

## Day 8

Find a new center and restart the process by zeroing in on a small scatter of images or focal points and playing with what happens when you bring a few of them near each other. This new center might be in the neighborhood of what you have been writing, or it might be far afield. Even if you don't understand its relationship to what you've written so far, try to trust that it can find a way in. In finding this new center out of the combination of a new scatter of images, be guided by your interest and attraction. You might want to trawl your warmups if you've been doing them, to see if there's anything lying in wait—a name, an image, a shiny object.

### Warmup: Minute List Trawl

Do four minute lists of your own choosing. Go back through them with a second color pen and circle any words that please you.

### Tuning: Letter of Questions

Read over what you've written so far, and then write yourself a letter full of questions. Ask about the things that haven't been included. Ask about the shadows and the edges. Ask about the things that are embarrassing or judged unworthy, that could have been here on your pages, but aren't.

### Generator: Following a Character

Close your eyes and allow a person to appear in your imagination. See them from behind.

Follow that person. They are going somewhere. Watch them as they walk.

Open your eyes and write down something descriptive about that person, just notes on who they are or what they look like. (Your notes may be fragmentary; don't worry about wholeness.)

Close your eyes again. Watch your person go into a place, or space, that you cannot enter. Watch them come back out. They have something in their hand now. What is it? Open your eyes and write down what's in their hand.

Close your eyes again. Follow that person. How do they walk? What is the emotional tone of the way they carry themselves through the world? Open your eyes and write down notes on that.

Close your eyes again. Follow that person as they walk. What is going through their mind? Open your eyes and write that down.

Close your eyes again. See this person as a child, around the age of 4. What delights them? Open your eyes and write that down.

Close your eyes again. See this person as a child of 8 or 9. Something happened that they will always remember. What is it? Open your eyes and write that down.

Close your eyes again. See this person on the cusp of adulthood. What motivates them as they envision their future? What forces do they perceive in the world, both those that pressure them and those they could exert. Open your eyes and write that down.

Close your eyes again. See this person aging through adulthood. What are the large markers of transition in their life? Open your eyes and write down several moments/events of transition.

Close your eyes again. See this person imagining the death they would like to have. What is their vision of a good death? Map out the room they are in in your imagination. What are the objects in the room? What is the quality of the light? Where is it? Who is there? Open your eyes and write down some of those details.

Close your eyes and move back in time to some moment in this person's life, any moment. They are talking. Give them an audience. This might be a person they are talking to, or it might be a theatrical imagination of them speaking directly to an audience. They are directing their speaking to someone who is not themselves.

Write what they say. Write for 20 minutes straight. Incorporate a story they tell about another person; also weave in words you circled from your warmup lists, if you did them. Decenter, recenter, wander, home in, be curious.