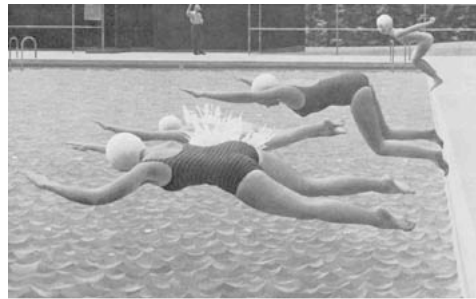


## cloud-becoming

As you begin your journey into cloud becoming, take heart in knowing that this is not a new endeavor. For centuries people have found different ways to become cloud. The evidence of this can be seen in many ways. While cloud-becomings might be the obvious originators of things like Rilke's *Duino Elegies*, William Turners paintings, or the *Flock of Seagulls* haircut, it also can be seen in many seemingly mundane activities. Pancakes, for instance, were created as way to bring comfort by emulating the way we see things from the sky; and flipping them has been known to cause memories of weightlessness.



These woman are in various stages of cloud-becoming. The woman in the front has been hovering in her position for approximately 23 minutes. When practiced continually – the cloud-suit is no longer needed for cloud-becomings.

## notes

When cloud-becoming, thoughts too are structured like a cloud and move as if in flight. They do not take the linear path of the ground. You may find that any inherent dyslexic, and/or genius qualities, along with your ability to write poetry, is aggravated. Give yourself some time after a becoming to accommodate these changes.

Cloud thoughts are subject to laws of condensation and precipitation. Let your thinking thud\* fall out of you in drops. The elimination of these molecules will cause a chemical reaction that forms a new more complex and interesting idea compound of often greater molecular weight.

\*Molecule created by over-thinking and known to clog brain-systems

## when a cloud

Look around, your shape may be able to combine with the shape of others for the purpose of entertaining idle viewers. This could be a nice way to pass the time.

Exercise, it is important to do regular stretching and gliding throughout the day. Idle clouds become stiff and brittle. Exercise also helps to release thud. When the perspiration builds up and becomes too much, release the excess liquid with a large exhale, or, one by one in the form of droplets. The more troubles you release - the higher you will climb into the air.

You might find that being a cloud is a mood: present yet transcendent.

Think about all the options open to you right now. You could pee, sweat, cry or drool. You could stretch out real far or bunch up. Consider your shape. Long & thin? Sparse? Voluminous? Flat on the bottom/curly on top? Small & dense? Shaped like an animal?

- Change mass. Gain and lose self.
- Consider the lightness of your being.
- Wonder how the world was made.
- Compose letters in your head.
- Follow someone for a day.
- Enjoy your view.
- Touch your softness.
- What are they doing down there?

## cloud-becoming at home

Fill a bathtub full of water. Get in. Think cloud thoughts. If you are especially observant you may notice that the cloud-becoming is dependent on the surface line where the body of water meets your body. This is the place where gravity plays with your density. When you are ready for your cloud-becoming, drain the water while remaining in the tub. Notice how the surface lines of the water readjust themselves quickly as they release your resigned limbs. The suction of gravity gradually reenters, spilling in and tenderly raising the level of the pressure-feeling. This process will have the same effect as a more traditional cloud-becoming.