

# INTRODUCTION



This is an abstract guide to the **WILD WEST** of whatever was, is now, and comes next. Designed to ignite the imagination and explore the internal world so to better navigate the external world. Brought to this surface through dreams, visions, ideas, research, theory, and music, **it is a piece of mind and inspiration**. An experience for the individual but covers elements of our shared human nature. Questions, further investigation, and discussion is encouraged.

**Suggested supplies:** headphones or speakers, note-taking tools, an open mind, and patience.

*“Life is a shit sandwich, you eat it or starve.”*



## PLAYLIST



## YOU TUBE



## SPOTIFY

Each image is paired with a song by Neil Young. The chosen song provides another layer of meaning to the image/idea. Feel free to assign a new song selection to the images and their meanings if Neil is not what you feel.

# T . O . C .



|         |                                   |   |                          |
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**THIS IS VERY IMPORTANT.** DON'T SPOOK THE HORSE. THAT IS VERY ESSENTIAL, TO THE SUCCESS OF ANY RIDE. THE HORSE WILL HEAD FOR THE BARN IF IT IS SPOOKED, AND THE MUSIC WILL CONTINUE BUT NOT HAVE THAT MAGIC THAT THE HORSE POSSESSES. ANY RIDE ON THE HORSE MUST NOT HAVE A DESTINATION. HISTORY HAS SHOWN THAT THE BEST WAY TO SPOOK THE HORSE IS TO TELL IT WHAT TO DO OR WHERE TO GO OR, EVEN WORSE, HOW TO GET THERE. YOU MUST NOT SPEAK DIRECTLY TO THE HORSE OR EVER LOOK THE HORSE IN THE EYES UNTIL THE RIDE IS OVER AND THE HORSE IS SECURED IN THE BARN. IT IS O.K. TO TALK TO THE HORSE DIRECTLY, BUT CARE MUST BE TAKEN TO HAVE RESPECT FOR THE MUSE WHEN DISCUSSING ANYTHING WITH THE HORSE. THE HORSE AND THE MUSE ARE VERY GOOD FRIENDS. DISRESPECT FOR THE MUSE WILL PISS OFF THE HORSE, AND POSS-

IBLY VICE VERSA, ALTHOUGH THAT IS HARD TO PROVE. THE HORSE HAS MET NO EQUAL, ALTHOUGH THERE UNDOUBTEDLY IS AN EQUAL TO THE HORSE OUT THERE SOMEWHERE. THE HORSE KNOWS THIS WELL AND WILL NOT TOLERATE ANYONE WHO IS VERY COMPLIMENTARY TO THE POINT OF EXCLUDING OTHER FRIENDS OF THE HORSE IN A MISGUIDED ATTEMPT TO GAIN THE HORSE'S FAVOR. THAT IS ABSOLUTELY NOT THE THING TO DO, AS IT MAKES THE HORSE THINK, AND THAT HAS A BAD EFFECT GENERALLY. THE HORSE HAS A VORACIOUS APPETITE. THE SONGS THE HORSE LIKES TO CONSUME ARE ALWAYS HEART-FELT AND DO NOT TEND TO HAVE ANYTHING FANCY ASSOCIATED WITH THEM. THE HORSE IS VERY SUSPICIOUS OF TRICKS.

**KEEPING THESE SIMPLE GUIDELINES IN PLACE IS ALWAYS A GOOD IDEA WHEN APPROACHING THE HORSE FOR ANY \* REASON.**

## Natural Beauty

or song of your choice that shares its meaning:

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SECOND  
SONG

*Preserve and protect  
your natural instinct  
to create and the  
natural draw toward  
what inspires you,  
like it is a rare,  
endangered animal.*

I believe the most essential tools needed to navigate new territory are your creativity and inspiration. Good news - we all possess these, inherently, but it is up to us to keep them sharp and kind.

In the handwritten excerpt from Neil's book, *Waging Heavy Peace*, there are two dynamics involved - the Horse and the muse.

I interpret the analogy as: **the Horse** is our natural ability and desire to create, and **the muse** is what inspires us to create.

what do you see ?

what is your interpretation ?

*"Natural beauty should be preserved like a monument [to nature]. Don't judge yourself too harsh my love, someday you might find your soul...endangered."*

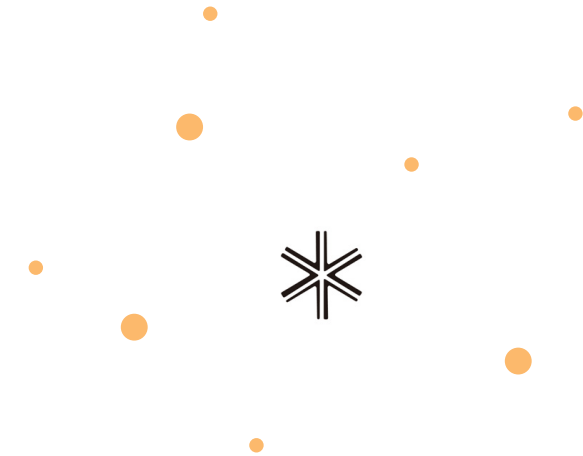
## Good To See You

THIRD  
SONG

or song of your choice that shares its meaning:

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*"Good to see you,  
Good to see you again,  
Good to see your face again,  
Good to see you."*



The yellow horse as a symbol of **companionship**. Her eyes and fur and well-being keep us grounded in the present moment. We care for her, she sustains us. Friendship is like this. You have a dog, or a friend, or a partner, or a child, and you sustain each other. What's your feeling on soul mates ?

here's mine: they're called soul mates because they're meant to be a **MATE**. Not always lovers, or life partners, but friends, mates. And we have a handful of them because we can't see our souls, and not one person has a soul like ours. Your soul is a combination of all of your mates. The people who are drawn to you and to whom you are drawn to are a reflection of what your soul looks or feels like. They are the stars in the constellation that is you.

Create your soul's constellation by drawing at least five dots as stars, and then label each dot with initials belonging to your closest mates. These are the people who will help point you back to yourself if you lose your way.

## Long May You Run

FOURTH  
SONG

or song of your choice that shares its meaning:

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get out of bed [ put your feet on the floor ] **the eye**  
**has to travel** *there is no action*  
*without hope* take it one step at a  
*time* **dance** *walk* **run** get in your car  
& drive around get on your bikes and ride  
**get back on the horse** [*enjoy the ride*]

*whatever you do, just keep moving*



[ *We've been through some things together, with trunks of memories still to come.  
We found things to do in stormy weather, long may you run.* ]



FIFTH  
SONG

# Harvest

or song of your choice that shares its meaning:

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[  
"Will I see you give more than I can take?  
Will I only harvest some?  
As the days fly past will we lose our grasp  
Or fuse it in the sun?"  
]

This cup is painted after the work  
of artist Clair Catillaz | @clamlab



## CUPS [in tarot cards]

The Suit of Cups in Tarot represents emotions and relationships, with water as its element. Water can be both peaceful and fluid or powerful and formative.

## WATER [in dreams]

Represents your emotions and consciousness, a reflection of your internal world to recognize a current state of consciousness or an invitation to go deeper into exploring the psyche.

We need to drink lots of water. Everyday, keep drinking water. Water is life-giving.

Grow fond of your drinking receptacle but don't fall in love with it [*or any inanimate object, ever*]. Choose one that suits you, that you carry comfortably and care for.

Know you can only contain so much in this cup, do not let people pour into your cup more than you can contain. Tell them "when" it's enough.

Do not let the cup run dry for more than a few hours. Continue to fill it, ask for help if need be. A squeaky wheel gets the grease, and that's not a bad thing.

Without this cup, we cannot hold water. It doesn't stay in our hands, and we can't always go to the source and drink with our mouth.

*"I've been a miner for a heart of gold."*

wherever you roam, you'll need a philosophy,  
a philosopher's stone. a soul's compass.  
the stars know better than you do  
so befriend the moon and it will guide you.  
step outside your head and into your hand,  
your fingerprints, your heartbeat, they understand.  
they're made from nature, and they'll point to what's true,  
a muscle map within you to realign your vibe  
led by your instincts, make them decide.  
ride the waves, walk through fires,  
and believe in a safe arrival on the other side.

what do you trust ?

and what do you believe to be true ?

SIXTH  
SONG

page 15

## Heart of Gold

or song of your choice that shares its meaning:

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THE  
PLAYING FIELD

a wide open space where you can be free. there are no rules, everything you say and do is ok and makes sense. this can be a physical place or a virtual place you carry with you wherever you go.

KNOWN

**what is known** in this field is represented by the meadow part of the painting. what has form and is illuminated by light. the known field is filled with things we consume with our basic senses. among this field, there is beauty, there is necessity, there is overgrowth, there is scarcity, some is natural, some is man-made. what is known are all the things that you can see and hear and taste and smell and touch.



UNKNOWN

**what is unknown** is represented by the pattern of space and sky breaking the meadow scene. unknowns exist around us but they are invisible. they exist in a pattern much like tree branches and there are infinite breaks and growths along this unknown web that surrounds us at all times. that unknown web is filled with nuances that will never be revealed, but they will always have an effect on the known.

page 17

**Dreamin Man**

or song of your choice that shares its meaning:

[ *"I'll always be a dreamin man,  
I don't have to understand  
I know it's alright."* ]

*what was, wasn't.  
what is, isn't.*

EIGHTH  
SONG

*"She's been running half her life, the chrome and steel she rides, colliding with the very air she breathes"*

page 19

## Unknown Legend

or song of your choice that shares its meaning:

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*an outfit is defense  
or invitation. it is  
communication to the  
outside-facing world.  
clothing introduces your  
personality and lifestyle  
before you speak.*

*Zena Lux*

rides the red horse on page 10 and together they reside on the red root chakra or the muladhara

*[czech]* woman      *[latin]* light

|           |   |          |
|-----------|---|----------|
| ASTROLOGY | ◇ | SUN SIGN |
| BIOLOGY   | ◇ | BRAIN    |
| FREUD     | ◇ | EGO      |
| JUNG      | ◇ | PERSONA  |

## VISION

This is a 12oz. 100% cotton denim suit wherein the fabric contains warp threads that are a natural sun-bleached white and the weft threads are iridescent or rainbow in colour, hidden beneath the white surface of the fabric. The denim fabric is raw upon purchase [unwashed] so over time and with daily wear, the places in which the suit naturally fades [at the ankles, fades known as ‘stacks,’ or behind the knees, known as a ‘honeycomb fade’] reveal the under-colouring of an iridescent variety. She is wearing a silk scarf to protect her neck, as silk provides the tightest weave and therefore the warmest fabric. The wrap around her body, a hemp and cashmere woven blend, doubles as a blanket under which she sleeps at night. The hat is waxed leather, with the center of Metatron’s Cube embossed at center front. The rope around her waist holds a pouch of tools concealed at her center back by the cape/wrap/blanket. The boots are handmade, custom fit indigo-dyed calfskin, and her gloves are brown suede.

## SUIT

JANUARY 22, 2020

"omg i just woke up from a dream where i was reading a book about a woman from Buffalo and moved back to Buffalo after traveling and living other places, she had 'been around the block.' she was wise, and weathered. she talked about being raped. she talked about dying many times, the feeling like her soul was leaving her body, and she reached so many thresholds but she never buried herself. there was always something inside of her that had the power to grow and just keep moving. she had a kid, she was cool and sexy and kept to herself and possessed this quiet, dark, indestructible power. she had her own business but it closed. and then she shared her story through a book. and opened a new place for people to gather and renew their souls. she just talked about all those times in life that you might feel like you're fading into the black but you can never bury yourself, you have to choose to hold onto that piece of yourself and never bury it. bury other things, be done with regret and resentment and hate and trying to be something you're not but never lose that core within you. never stop caring about that core because it gives you all the strength you need forever. count on it to thrust you out of the black and into the light."

NINTH  
SONG

### Babae Nox

sits on the sixth chakra: ajna, indigo, or third eye chakra.  
they are the keeper of the soul's compass on page 14

[filipino]  
woman

[latin]  
night

ASTROLOGY

MOON SIGN

BIOLOGY

GUT

FREUD

ID

JUNG

SHADOW

"I can't tell them how to feel,  
some get stoned, some get strange,  
but sooner or later it all gets real"

page 21

### Walk On

or song of your choice that shares its meaning:

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TALK

ASK SAY NEGOTIATE

SING PRAISE KISS TASTE EAT TEAR

CUT BEG YELL SPEAK SCREAM WHISTLE

BARGAIN BARTER DISCUSS DEMAND COMPLIMENT

DRINK LAUGH CRY MENTION JOKE BURP GOSSIP LIE

WHISPER CALL TELL CLAIM BREAK SECURE SOUND SPIT

GROWL RELATE BREATHE LICK BITE VOMIT DROOL

**FABRICATE**

SALIVATE SHARE CONFESS YODEL RHYME SWALLOW

**CALM INSULT COAX**

CONVERSATE BLOW BERATE DEAL EXPLAIN

**CREATE PLAN MANIPULATE**

DESCRIBE SUGGEST PERFORM MOTIVATE

**GREET COMMUNICATE ENCOURAGE**

REPLY NARRATE

**PRAY WISH EXPRESS RIP PLAY HOLD**

FOLD

**TICKLE TRADE FIGHT AGREE SENSE**

FEED WRING SQUEEZE

**SNAP ATTACK DEFEND INDICATE**

REACH SIGN WAVE PEEL POINT HUG

**CLEAN CATCH PROTECT**

PET BALANCE STAND TOUCH SCRATCH FEEL

**PLEAD IDENTIFY**

RUB HANDLE DRAW WRITE SKETCH PAINT BUILD

LIFT DROP TIE SLAP HIT PUNCH CHOKE GRAB STEER

GRASP PUSH PULL MEASURE TEAR MAKE DESTROY MIX

PREPARE BANG HANG CLIMB CLAP STROKE PICK OPEN

CLOSE MOLD KNOCK WEAVE KNIT SEW PRESS DISSECT

STEADY ADORN MOVE CARRY HAUL ARRANGE

POUR CARVE POKE FLICK DANCE

MEDITATE STUDY

*"you were right,  
we were giving,  
that's how we  
kept what we  
gave away"*

T E N T H  
S O N G

page 23

**Comes A Time**

or song of your choice that shares its meaning:



Some things you can do with your mouth, some things you can do with your hands, some things **you can do with both**. When dealing with a new place, space, or face, it is up to you to either be selfish or generous with these things. And that's all you need to know to thrive, survive, or die. Our words are like rivers, once the words leave our mouth, they take on a life of their own and can nurture or torture whatever crosses their path.

[1] Life is not a path or a road, it is a web. [2] Imagine an invisible web created by your unique past experiences, all of your thoughts and knowledge, and a variety of indescribable energies you have absorbed and projected all your life. Webs also include known and unknown elements of a person's personal field that incorporates alternate lifetimes, ancestral history, and an infinite number of dimensions across the multiverse [see page 17]. This is what your web is made of. Now imagine a kind-of web aura surrounding every person, ever. When people illuminate the parts of your web that are meant to be in your future, take energy away from the parts of the web you want to leave in the past, and repair the parts of the web that you want to restore in your life.

SONG  
ELEVEN

page 25

## Birds

or song of your choice that shares its meaning:

---

*"when you see me  
fly away without you,  
shadow on the things you know,  
feathers fall around you,  
and show you the way to go.  
It's over, it's over."*

*If it's not  
part of the  
action, it's a  
distraction.*

[4] Some parts of your web will fade into the dark, while others will stay illuminated. It's within your charge to illuminate what belongs in your web and what does not. This exercise helps to stay in your most natural flow of life and highest vibration.

*"I am a child, I'll last a while,  
you can't conceive of the  
pleasure in my smile"*

SONG  
TWELVE

page 27

## I Am A Child

or song of your choice that shares its meaning:

### *Aurora Ko*

sits on the third chakra: manipura, yellow, or solar plexus chakra. They are the spirit child and wears a mask of their true nature.

*[latin]  
dawn*

*[japanese]  
child*

ASTROLOGY

BIOLOGY

FREUD

JUNG

RISING SIGN

HEART

SUPER EGO

SELF

sometimes they say  
'wearing a mask is not ok'  
but when you find your flow face  
wearing it is the only way  
to soul survival.

revealing your real nature  
*[naked as the eyes of a clown]*  
you are exposed to real danger  
but then there is no unreal thing  
between you  
and your realest behaviour.

what makes this face  
and how it saves you  
is up to the life within you,  
the child, the spirit  
that ignites you  
and allows you to restart  
like performance art  
it's a spark  
in your heart  
it gives you a jumpstart  
to be born again  
in any breath  
at any moment  
and accept the world  
in all of its life and death,  
as both man and woman  
you continue  
with the whole world within you  
all parts are one  
and the no-mask mask  
reveals your pure light  
to everyone.

*that's a rap!*



APRIL 11, 2020

"i had a dream that i was standing on the steps of a city building facing a courtyard surrounded by other buildings [my dream told me it was Philadelphia] and the entire city and weather was grey and bleak. i saw a young girl and her mom sitting on the steps near me and some beautiful dark electronic music was playing somewhere in the distance [my dream told me it was Russian music] and i was bummed i couldn't shazam it. then a huge, brightly illuminated red/black/white feather fell from the sky in front of me. it was full of life but it wasn't neat and pretty, it was ruffled. i turned to the little girl to show her this amazing feather and tell her about the beauty of nature but i knew the mother wouldn't let me talk to her and wasn't interested in knowing about the feather. i felt like i was facing a choice - to either choose the mysticism of the feather as my source of wonder and amazement and mystery with no plan ahead or to move to this new city and start my life over where i knew no one and i would try to work at an art supply store."

page 29

## Expecting To Fly

or song of your choice that matches its meaning:

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SONG  
THIRTEEN

[ "all the years we'd spent with feeling  
ended with a cry, babe, ended with a cry" ]