

The Practice of Becoming, as inspired by Kurt Vonnegut.

Several high school students wrote to him as part of an assignment, requesting that he visit their school. I read his reply during yesterday's show:

Dear Xavier High School, and Ms. Lockwood, and Messrs Perin, McFeely, Batten, Maurer and Congiusta:

I thank you for your friendly letters. You sure know how to cheer up a really old geezer (84) in his sunset years. I don't make public appearances any more because I now resemble nothing so much as an iguana.

What I had to say to you, moreover, would not take long, to wit: Practice any art, music, singing, dancing, acting, drawing, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money and fame, but to experience becoming, to find out what's inside you, to make your soul grow.

Seriously! I mean starting right now, do art and do it for the rest of your lives. Draw a funny or nice picture of Ms. Lockwood, and give it to her. Dance home after school, and sing in the shower and on and on. Make a face in your mashed potatoes. Pretend you're Count Dracula.

Here's an assignment for tonight, and I hope Ms. Lockwood will flunk you if you don't do it: Write a six line poem, about anything, but rhymed. No fair tennis without a net. Make it as good as you possibly can. But don't tell anybody what you're doing. Don't show it or recite it to anybody, not even your girlfriend or parents or whatever, or Ms. Lockwood. OK?

Tear it up into teeny-weeny pieces, and discard them into widely separated trash recepticals. You will find that you have already been gloriously rewarded for your poem. You have experienced becoming, learned a lot more about what's inside you, and you have made your soul grow.

God bless you all

Kurt Vonnegut



Isn't that incredible? The secret sauce is in the journey, not the destination...it's in the BECOMING.

To get to the core and find the best versions of ourselves, we need to stop doing a bunch of busy, distracting stuff, and start doing the real stuff.

Here is a Stop List of things to quit doing right away:

1. Stop complaining! (That includes the detailed list!)
2. Stop waiting - confidence and motivation won't come a-knocking!
3. Stop comparing yourself to others.
4. Stop checking out and numbing out.
5. Stop being overwhelmed.

And here's a Start List of things to do:

1. Start shining brightly - remember who and whose you are.
2. Start analyzing and pull the plug on emoting.

3. Start feeding the grit, not the quit.

4. Start listening to your inner wisdom/ God/ your intuition.

5. Start asking for EVERYTHING you want.

Be willing to work for it all - that's the secret door!