

## **Five Suggestions on the Practice in the Outer World**

### **1 - Public Expressions**

Draw and write graffiti, sing and hum in the streets, embrace gorilla theater, climb trees or anything you safely can, and illegally busk for any art! The street is a sacred place, yet the spirit of action necessary for the liberation of a soul has left it up for good weather and commercialism to provide us with these things. This gives us a sterile environment and disguises the capacity of our species. Express and experience the essence of soulful purists on the veins of our cities.

It would be nice if there were more things to look at on my walks. Don't get me wrong, I love what I see already, but when this is how I spend most of my waking hours, I find ways to complain.

### **2 - Take Slower Walks**

Personally, I used to be a speed walking addict. I used to scorn slow suburbanites (Yes I know, I lived in Skokie for five years) and their large families that take up the entirety of the sidewalk while I venerated efficient legs. However, this is no longer the case. The paths of our world are scared by the tracks of busy and unmindful people.

God bless them. I understand why.

But, consider this! When we walk with each step in a mindful attitude we leave behind a lotus with each step, even if it's speed walking. So, I don't actually have much against speed walking, I just advocate slower walks as a method to reach this initial mindfulness.

What a pity it would be if we don't embrace the smaller elements of the life we walk by. Posters and stickers unseen by the masses, populations of rocks unnoticed for their unusual shapes. Wouldn't it be a shame if we didn't notice each other in a similar way? I believe slower walks advocate for the counter attitude.

### **3 - Acquaintances as an Art Form**

If you're a Hofi or a sympathizer then you're probably somewhat like me, and if you're somewhat like me then you probably find times in life where you don't have many friends outside your circle, who you don't see that much anyhow. In this case, find some local restaurants or shops you like and make yourself a regular. Eventually you'll develop a familiarity and you might be able to ask questions, like how they got into their positions and what it's like to occupy their place in society. This is vital to forming an open worldview of a vast world with different people with no limit to their possibilities and combinations.

If you're in a field of some sort, there's plenty of opportunity for this sort of practice on the topic of the field. For instance, I play D.I.Y music and people you've shared bills with and musicians standing around are perfect prey. "How'd you get your band name?", "That was a really good set, where are you guys from?" are all good starts.

#### 4 - Venerate Local Spirits

The start to any good practice is awareness, which develops into mindfulness and finally compassion. But how can we expect local spirits to treat us well if we do not first practice these states of mind towards them?

First identify local spirits in your area. I live in Chicago, so Lake Michigan and the local wind are good places to start (Also they're intertwined). Be mindful of them, embrace how they make the local area unique, if inconvenient sometimes, and practice some compassion. Obviously this means common sense things like don't throw your trash in it and clean up if you have time.

Real recognizes real. Seeing you're an individual of composure they shall treat you well.

#### 5 - Practice Ronotog

Find a suitable hat that won't easily, or at all, burn once you fit a stick of incense on it. Then take yourself and take a walk somewhere nice that you've been meaning to go. The burning incense stick signifies to nearby forces and spirits that you're a friend, and they shall do all in their power to help you out.