

Poetricity: The Art of a Transfoned Life

Navigating Memories, Blame, and the Healing Power of Nature.

An exploration of the human condition through original poetry and candid dialogue. This deck translates the “Poetricity Live” session into a reflective journey, moving from our internal struggles with the past toward an external connection with the universal order.



The Inward-Outward Journey

We begin by addressing the pain of personal history and expand our view until we find peace in the natural world.



I. The Heart

Sour Memories

*We used to be tight / spending time together that felt just right /
exchanging chatter part of each other's stories / those are our memories.*

*Ruminating on how things should be
disappointed by our present apathy
that can't change the beauty sealed in those moments in history.*

*Save the mind and its comparisons
the sure way to sour memories.*

The Trap of “What Should Be”

Insight: Ruminating isn't inherently negative; it becomes toxic only when we focus on how things should be rather than how they are.

The “Season” Concept:

- Relationships have phases.
- When a dynamic changes (e.g., a friend “ghosting”), the mind tries to **retroactively taint good memories**.
- **The Shift:** The beauty of a past moment is “sealed in history.” Current apathy cannot destroy past joy.



Life is about cycles. Accept the phase you are in, and you will find the beauty sealed within it.

Case Study: The “Wilbert” Coincidence

The Context

Muriel, a widow, lost her husband Wilbert. On the eve of his anniversary, she received a wrong number call asking for “Wilbert, the painter.”

The Reaction

Instead of ruminating on the pain of the intrusion (“Why is this stranger calling?”), she engaged. She discovered the caller was looking for *her* painter named Wilbert.

The Outcome

A new friendship formed. She viewed the coincidence not as a cruel reminder, but as a “divine wink”—a sign of care.



When we release the narrative of “distress,” we make room for new connections.

II. The Mind

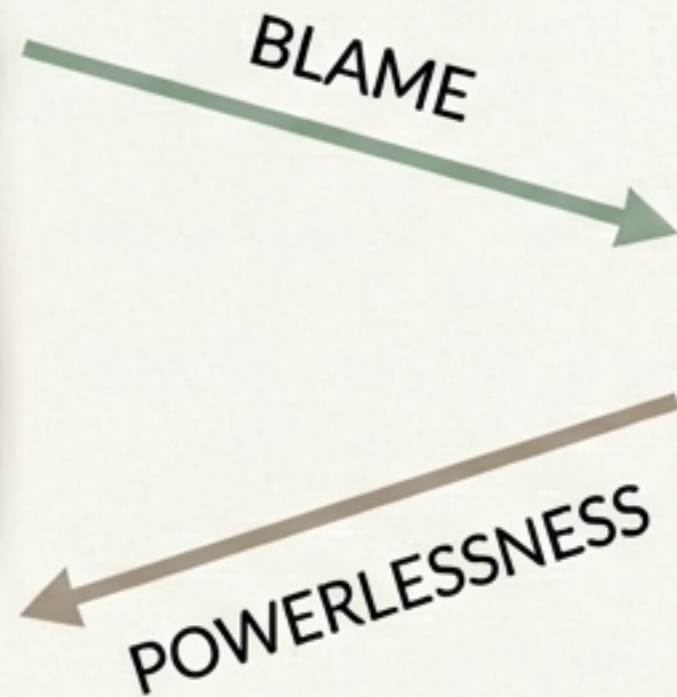
Blame Game

It's all gone wrong
someone must pay
so you blame
you point the finger... to the accused.

How easily you hand to another your power of change
you impotent of the power to change another
all for the current pleasure of playing a game
Blame Game forever and a day.



Blame is a Power Giveaway



- **The Mechanism:** Blame is an automatic reflex to avoid pain and shame. The mind thinks, “Quick, find someone to point at so I don’t have to feel this.”



- **The Mirror Effect:** We often project onto others what we cannot face in ourselves. Triggers reveal our own blind spots.

- **The Cost:** By blaming, you render yourself impotent. You hand your agency over to the person you are accusing.

Stopping the Rolling Stone

The Metaphor: Blame is like a stone rolling down a hill; if unchecked, it gathers weight and momentum.

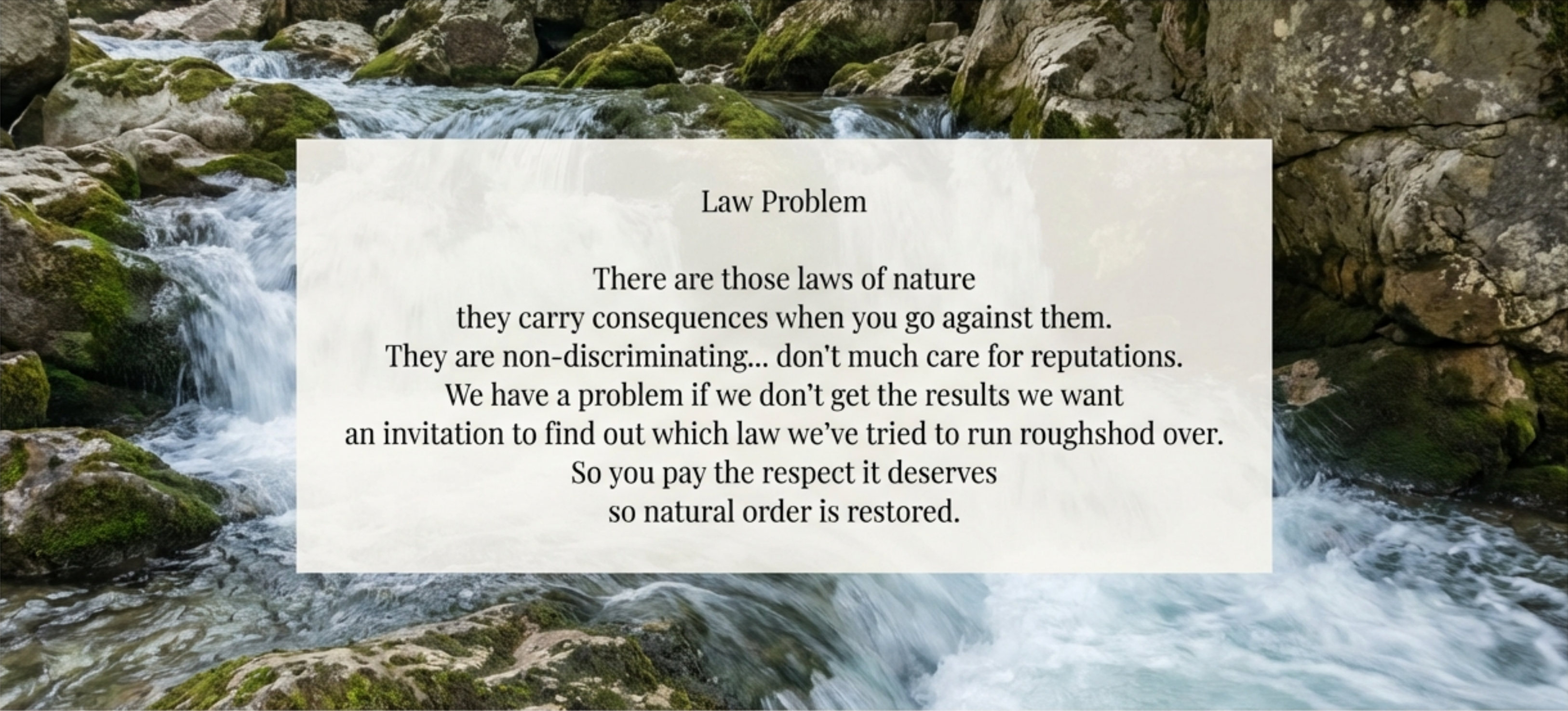
Instead of:
“Who is at fault?”

Ask: “What has this triggered in me? What is the lesson here?”

Ownership creates peace. When we heal ourselves, we can hold others with compassion rather than shame.



III. The Reality



Law Problem

There are those laws of nature
they carry consequences when you go against them.
They are non-discriminating... don't much care for reputations.
We have a problem if we don't get the results we want
an invitation to find out which law we've tried to run roughshod over.
So you pay the respect it deserves
so natural order is restored.

The Egocentric Bias

Insight: We often confuse “a problem” with “a consequence.”

The Tree Metaphor: If you walk into a tree because you weren't looking, the tree didn't attack you. You ignored the law of **solidity**.

- **The Consequence:** The result of a law (gravity, cause-and-effect).
- **The Problem:** Our refusal to accept that law.
- **The Western Mindset:** We are taught to control nature. Suffering comes when reality pushes back against this control.



‘If It Ain’t Broken, Don’t Fix It’

Context: We often use technology or progress to “fix” nature, only to create chaos.

Reframing Complaint: We complain about society, yet we are in the middle of it—using the phones, eating the food, living in the buildings.

The Shift: Stop complaining about the structure you are utilizing. Acknowledge your connection to the whole. Respecting the natural order restores peace.



IV. The Soul



From 'Nature Paints'

How they all blend so beautifully... Amazing to think they're all made from the same **Essence** / showing up as nature needs it to be.

From 'Sky Painting'

The universe painted the sky...
Framed it all for us to see / a message so clear /
silently *Whispering I love you* in every scene.

The Wisdom of Diversity



Nature's Blueprint:

Nature creates harmony through difference. Colors that might clash in human design blend perfectly in the wild.

The Light Spectrum:

We are all "light from the same spectrum." Difference is not dangerous; it is the same Essence manifesting differently to serve the whole.

Human Application:

The mind is often threatened by diversity. Nature invites us to celebrate it. The "different" parts of humanity are just like the colors of the forest—essential to the picture.

The Healing Gaze



Escaping Neurosis:

Stepping out of the “concrete jungle” into nature quiets the mind’s obsession with fixing and controlling.

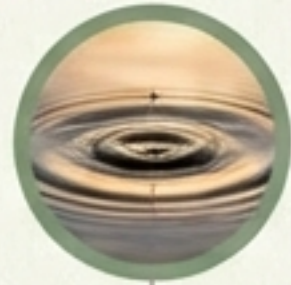
The Insight:

Nature is not there to be controlled; it is there to be witnessed.

The Message:

The sky, clouds, and rainbows are framed messages. The universe is “silently whispering I love you” in every scene.

A Transformed Perspective



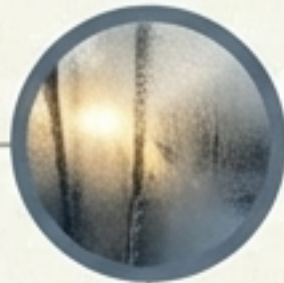
1. Release the Past

The beauty of history is sealed; don't sour it with comparison.



2. Own Your Power

Stop the blame game; look in the mirror.



3. Respect the Law

Don't fight the tree; accept the consequence.



4. Witness the Love

Look up at the sky. You are part of the painting.

We are elected tourists on this Earth. We are invited to exist, experience, and witness—not to control.