create a kind of shell a carapace through which the numinous, magical dimensions of existence cannot penetrate. Our perceptions have also been dulled by the barrage of distractions. We learn to play inside that shell.

But there's a playground that is far vaster than we know and it is always inviting us to play. We can play with da mystery by inviting them, looking for them, talking to them, opening the door.

Don't believe anything, just entertain possibilities. Let this be an imaginative adventure.

Imagine that the cosmos is alive, conscious and at play and that we can participate in it, that our psyche and the cosmos are not separate. They are linked by archetypes and energies that many other cultures and traditions have recognized and honored. They might call it prahna or chi, others recognize spirits or our ancestors, plants, elementals. Other traditions see fairies, angels. Or there can be something as simple as the tao the cosmic flow.

We can start by paying attention, listening to the whispers and winks from the mystery and responding.

### **Synchronicities**

One of the primary ways the mystery invites us to play is through synchronicities. Even when we're not following our dreams, Synchronicities can show up. The right person shows up at the right time, a billboard provides an insight or idea that answers an important question. We feel like we're being carried by life, an invisible, benevolent force.

In graduate school I took a class on synchronicities and kept a synchronicity journal to track them. As soon as I started to pay attention, the synchronicities exploded.

Mail story - to the wrong address belonged to the cashier who was checking me out of the grocery store's wife. We opened it up and it was a flyer for a workshop on synchronicities. What a wink!

**Exercise: Share a powerful synchronicity. What impact did it have? What did you make it mean? What is your relationship to synchronicities?**

Like with any relationship, when you stop listening to someone, they give up trying to communicating...except in emergencies. Think of synchronicities as play bow's from the universe – I'm friendly...and irresistible.

### **Getting into Flow**

One way in which we're coming full circle with playing by delight is that, when we truly follow our compass of joy it guides us into a state of flow in which we start to feel supported by the whole universe. It's as if when we follow the joy that comes from the deepest part of us, nothing to do with should and proving ground agenda, but the life that's trying to live through us, it is the universe's joy! We're going with the Tao and everything becomes effortless.

Joseph Campbell **describes it as following your Bliss -**

"If you follow your bliss you put yourself on a kind of track that has been there all the while, waiting for you, and the life that you ought to be living is the one you are living....you begin to meet people who are in the field of your bliss, and they open the doors to you. I say, follow your bliss and don't be afraid, and doors will open where you didn't know they were going to be."

there is one elementary truth...the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. Whatever you can do, or dream you can do, begin it. Boldness has genius, power, and magic in it. Begin it now."

—Johann Wolfgang von Goethe (1749-1832)

Charles Eisenstein – More than most people, knows how bad things are. But when asked if he's optimistic he said YES. There's no good reason to be, so my reason is beyond reason. I believe in magic. I've seen what happens when people become aligned with their deepest truth and commit themselves wholeheartedly. Synchronicities, forces line up that make things possible that we could never have imagined.

My turtle dream

## **Exercise: What's a time you felt you were in the flow? What happened**

### **Sacred Play - Ritual, ceremony.**

We can invoke these forces consciously through rituals and ceremonies. Ritual and ceremony can become overly significant. We've probably all felt like we were held hostage in some overly reverent, elaborate ritual. But as far as I can tell, the invisible spirits and forces don't have any use for solemnity. In fact, as long as the intention is clear and positive, they prefer play. They speak the language of symbol and metaphor.

Metaphor - You want more sweetness, give them some honey. Want to get something out of your life, when you're sweeping the floor, literally imagine you're sweeping it out.

One of my favorite stand up tricksters is Caroline Casey. She describes how we can become co-conspirators with creation, get into cahoots with coincidence.

### **Exercise – How do you experience the mystery?**

**How would your life be different if you lived in an enchanted world?**

**How do you want to connect to the mystery?**

### **Future Programs:**

OTTERS start Sept. 21<sup>st</sup>. Next round I'm going to refine the content – I might add one, combine others. The emphasis is on transformation through play, not just about playing more. Limited to 8. More commitment, Develop worksheets with challenges and practices, generate more structures for support including coaching. You get 50% off whatever you want to do next if you

YoPlay! A play coaching circle: 1 hr/week, monthly subscription. On Zoom. The focus is on shifting from the Proving/Battleground to the Playground. Do some play forms and then share any issues, questions, that come up and get coaching. I'll have some exercises.

Coaching and circle package.

### **Resources:**

Rob Breznsy – Pronoia: How the world is conspiring to shower you with blessings

Caroline Casey – Coyote Network News