

Sliding Doors

Tell me, have you had this experience: speaking to someone you know well, you start to voice some new activity or change that you are considering, and the response you're met with is, "that doesn't sound very you?!"

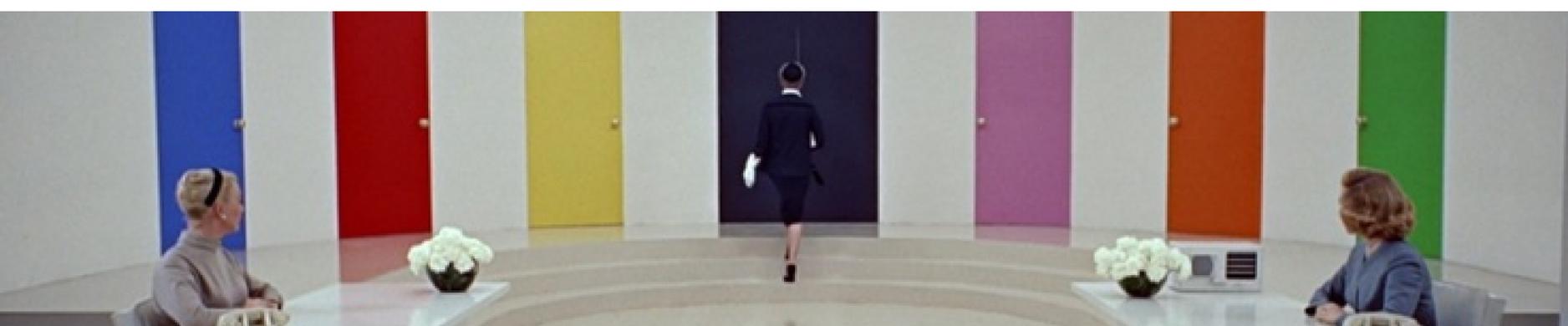
People love to create fixed images of those around them; I don't know about you, but I am not a piece of taxidermy.

It is fair to say however, that staying consistent to our 'tastes' can be a limiting factor to experience overall. It's very easy to fall into a pattern of predicability, a fixed mindset, which over time allows for less serendipity. I've noted after a while, if I do not dabble in the unexpected, an overall sense of dullification (yes, I'm coining a new word) seeps in, and energy levels overall start to dip.

So, I have brainstormed to provide you, and me, with some sliding door options; try on some things, small things, lilliputian in scale, starting from the home to a few out there, in the world-at-large: surprise yourself, excite yourself.

Now, how will I ever know which door you went through? Pray do share with me, hit reply to this email.

H



Get Lit

At your next meal, light candles. Do it for yourself, and if you so happen to have a partner, a family at the dining table with you, still, do it for yourself. No 'special' occasion, no special 'moment' - it's all important.



Cheer up Wendy, being a Vanderbilt, there must be a lighter somewhere.

Travel into Space



When next there is a celestial event, be it a blood moon or a meteor shower, put it in your diary, research the best spot locally to get a sighting, prep the Yeti hot drinking mugs, and go out and see the show. Even if you live in a city, you *will* see something.

15 min Studio



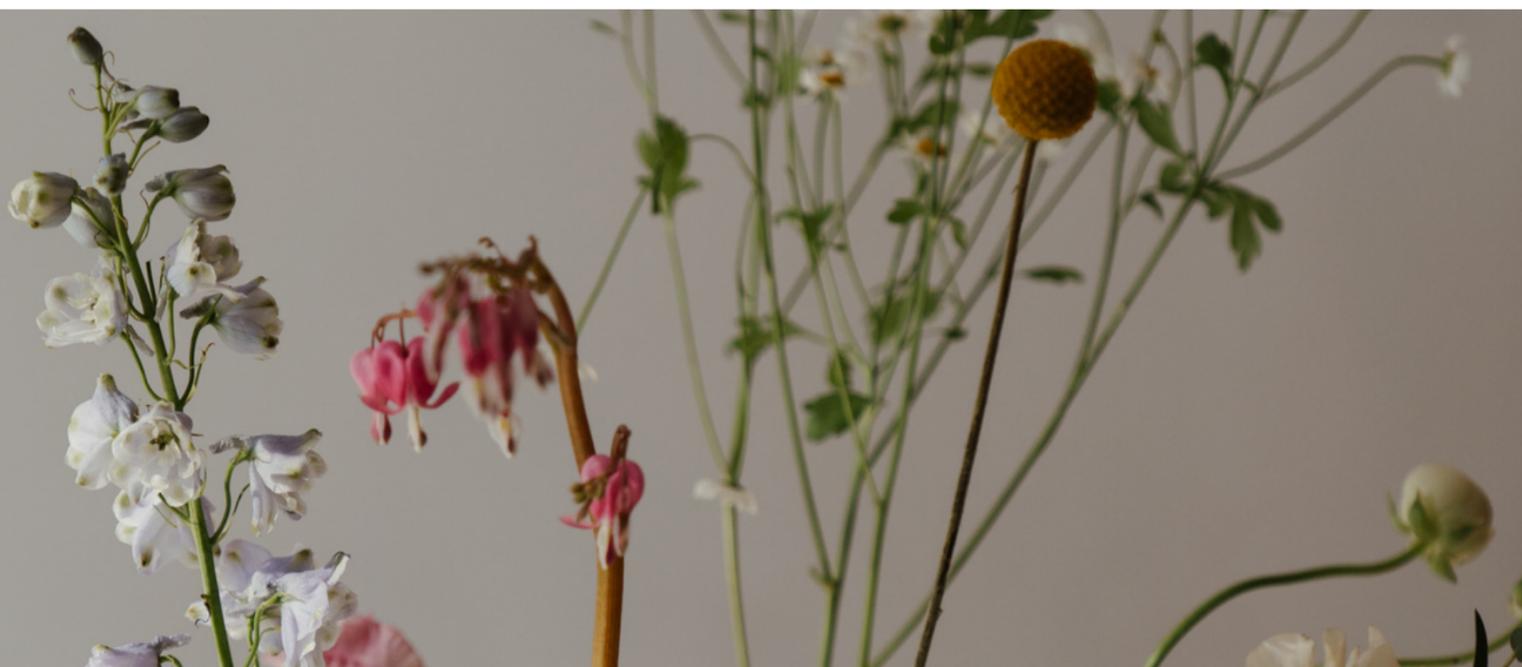
Find a spot at home, lay out a notebook, a laptop if needed, put on some music, set a 15 minute timer, and just do something completely self-directed - research your next project, write the first paragraph of that book, anything you want. For these 15 minutes you hit pause on this world, to catch up with your own world. The first few minutes might feel like watching paint dry. That's the undercoat - how else will the ideas take hold?



Ikebana

Give your hand to the traditional Japanese art of flower arrangement; a step beyond buying a bunch of flowers - go ahead and actually *create* something.

see: [those sweet words](#)



Find a Rabbit Hole



Go on to meet up dot com and find one event to go to (it can be online) that when you first see it, makes you do any one of the below:

smile

raise your eyebrows

chuckle



Above all you'll have a really good story to tell, as you go down the rabbit hole.



And, if it so happens to have another effect, such as learning something new, well then, that's fine and dandy too.

Uptight or Down Low?



Madame Bricard above is firmly in the pile 'em high ecole of chignons. Personally I feel far more focused with my hair up, than when it is marauded down by my waist; the bun for me is the hair equivalent of super fast broadband. In fact, the entire concept of style, a thoroughly put together look, has that same effect, like armour. Silicon Valley may have popularised the high/low look, I'm all for high/high.

It may sound obscure, and even ridiculous, but what would happen if you channeled a little Bricard magic...?