

Post-Event Resource

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Coping with Changes as a Senior – Through the Arts**A-Rationale**

It is said that the vast reservoir of our mind is like the submerged larger part of the iceberg - influencing behaviour, emotions, and decisions, but operating largely outside our conscious awareness. This is the unconscious.

How to move from small brain to vast brain for problem-solving, insight, and healing - so sorely needed for the challenges of our later years. The arts offer a rich, limitless means of stabbing the iceberg, the brain, into something new. And at the very least in the process, making time stand still. That is the space of my venture, Planet Ageless. I then return enlightened and refreshed to the minutia of daily living and dying.

B-Engagement with the Image

I previously presented you with 4 images, which appear at the end of this guide. But feel free to choose any stimulus in art, film, music, printed word or whatever that you gravitate to. Respond to your selected work via my suggested template.

Thought-Starters

1-What do you see overall in the picture?

2-What do you see as a special part of the picture for you?

3-Address the picture directly

4-Question the picture and wait for a response to emerge

5-Takeaway

Try your hand at writing a reaction to your selected work. I call this a Life Capsule. It's a free write, no rules, no creativity, just flow. Start with a time-limit: 15 min per piece. Don't worry, sometimes things emerge at the very last minute. Be patient, just wait for the flowers to come up.

C-Sample Life Capsule Excerpt

Here's my sample in an attempt to coax out some emotional perspective.

Ed Ruscha

The End #87, 2010

Time One

I'm facing some imminent life-changing news: whether I have or do not have a serious disease. I believe the pathology report is waiting for me in the portal. I'm terrified. I'll filter this fear through my viewing of The End

This portion omitted for the sake of brevity.

Time Two

A few hours later

Got the news. A disease diagnosis.

Filter news through my viewing of the picture

1-See overall

Dark stormy glacial conditions overall. A dazzle of white far in the background against flat, unchanging sky. The end.

2- See a special part

The end, the end. My first diagnosis that really addresses the end. The end of what? The words are sailing, prominent, elegant, not menacing. Spread out visibly. No end in sight.

3-Address the picture

The End. You are so light and airy, what will happen when you disappear. But you are so beautiful. You are a lovely modern font. No serifs. You stand out from the deadness behind you. You are alive and elegant. Spacious and floating. Can the end be appetizing? What is the end. End of what: the film, the story, my life! Where is the start that follows the end. You are saying 'the end' to all the dark, broken, life around you.

I am sad, rolled up behind you I am ice waves, rocking and pitching. The end: you are a bird. Free me. Help me fly with you. So many things ail me: my legs, my eye, my head. I am dark and land locked. Give me your end. You are circus trapeze, let me jump on and float with you to the dazzle of peaks and eternally blue skies.
[Crying release]

4-Question the picture

Is it too late? Do I have to move to be able to dance or is there another way

5-Takeaway

Crying, sadness I will dance in my own way. I don't need power or glory or adulation any more. I can just hum a deep song made of darks and lights, and focus my eyes on the magic. The End, The End: the birds, the nurses, mother returned — all that from my illness long ago. Fluttering hands fly up now from ocean-deep memory.

[I'm choking up]

D-Conclusion

Once you've developed this knack, the world is your oyster. Riff on the world! You can jump into anything the world presents: images, music, texts, ads, novels, poems, recipes, shopping lists. You will become a trickster, a shape-shifter who is able to assume all different energies in the world by fearlessly going through the door of imagination. You will unlock buried memories, feelings, solutions, and navigate life lighter. You will become ageless as you inhabit for a while a timeless space. Just go somewhere else. And maybe your writing just might develop a life of its own.

Bon Voyage!

E-Follow Up With Planet Ageless

I offer 5-person confidential workshops to help you filter what you know - through your vast unknown, with the help of the world's limitless, evocative arts.

I can be reached at ageless2222@gmail.com

For brevity, just contact me for some arts and aging related reading materials.

F-The Artworks

The End #87, 2010, Ed Ruscha

La Chatiere (The Cat Door), 1960, Joan Mitchell

Embodied Tumours, 1971, Alina Szapocznikow

The West Wind, 1917, Tom Thomson.