

Ten Principles: The Ten Core guiding concepts of the Burning Man Project

A Project by Chromatest J Pantsmaker



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Radical Inclusion

This is episode number one of the Ten Principles email series. This will be a semiweekly email focusing on Burning Man's "Ten Principles" one at a time. I've asked a variety of people in our AZBurner community what these principles mean to them.

Included below are their words.

The first principle is "Radical Inclusion". Radical Inclusion: Anyone may be a part of Burning Man. We welcome and respect the stranger. No prerequisites exist for participation in our community. Radical Inclusion is probably the most difficult principle out of the ten.

I see it as potentially conflicting with the other principles. For example, we hold an event and people show up, do not gift, leave trash, and display brand names and logos on their clothing and other property. We still need to allow those people to be included, and it then becomes a Communal Effort for us to show our Civic Responsibility in educating these ne'er-do-wells about the other principles and why it's expected that they honor them as well.

-Chromatest

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Naked Mike writes: Including everyone in your world. Accepting those different from you as equal partners in this journey through life. Including them as part of a community even when you may not enjoy their lifestyle or want to socialize with them.

- Naked Mike

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Rena Bellah elaborates: Burning Man the event and Burning Man the culture are based on 10 principles, and while they are all important I feel that if you only understand one of them it should be the first - Radical Inclusion, which reads: Anyone may be a part of Burning Man. We welcome and respect the stranger. No prerequisites exist for participation in our community.

To me this means that everyone is welcome... all you have to do to be a part of the community is SHOW UP. But what about those other people that show up? Aren't some of them something less than desirable? This is a common concern that I hear around this principle and to me that concern means that radical inclusion may be understood in theory, but not embodied by those with the concern.

The way in which I embody the principle is simple. I love myself. All of my selves. I recognize that radical inclusion of others begins with radical inclusion of one's selves. I know that I am comprised of all kinds of different interests, experiences, likes + dislikes and that they can shift and exist as different parts of my personality. I am not just one type of person...

I am all types of people in one body. I also recognize that the people around me in my community are mirrors. Reflections of these various aspects of myself. By being able to welcome and respect anyone who shows up in my world I am welcoming and respecting myself. If someone shows up that I feel conflict with then I know that they are really showing me some part of myself that I have shame or judgment around. If I am getting upset at somebody's actions then it is a clue that I have a similar behavior that I may not be aware of. When a member of our community shows me these insights into myself I acknowledge and thank them (at least to myself) for the gift they have given me and then I feel into the place within myself where it hurts and say "I'm sorry. I love you." and by doing so I heal myself and the community. That may sound silly, too simple or way out there to some people, but I guarantee that simple practice will change your life... even if you never attend the main event.

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Ranger Hermione opines: There is no stereotypical burner. All types are needed to make the city work as smoothly as possible. Sure, there are "exhibitionists" that some will bitch about (ahem... shirtcocks), but in the end they are just expressing themselves in a way they feel appropriate. If you don't like it, look the other way. Or better yet, indulge them. Walk up, say hello, give them a hug and ask how their day is. If we put restrictions on how sparkly people needed to be in order to participate, Black Rock would be a really boring place.

I personally try not to have opinions on anyone there. The only time I was unwelcoming was when approached by a guy that had to be a narc officer. After he offered me the 5th drug, I called him out on it and asked him to leave me alone. Other than that, everyone has a story to share and a lesson to be learned. Embrace it! What does this principle mean to you? How can you practice this not only within your burner community, but also in your every day life?

Gifting

The second principle is "Gifting". Burning Man is devoted to acts of gift giving. The value of a gift is unconditional. Gifting does not contemplate a return or an exchange for something of equal value.

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I believe that people should gift something meaningful or cool. Of course, something meaningful or cool is subjective, and one person's cool gift can be another person's junk. For the most part, I have never brought STUFF to gift at Burning Man.

I bring my hands, and my alternative ways of looking at problems. At my first Burning Man, Ender and I helped our neighbors build their geodesic dome. They had lost their directions, and I had never built one, but working together, we got their structure done. Some other neighbors had a structure failure really early. Ender and I both ran over and we figured out how to re-construct their structure so that it was safer and stronger. When we were done, we finally made it back to our own camp and finally finished our own construction.

Sometimes that perfect gift is a cold beer or a shady place to sit. Sometimes that perfect gift is an open ear or a massage or a twist of a wrench. Many of the best and most memorable gifts can be had for free!

-Chromatest

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Naked Mike shares his definition: Simply giving of your self with out expectation of any kind. Be that an object you took time to create or find, an event you work on, a camp you run or an act you perform.

- Naked Mike

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Ranger Hermione elaborates: It's never required to bring gifts to hand out. A gift is given because you want to give it, not because of peer pressure or competition on who can give the best gifts. No money is exchanged in Black Rock City, except at the café and Artica. Bartering is totally frowned upon as well. My first year, I really struggled with the idea of what I was going to bring to gift and nearly went broke building a bar and stocking it with booze (with the help of my friends, Ashley and Nils). Since then, I've learned that to put myself in the poor house so that I can gift my heart out is not really that awesome of a situation. Gift because you want to. Gift meaningfully and wholeheartedly. Not because you feel it is expected.

Another point, I'd like to make on gifting... REMOVE POSSIBLE MOOP FROM YOUR GIFTS BEFORE YOU LEAVE YOUR DEFAULT WORLD HOME!!! Probably only one of the only times I got physically angry at the burn was because a woman came into our camp and was handing out gifts that had price tags and stickers hanging from them. Mooping at the end of the event, I found a bunch of those tags and stickers. Don't be THAT CHICK.
- Ranger Hermione

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Ruvi adds his thoughts on gifting: Gifting in the default world is almost a lost art. Birthday and religious holidays have been co-opted by advertisers who work hard to make you believe that you can show your love for someone by the amount of money you spend on a gift. Most people will then judge a person by the gift they receive in return. This is NOT gifting. Gifting is done for the sheer pleasure of giving something to someone else. It is done with absolutely no expectation of receiving anything in return. Gifting is not to be confused with bartering. You are not giving something in exchange for goods or service. This is akin to a commercial transaction. For me, the hardest thing was to accept a gift when I had nothing to give in return. I had to learn how to graciously receive a gift, and I learned that my accepting a gift is all the reward a person giving the gift needs. This may seem strange - but try it. Gift something to a stranger... and you'll know what I mean.

- Ruvi

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What does this principle mean to you? How can you practice this in your every day life?

Decommodification

This is episode number three of the Ten Principles email series. This will be a semi-weekly email focusing on Burning Man's "Ten Principles", one at a time. I've asked a variety of people in our AZBurner community what these principles mean to them. Included below are their words.

The second principle is "Decommodification". In order to preserve the spirit of gifting, our community seeks to create social environments that are unmediated by commercial sponsorships, transactions, or advertising. We stand ready to protect our culture from such exploitation. We resist the substitution of consumption for participatory experience.

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I think that decommodification is the removal of commercial transactions from our events. Commercial transactions come in many guises. The obvious one is the exchange of money or goods for other goods. Others may not be so obvious, like the exchange of your time and mental energy for a corporations benefit. This takes the guise of the "Cruise America" RV, which is literally wrapped in corporate advertisements and messages.

To fully decommodify, not only do you need to avoid buying things on playa (which is pretty easy, since there are no vendors), but also to do your best to remove all advertisements. Some people cover the logos on their tents and vehicles in addition to obscuring the name on the rental truck (Ah, the days when you would see "U-BaLL" trucks on playa).

-Chromatest

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Naked Mike suggests: Removing or just plain ignoring the transactional nature of our culture. Advertising, sponsorship, consumerism and the corporation have minimal importance in our lives. Necessary at times but never exploitative of ourselves or our community.

- Naked Mike

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Scottobobscotto adds: In order to preserve the spirit of gifting, our community seeks to create social environments that are unmediated by commercial sponsorships, transactions, or advertising. We stand ready to protect our culture from such exploitation. We resist the substitution of consumption for participatory experience.

Since Burning Man does not accept corporate sponsorship or money; It is important to me that there is a structure in place that keeps tabs on the Default World marketplace and is making sure that we do not see Burning Man images contained within the commercial blitz we all see on a daily basis.

Not only do I not want to see Coke Cola ads or any other commercial advertising while within the gates of BRC, I also do not want to see advertisers exploiting images of BRC in their own ads; like Red Bull, not only does it give you wings but is the official drink of Burning Man.

Even though we visit and spend money in many of these types of stores or buy specific products of specific brands to bring to Burning Man, once the plastic bag is removed to remind you that you bought this @ Wal-Mart - no other reminders are visible while enjoying Burning Man.

I enjoy going to a place that I do not need money to participate...Or have vendor booths that hawk or entice a particular product to me needs while I am playing in Playa Dust.
- Scotto

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Ranger Hermione closes with: Easy. There are no sponsorships at Burning Man. Tape over the blatant advertisements on you semi trucks and RV's. It just turns into a fun art project. I don't have much experience with needing to cover stuff up on my own gear but I have certainly asked people to disguise their trucks while I was on duty.

- Ranger Hermione

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What does this principle mean to you? How can you practice this in your every day life?

Radical Self-Reliance

The fourth principle is "Radical Self-reliance"

Burning Man encourages the individual to discover, exercise and rely on his or her inner resources.

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Notice that it says "inner resources". This is to say that radical self-reliance shouldn't simply be about spending your way into or out of a situation! Know what you're capable of, and know what your weaknesses are. Be prepared to lean on those things which you are good at and capable of, while being prepared to deal with and counter-act your personal weaknesses.

Being self-reliant is fairly easy for most people, but it does indeed take that bit of extra effort to be radically self-reliant!

Generally speaking, I don't have much of a problem being radically self-reliant. It's just the way that I try to be prepared. What I find nearly impossible is to be radically reliant on others. I've tried many times, but I've all too often fallen back to the old phrase "When you want something done, better do it yourself." Of course, maybe I'll get lucky and I'll get a few more emails about the remaining principles. Maybe *you* can help this project! If not, these "Ten Principles" emails will get shorter, but will not stop. To me, that's being radically self-reliant.

-Chromatest J. Pantsmaker

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Naked Mike elaborates:

Taking care of yourself. From your basic survival needs to your mental well being. Providing for your own food, water, money, mental well being, etc. We all need a helping hand at times but a self-reliant person does what is possible to be self sustaining.

- Naked Mike

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Ranger Hermione adds:

Bring everything you need to survive. Easy, right? It could mean packing a large SUV to the gills with just enough room for you to sit completely upright. It could mean packing nothing to eat but pop tarts and monster (I tried this and don't recommend it...) Or it

could mean riding with someone else and bringing nothing but a drawstring backpack with a sundress in it (as a friend did, and it actually worked for him). Whatever you do, be able to sit with your decision and rely on only yourself for the event. If things come along, then awesome. But don't expect people to take care of your ass when you choose not to bring essentials and have a poor attitude about it. These days I bring very little other than what I absolutely need to survive. I spend most of my time in khaki, so costuming is way easier these days, too.

- Ranger Hermione".

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What does this principle mean to you? How can you practice this in your every day life?

Radical Self-Expression

The fifth principle is "Radical Self-Expression"

Radical self-expression arises from the unique gifts of the individual. No one other than the individual or a collaborating group can determine its content. It is offered as a gift to others. In this spirit, the giver should respect the rights and liberties of the recipient.

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A lot of people have been having problem with the word "radical" in these principles. I don't see this word as a problem at all. We're used to the freedom of self-expression. We can wear clothing that we like, listen to and play back music that we like, write tirades about why somebody else is doing something wrong, so on and so forth. When it comes to "radical" self-expression, things are a little bit different. It's that respectful "over the top" attitude of your self-expression that makes it radical. At Burning Man, people can, and are expected to, express themselves in ways that they are unable to in the common world outside of a Burning Man event. This may be the critical tits ride, a shirt-cocker, or a giant vagina art-car. It could be an animated sign of a guy fellating another guy, a person screaming the Pledge of Allegiance through a megaphone, or one of the thousands of other things that I can't think of.

Note that radical self-expression is referred to as a gift. Like other gifts, the giver needs to understand that not everybody wants that trinket or brownie, or megaphone wake-up serenade. A person practicing his radical self-expression should do so in a manner that does not force everybody else to accept it! If you keep a little respect for your fellow participant in your self-expression, everybody has a chance to have much more fun.
-Chromatest

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Ranger Hermione writes:

Radical self-expression to me is the presentation of your gifts or abilities to the community. In other words, it is your participation! Artists paint, draw, sculpt. DPW busts their asses to build the city and keep the structures held together during the event, and then make sure the evidence of our gathering is erased afterwards. Musicians play their music. Dancers move and entertain. Rangers keep the peace (and help you find your friend's camp or the nearest port-a-potty ;) Earth Guardians clean up vigilantly throughout the event. Public speakers share their wisdom and opinions. There are SO many different ways that we all express ourselves radically in our world and at the big show, that I couldn't possibly list them all here...

On one of my shifts as a ranger, my partner and I came across a young man spray painting on the man. My concern was that his makeshift

scaffolding looked janky. Although it is the burn and one should expect some degree of jankiness, I didn't want to see him spill his brains out because of his radical self-expression. Unfortunately, others around me didn't appreciate his expression at all and came to the consensus that there was an unspoken rule that you could not "tag" the man. I'm still really bothered by the outcome that day. I encourage you, express yourself fully. It also doesn't hurt to have an explanation of what it is you are expressing so you aren't asked to move along.

-Ranger Hermione

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Radical Self-Expression-An Interview with The Man:

Man: Mom and Chita, after 7 plus years of being a part of the Burning Man Community, how would you define Radical Self-Expression?

Mom: Take out "radical", that's a given. I'd say it's a creative display of myself. It is my personal expression without fear of judgment or feeling self-conscious.

Chita: If I had to put it into words-an unfiltered exhibition of our unique characters, or uninhibited interactions with others.

Man: Can you describe what this looks like to those around you?

Chita: Speaking for Mom, it looks like unbound love for life. When I watch him in his element, he jumps in feet first and says or does whatever comes natural in the moment. I remember the first time I saw him on the playa building the dome for Alex Grey. It was like watching a child who found his tinker toys again! He seems to enjoy the hard work and participates with the joy of being in the present. His words and actions flow from his heart. Although some of the time the things he says make my head turn sideways, I know that he is free to speak his mind and comes up with some pretty bold statements. He expresses himself in ways that are true to his nature; complicated, funny and insightful. Not everyone gets where he is coming from, but his actions and words simply reflect his beautiful twisted soul.

Mom: After my first burn, I came back to the default world spinning. I told Chita it was the best party on the planet, and if we couldn't both go next year, then it was her turn. She immediately began hitting the thrift stores and collecting playa wear that reflected her personality. Although this was her way of expressing herself in the beginning, she has since embodied her clothing, especially when she isn't wearing anything! Chita's self expression has evolved with her deepening self awareness. She speaks her mind without editing herself too much, and speaks her truth. I've found that by just being herself, people want to be around her. Honestly, sometimes I wish she would shut up so I could spend more time with her.

Man: How does this play out in your everyday lives?

Chita: After several years of exposure to such an honest and open environment, we both express ourselves in more meaningful ways. We are more artistic than we realized, quite outspoken when it really matters, deeply involved in our community, and more loving with one another than ever before. Our kids see who we are as people, rather than mom and dad, we are Mom and Chita. They too love to play, create, dress funny, hang out with weird people, spin fire, walk on stilts, and dive into mind expanding ways of life. As a family we are more conscientious of our environment, the importance of gifting, not judging others, and living life outside of the box. A friend of ours calls us the Burnagains! She saw how Burning Man infiltrated our everyday lives when we showed her our home movies. Over the years, a number of our friends (the one's who still hang out with us), have integrated into the burner community. Our families might not completely get us, but we don't care anymore. We tell playa stories, spend a great deal of time at events and working on projects. They listen, watch our kids, and even help cut wood or paint or play with us.

Mom: This is all supportive and wonderful, but I have to mention that the greatest benefit to "radical" self-expression is how Chita and I love each other. If you know us, you see that our boundaries are pretty loose. We have developed a level of trust and understanding that gives us room to roam and explore who we are through our friendships with all of you. We've been asked many times, "How do you define your marriage?" and can only respond with a shrug of the shoulders. Each day is new, exciting and different. We are unfolding before our own eyes. We hope to never define our relationship for fear we might quit growing. The most profound way we are self expressive is how we live each day together... especially on the playa!

-Mr. Mom & Conchita

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What does this principle mean to you? How can you practice this in your every day life?

Communal Effort

The six principle is "Communal Effort"

Our community values creative cooperation and collaboration. We strive to produce, promote and protect social networks, public spaces, works of art, and methods of communication that support such interaction.

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So much of what we do is just too big for any individual to accomplish. A great example of Communal Effort is the City Lights project that Ruvii's camp is doing. The idea is to create a unique lighted street-sign for each intersection at Burning Man. That's a lot of street-signs! It would take one person hours on end to create all of these. By simply asking the community for a little effort, all of these can get made and it becomes a source of shared pride.

Lots of other thoughts arise when I read the second sentence of this principle. Are we truly striving to produce, promote, and protect our social networks and methods of communication to support any sort of positive interaction? Are we doing this, or are we acting like they are our own personal soapbox to air our personal grievances?

When things get extra lousy in our community forums, are you sitting back wishing that somebody would do something about it, or are you being part of the communal effort required to truly enact positive change?

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What does this principle mean to you? How can you practice this in your every day life?

Civic Responsibility

The seventh principle is "Civic Responsibility"

We value civil society. Community members who organize events should assume responsibility for public welfare and endeavor to communicate civic responsibilities to participants. They must also assume responsibility for conducting events in accordance with local, state and federal laws.

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This principle, as written, is directed at the people who organize events in our community. I feel that it goes well beyond just that small portion of our community who organize the events. I believe that it's everybody's responsibility for the public welfare of not only our events, but everything that makes up who we are as AZBurners. This includes the people who plan, or attend our events, as well as those people who stay home for whatever reason.

This is also the reason why I organize events for the Arizona Cacophony Society. Our events are often known for not being conducted in accordance with local, state, and federal laws!

-Chromatest

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GiGi Ponders:

What civic responsibility means to me is seeing something that needs to happen or change for the greater good and being willing to say "I should do something about that" rather than "someone should do something about that". This happened to me in 2004 when a friend told her story about having a stranger reach up under her skirt as she went to jump off and art car. He "grabbed a fist full of labia" she said and I thought this isn't right, some one should do something about this. No, I should do something about this. A small group of people banded together that year with the idea that we wanted to make our city safer and sexual assault-free. B.E.D. was born and I am happy to say Burning Man has changed because of a little idea and civic responsibility.

-GiGi

<http://www.bureauferoticdiscourse.org/>

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What does this principle mean to you? How can you practice this in your every day life?

Leave No Trace

The seventh principle is "Leaving No Trace"

Our community respects the environment. We are committed to leaving no physical trace of our activities wherever we gather. We clean up after ourselves and endeavor, whenever possible, to leave such places in a better state than when we found them.

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This is a big deal for me. I'm often acutely aware of people (myself included) leaving a trace at most of our gatherings. I do my best to not lose a cup during the course of the night. It's tricky to keep track of all your stuff when it gets dark and our partying antics peak. I know what it's like to have that empty bottle so far away from camp. We simply do our best. For smokers, this means carrying a cigarette ash-tin (old altoids can works well). If you don't have a tin, use your pockets! Gross, I know. If you can put it in your lungs, you can put it in your pocket. At least you can throw your pocket in the laundry!

Leaving No Trace is of key importance to our events. Trash in the porta-potties makes us lose our porta-potty vendor. Trash left all over our event site makes us lose our event site. Trash blowing off our vehicles while we're driving to or from our event makes the surrounding communities dislike us, and eventually they will put pressure on us to stop having our event!

So pour two beers in your water bottle and clip it to your belt. Leave the bottles in camp so they don't get left in the porta-potties or left in my camp. Get your ash-tray tin and learn how to use it! Like everything in life, practice makes perfect!

-Chromatest

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Hailing from California, Halcyon shares his thoughts on Leaving No Trace:

"Leave No Trace" is one of the 10 Principles of Burning Man. It seems pretty simple. But the LNT mentality can be a significant jump in consciousness for people ingrained with a consumer mindset. During this week's HugNation broadcast, I discussed "Leave No Trace" in the wake of my wonderful experience at Lightning In a Bottle. Let me clarify that I am not intending to be critical of the DoLab or festival attendees.

Ten Principles: The Ten Core guiding concepts of the Burning Man Project

I mean to point out that as our community grows quickly, we need to remember a few things:

- 1) Have compassion for people in all stages of their conscious evolution.
- 2) Role model good behavior.
- 3) Help people understand that a Principle is much more than something we "should* do.... it is something that can elevate your joy and change your life.

(This is more of a "Philosophical" tip. For more on the "How" of Leaving No Trace, consult BurningMan.com & the Survival Guide.)

http://www.youtube.com/watch?feature=player_embedded&v=05mrKfb3d9U

- John 'Halcyon' Styn

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What does this principle mean to you? How can you practice this in your every day life?

Participation

Our community is committed to a radically participatory ethic. We believe that transformative change, whether in the individual or in society, can occur only through the medium of deeply personal participation. We achieve being through doing. Everyone is invited to work. Everyone is invited to play. We make the world real through actions that open the heart.

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Participation is a fancy way of saying "doing stuff". Are you going to Burning Man and simply attending our Regional Burns, or are you doing stuff at and for them? Are you showing up, hanging out, and leaving, or are you helping organize, volunteering, and helping? Participation can entail most of the other principles. If you are doing the others with all your gusto, then you're probably participating! Create some art, volunteer to make the events run smoothly, cook, clean, be part of the solution. Do Stuff! Participate!

-Chromatest

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Gigi participates by sharing her thoughts: My virgin year I was confused by "gift economy" and "participation" I brought some trinkets but some how knew I was missing something. Then Fuzzy (Bunny) took me out on the carrot, we ran into this guy with a large sheepskin draped over his shoulders. We talked about it and he said the one problem he had is it slipped off. I said you need arm holes, he said yeah but this is my bed covering too I can't have big holes in it. I said all you need is slits let me help you. I got a knife cut the slits gave him arm holes that kept the skin whole. He grinned ear to ear was so grateful and gave me a piece of EL wire (I have to this day). That was when I got it. Participation and gifting in not necessarily a thing or a shift or particular title although it can be. At its core it's being exactly who you are and giving that freely to those who need what you are. You might participate by being a ranger , or ESD, or Camp leader because that is who you are. However you may also cook, or massage or listen or any number of other things that is who you are, and because of that you are participating, and gifting.

-Gigi

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Space Vixen chimes in: For me, participation is about shared experience. Participation means you're creating an experience for others, while other people are also helping to create it for you. Everyone becomes a part of the experience, which is mutually shared. This makes it possible to engage with others in a way that is not usually possible at spectator events. It is very easy to feel alone in a crowd at a large event where most people are strangers. If you are passively observing what is going on you're likely to be detached and disengaged. Helping to create a piece of art or a performance, creating a theme camp, or participating in the organization of the event itself means you have a kind of ownership of the experience other people are engaged in, while they are also creating something that you are engaged in. Participating in some way therefore enriches the experience for yourself, by connecting you with other people in new ways.

The first year I was at burning man I arrived by plane, didn't have much in the way of costumes, but I pitched in at the camp I was with and helped complete the finishing touches on their dome, adding some black light reflective circles of white cloth under the black lights. I didn't know exactly what it would look like, but when the lights went out, it looked like bubbles exploding out of the lights. Numerous people complimented me on how cool it ended up looking.

What counts as participation has no set boundaries. Not everyone is a talented artist or performer. Some participate by getting involved with the organization of the event, rangering, greeting, and so forth. The key feature is: Are you adding to the experience of others in some way that is positive, or at least aesthetically interesting? If you can't think of anything else, come up with a fancy costume to make yourself eye candy, or pitch in and help someone put up their dome. - Space Vixen

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What does this principle mean to you? How can you practice this in your every day life?

Immediacy

This is the final episode of the Ten Principles email series. This was a semi-weekly email focusing on Burning Man's "Ten Principles", one at a time. I've asked a variety of people in our AZBurner community what these principles mean to them. Today we talk about "Immediacy".

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Immediate experience is, in many ways, the most important touchstone of value in our culture. We seek to overcome barriers that stand between us and a recognition of our inner selves, the reality of those around us, participation in society, and contact with a natural world exceeding human powers. No idea can substitute for this experience.

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Here's the final episode. I suspect that everybody is ready to do whatever they're going to do next weekend right? yeah, me neither. I tried to not wait until last minute (or last month) but we all know how that goes, right?

Immediacy is about being in the moment. The Burning Man event operates much this way. This is the reason why we recommend bringing water, food, a jacket, etc. every time you leave your camp. Let the immediacy grab you and take you on an adventure. That art car isn't going to wait for you to run back to camp, so be prepared to go NOW.

Also, immediacy is about getting things done. Why put off until tomorrow, what you can do today? Well, because something else pretty awesome is going on today, that's why!

Have fun, be safe, and I'll see you all on the other side!
-CJP

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Naked Mike sends this off quickly: Without forgetting the past or the future Immediacy is the enjoyment of the moment. Be that a conversation, a cloud, a hug or a sound. Letting the moment sink in and just be. Accepting the moments as neither bad nor good and enjoying the perspective that brings.

- Naked Mike

What does this principle mean to you? How can you practice this in your every day life?

-Chromatest