

TO CALL BACK THE SUN

a sensory ritual duet for cycling through darkness.

One, or maybe two:	Two, or maybe one:
Face West.	Find a sturdy surface where you can lean back and look out a window.
Ignore what you want to ignore.	Wait for sunset.
When in doubt, repeat things.	Wait a little longer.
Blink the lights on, on, on, on, on, in a line.	Allow your gaze to go soft and fuzzy.
Spiral slowly like a tree trunk grows.	Reach out for the darkness like a friend.
Make reflections of light on the water.	Spread out.
Go upside down and feel the dome of the sky.	Discover what spills, stretches, and slides with the shadows.
Click click click click click click click	When it feels almost dark, create an iceberg that glows. Use the materials you have.
Participate by flicking lights on , all in a row.	Spin on a raft in the middle of a stormy sea.
Take a mental snap shot.	Recall actions from earlier and repeat them to find an anchor.
Pay attention to a minute passing.	Build a fire pit. Place a source of light in the middle.
Dance inside of tv static.	Squat near the fire like a cave person. Squat for a long time until your hips and thighs are burning.
Keep coming back to the same thing.	Sweat. Play with staring into the light and covering your eyes with your hands.
Find a fireplace and feel it.	Salute the moon over the fire.
Ride the wind, or some other movement that is imperceptible	Extinguish the light when you want to. Repeat the moon salute until your body knows it.
Revisit or remake your snapshot, again and again.	Recall what it felt like to befriend the shadows.
Change.	Put on a protective layer.
Spiral all around you, inside your body, in different sizes and at multiple distances.	Find circles.
Enact a calendar year.	Sail, swirl, and float.
Pixelate.	Put a light to your skin and watch it glow red.
Go into sensation and grow upward.	Sail, swirl, and float away.
Turn south and glide.	
Feel the wind at your back. You're batman on ice.	
See in the dark.	
Fade slowly [in to/ out of] to Black.	