



Conversational Prompts

Feel free to ask me anything, but ...

Please give me an organic opportunity to plug my newsletter “Together, Between Worlds” and my upcoming chap book publication “Descent” (A standard “how can people find you and what projects are you working on?” is great!)

The Big Three

I would really appreciate an opportunity to talk about at least one of these:

- Choosing to practice radical rest protocol for ten years and what I learned
- Why I value meditation as a powerful practice for living creatively
- The practice and consciousness of “living between worlds”

Fun things to Ask About

- Tattoos
- Star Trek (sci-fi in general or any of your/my current favourites — I love nerd-talking about movies & TV)
- Living with my mom for the last 15 yrs (me aging into my 50s, she into her 80s)
- Life at the lake (animal sitings, what nature has been up to lately)
- Making my own chocolate bars



Embodied Writing

- Let's talk Carrier Bag Theory vs Hero's Journey; the bowl vs the arrow
- The body is a story-keeper, writing is a practice of listening & honouring through sharing authentically
- Writing is a holistic practice and we tend to reduce it to an intellectual exercise — this robs us of so much beauty & power and also sets most of us up to needlessly struggle and fail
- Writing is a tool for re-embodiment of our consciousness; learning to honour The Body (of the story, the writer & the world) by honouring the somatic, erotic, metabolic mechanisms of story-telling



Seeding Rest & Rooting Ritual

- Rest-based living is really about living in and towards our capacity, softly
- Calls on us to reimagine our relationship with our bodies — and the bodies of others as well as the planet — by using new symbols, connections & language
- Rituals call on us to reshape our relationship to time and the structure of our day by using different ways of marking time as well as acknowledging accomplishments & successes
- Restful ritual-rich practices cause shifts in our understanding of worth and the currency we circulate
- Restful ritual-rich practices teach the ability to stay with the difficult and diffuse individualism, compulsive growth-mindset and false binaries

The Polyamorous Queer Who Can't Date

- The social isolation of chronic illness & poverty deeply impacts dating/sexual identity
- Polyamory holds multitudes of creative possibilities for love and intimacy — including ones that aren't necessarily “dating”
- I am a big advocate of fantasy as a perfectly legitimate and meaningful sex life (as is any erotic pleasure beyond penetrative sex)
- Let's talk about ablism in queer (and all) dating — and why so many of us crips are happier single-by-necessity
- I am currently nurturing an intention to slowly layer “dating” into everyday life and a secret dream of a long-distance-never-meet romance



Love is not Enough, We Need Grief Too

- Our current understanding of spiritual love is the descendent of monotheism and colonization and therefore needs to be interrogated and interrupted
- Being human requires a deep, complex and expansive skill set that we are only beginning to wonder about and explore
- I perceive myself as working for grief; as its advocate in a world that has forgotten its beauty & power
- Grief is needed to appreciate limits (all that shapes us) and honour The Body — of ourselves and all other beings, including the planet
- Love alone can't teach us the magic and power imbedded in diversity

Beauty, Blessing & (Busted-up) Bodies

- Ask me about disability & chronic illness and monster/outsider fiction — it's the zombie apocalypse!!
- Is it okay to talk about disability & illness as a “gift?” Sure, but it can be way problematic
- Learning to be *in a long-term intimate love relationship* with our bodies, for better or worse, til death us do part
- The practice of honouring bodies as a spiritual path
- The power of the stories we tell around disability & illness and the reasons we need to question the most common ones

There is No Map for Where We Are

- We are a society of individuals supposedly endowed with the capacity to follow a unique destiny; as a result we have continually lost touch with our rituals, community roles and a cosmology that weaves us into the story of the planet
- The systems that got us here cannot sustain — they are dying. Our responsibility is to hospice their passing in an honourable way
- Many of us feel in some way adrift — without a role — as if society has no place for us and the truth is, it doesn't
- This transition requires that we learn to dream in generations, knowing that our greatest contributions may be in crafting space and shaping questions; fulfillment is not likely to be ours

