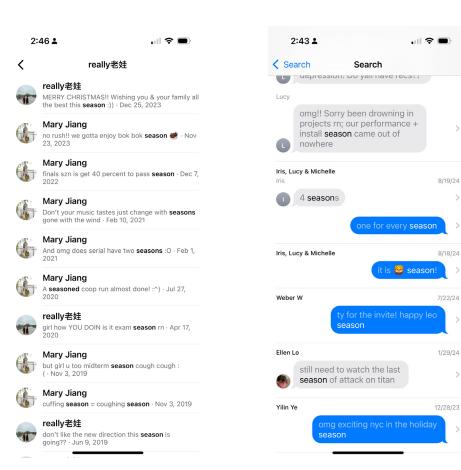
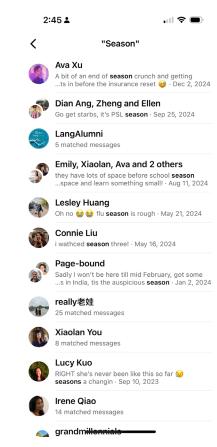
# Sommer 25!



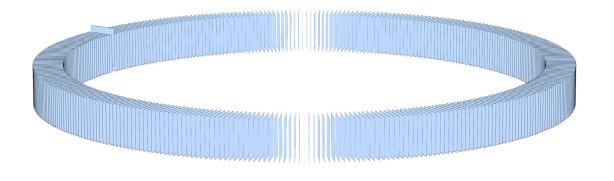
But online (Unseasoned) Seasoning Non-linear narrations No hero , Anti-hero Theornousewas WOK Chargehoppers, not sessitivaled serves don't reed warm ups storyline - what is anore? Culture takenout of food? (or Eholot) TV is obsche (lineastrytelling) Beginner's mind to think of self as stony as hero Clothing w/o specific purpose Homy is "vanilla" - flavor of Js "-cutre? Lerse s(spikes) must be added to experience inknal charges that mirror the external self tabenout of story Stories are not in traditional ares Starting anew. each day to prepare properly (nok) Natural flavors carry through consistent stak of being to tell when is the time who a dock Things are always new, nascent "Blandress" questioned "an unscasoned person" Fashion Treds out (no ssorwhiter)

bullety on anticapitalist a reminder, unappected earing in ordeastryout layer of but needed explicitly Mary Rom the year? maresysteme", Lundled up 5 lower fact out personally Fall - speeding 4 fast inslow out do I like it to meenlyh wher & fast, to clauden Minic mktry mondy Markerof Seagons TRANSITION\_ yells. POINTS ... Re-encountering ideas tension 3 at familiar dupth release do I wate this





☐ ☆ ➤ <mark>Val</mark> Town	Inbox treat yourself as someone you love dearly. how do you respect yourself? how d	Jul 16
☐ ☆ ➤ Val Town	Inbox next mistake you hope to avoid? - Email sent from Val Town	Jul 15
☐ ☆ ➤ <mark>Val</mark> Town	Inbox Which parts of you are in process, growing? Which parts of you are dormant, w	Jul 14
☐ ☆ ➤ <mark>Val</mark> Town	Inbox When do you raise your voice? - Email sent from Val Town	Jul 13
☐ ☆ ➤ <mark>Val</mark> Town	Inbox Go ahead, ask why for each item on your list. You don't need to dive down an ex	Jul 12
☐ ☆ ➤ <mark>Val</mark> Town	Inbox composition's prompt "how do we make the most out of what we have, who we	Jul 11
☐ ☆ ➤ <mark>Val</mark> Town	Inbox How do you like your coffee? - Email sent from Val Town	Jul 10
☐ ☆ ➤ <mark>Val</mark> Town	Inbox How does it feel to love in a language that is not your own? - Email sent from Va	Jul 9
☐ ☆ ➤ <mark>Val</mark> Town	Inbox What makes you the happiest? - Email sent from Val Town	Jul 8
☐ 🙀 ➤ <mark>Val</mark> Town	Inbox What is your anger trying to show you? - Email sent from Val Town	Jul 7
☐ 🙀 ➤ <mark>Val</mark> Town	Inbox What are you doing today that only you can do? What would happen if th	Jul 6
☐ ☆ ➤ <mark>Val</mark> Town	Inbox What are you hoping someone else will soothe or fix for you? - Email sent from	Jul 5





Rest as shapes 霜降 – Frost's Descent



### March 1st

The river is starting to wake up and will run clear with no delays.

Keep an eye out for signs of shimmering where there was shadow.

(\*",")

### July 10th

So...the breeze is feeling a bit under the weather.

It's a good time to laze around or go around town.

(\*'v'\*)

## September 23rd

The blades of grass are leaning in different directions.

You don't have to choose to plant or harvest right now.

(· \_ ·) ?

# December 8th

You might notice a few things slipping away here or there.

Cherish what stays in place, and be careful not to trip!

 $(0_0)!$ 







Transitions start with an ending: identify what they are losing, what is over and left behind, what to keep - LETTING GO

Neutral zone: realignments and re-patterning, in flux, creating new patterns and processes, learning new roles, seedbed for new beginnings - BECOMING BIRD

New beginnings: new understandings and attitudes, release of energy in a new direction, expression of fresh identity – FINDING FLIGHT

