



GIRAFFE JAM #7 PLAY WITH DISRUPTION

Playing with Disruption means:

- Embracing disruption when it shows up
- Using disruption to revitalize your play
- Creating disruption as needed!

Archetype - Trickster

- In Native American mythology, the trickster is Anansi the spider, Raven, Loki, coyote. He's the wise fool with huge appetites and no morality. He loves sex and food, and he steals stuff. Somehow, his antics, though they don't go as even he plans, end up generating new possibilities. He is, in fact, the primal Eros, the life force, wild nature that makes the world.

Chaos and Order)

- Chaos has a bad rap
 - The whole judeo Christian tradition centered around the idea that chaos is bad. We're always trying to hold it at bay and maintain order because order feels safe.
 - Life is rhythm. The rhythm of breath, days, weeks, seasons. It's structure. It holds us!
 - HEART ARHYTHMIA - But even rhythm has chaos in it. The heart beat A perfectly regular heartbeat is more likely to presage sudden death than good health.

"Researchers precisely measured the time intervals between heartbeats of healthy and diseased human and animal hearts. They said they found that the time intervals between beats of a healthy heart constantly vary by small amounts, and these variations are completely unpredictable. But in a study of 30 dying patients, Dr. Goldberger found that a few hours before death, the intervals between beats tended to become practically identical. The electrical signals emitted by the heart also tended to lose some of their natural variation and become predictably cyclic. "The healthy heart dances, while the dying organ can merely march," he said.

- Chaos theory

- Complexity science shows us that the most generative, creative zones in the universe are those places with the greatest amount of chaos that can be creatively born. Erogenous zones. They're incredibly sensitive.
- Water
 - Too much chaos and you get fragmentation or gas. Too much order and you get rigidity or ice. But with just the right blend you get liquid water and life burst out and plays!
- We need both.
 - Order contains and stabilizes. It connects us to others, makes us feel held and safe.
 - Chaos stimulates and liberates us, gives us autonomy, makes us feel fresh and alive.
 - Too much chaos leads to fragmentation. We get overwhelmed, alienated, lose connection, meaning, and purpose.
 - When we get too ordered we get stuck, rigid, shut down - play is movement.
- FLOW – Czichzenmihalyi - The sweet spot between the two is where we find the Flow (liquid) state, our most productive, creative state, and pure play.
 - The Flow state comes from balancing challenge with capacity. Challenge/stimulation/chaos & order. High levels of chaos and high levels of order are high play.
- **Life is the infinite game**, and the whole purpose is to keep the play going, so it is reliable at correcting our course.
 - Just as finite games exist within the infinite game, we now know that chaos occurs within a larger order and that they are not so opposite after all. For the play to go on we need disruptions.
 - Even chaos comes in cycles personally and collectively.
 - In societies, disruptive insights come, The Enlightenment & the scientific method, they're turned into principles and inform the worldview and structures, but eventually the structures become rigid. The people serve the structures instead of the structures serving the people. Then they are disrupted with revolutions or innovations, creating periods of chaos until the new insights come to serve as a foundation for new structures. This happens at all scales.
 - The 60's was a classic period of disruption, the same energy as a mid-life, mid-century crisis. Anti-establishment impulse. Trump is another expression of that.
- Individual level
 - If our lives are too chaotic, we're always anxious, overwhelmed, distracted and disconnected.

- If our lives become too ordered or static we get rigid, tight, flat, controlling. Deadening.
- Trickster chaos to the rescue!
 - We get disruptions, pulling the rug out from under us - the flat tire, the unexpected dinner guest, technical difficulties on the zoom call.
 - We can tell how rigid we've become by how disturbing these events are.
 - My first London trip vs. the electricity going down at home.
- It can appear as if there are two kinds of trickster – benevolent and malevolent.
 - The benevolent trickster may put a banana peel in your path Or it's the joke with the surprising punch line or an idea for a business that disrupts an industry like Airbnb. It isn't out to hurt you, just wake you up.
 - The malevolent trickster is more like the Joker in the movie The Dark Knight. It's destructive. It's climate disruption or wreckless, politician.
 - Ultimately, whichever one it is, Trickster's job is to revitalize the play, even if there's destruction along the way. The Infinite Game Trumps everything!
 - In the meantime, the Trickster reminds us that our best laid plans and attempts to manage and control our experience are, in the end, subject to forces that we can't control. Thank goodness, because there's something more enlivening available to us even if it's beyond our imaginations!
- **How do we deal with them?**
- Our challenge and opportunity on the path to the playground is to embrace disruptions and welcome them as invitations to play.
 - I think of disruptions as play bows from the universe.
 - The sooner we can shift from "Damn, this shouldn't be happening to What's possible now? The better!
 - We can also appease the trickster by relinquishing control

--

Creating Disruption

Nietzsche "One must still have chaos in oneself to give birth to a dancing star."

Exercise: Think of one of the most outrageous things you've done in the past 5 years, By "outrageous," I mean a time of intense playfulness, involving either some risk of embarrassment or even some physical risk, when you felt incredibly alive. (e.g. getting into an empty elevator with your partner or child, hitting the button for every floor, and then start singing a happy song together and see if you can do it without stopping. What about in the past ten years, twenty years, all the way back to your teens.

Most of us haven't done anything outrageous since we were in our teens.

Get off our spots – Habit is a great deadener. Everybody gets stuck in habits and routine, which can be deadening. Putting the LI()FE in our lives often means disrupting our habits. Ex-stasis – Inherent joy in movement. We feel it when we Travel!

Our most intransigent spot is our habit of attention and our stories about ourselves and our lives. Who we are, what we can have and do, and what's possible.

Blazing Saddles It's a chase scene with the bad guys riding in a vast desert. They come to a toll booth. Everybody stops and forms a line. There's a sign that says they only get dimes. So they wait while one of them goes all the way back for dimes. We have vast possibilities available to us if we can see them.

Trickster is disrupting our lives so we pay better attention. We're PRESENT!

Practicing noticing something New!

Walk into a room and notice something new

Notice something new about your partner, your home, your job, your colleagues, your life!

Seeing with new eyes!

Our biggest habit that suppresses play is the habit of thinking we're separate that's created by the mind. Quiet the mind and we see through new eyes.

Our habits of perception keep us stuck and out of play. We can get off our spots by imagining our life or an issue through different perspectives.

- Ancestor
- Future generations
- Other cultures
- A very wise person

Come up with some serious perspectives and some silly ones.

Before we shuffle things up we need to stabilize.

Ways to disrupt your routines to revitalize your play:

Change the location of a familiar activity

Look at the environment and take advantage of the nicest perspective.

Move a weekly meeting outdoors, to a café, a lounge, a local museum.

Move a chair into the garden. Redecorate.

Create a routine that helps you break routines. First thoughts, challenges,

This is only helpful if your issue is too much order. If there's too much chaos in your life, then your job is to reconnect to your rhythms so you feel held. We need chaos to the extent that we have order. We need play to the extent that we feel comfortable.

REST. PLAY. GROW

