**2014 Vernal Equinox**

**Un-naming Exercise**

**Next we are going to do an Un-Naming exercise: The purpose of the exercise is to notice how everything is interconnected; to consciously notice how everything is woven together. How do you fit in to this weaving?**

**Un-naming is lifting the label and seeing what you discover underneath. When you call something a “tree”, you distance yourself. “Oh, I know what a tree is.” But do you really?**

**We are going to go outside. Take along your journal and pen. Sit in front of a tree, a flower, a rock…anything that calls to you. Then, remove its label. For example, if you are working with a tree, describe what a tree is without using the word “tree”, or “branch” or “leaf” etc. You must pay close attention.**

**Write down the things that you observe about this unnamed mystery. You might write, “It’s a place where birds and squirrels live”, etc.**

**Un-Name it- Discover the deep and true nature of what you are looking at, and interacting with. With continued practice of un-naming, you can begin to see and to experience the inter connectedness and interdependence of all life. And it is through these inter connections that you can make magic and discover your true self.**

**When the Rooster crows, it’s time to return**