



# FELLOW TRAVELLER

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# FIRST +

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Some wisdom from the world's oldest wayfarers:

Land moves with serpentine logic. Global serpent lore is vast. The serpent, as a Dreaming being, holds many songs and performs many tasks in the cosmologies of many places and their peoples..

Among the serpent's many roles is that of the terraformer. Mountains and valleys hold the imprint of the belly's curvature, the rivers run where the tail swoops and glides.

These forms are not the memories of a past event: the serpent's movements are unceasing and eternal.

How can we begin to move with Creation? And in doing so, participate in Creation's renewal?

One way to move with Creation is to move in serpentine time, and according to serpentine law.

Big cities are not a friendly habitat for serpents. They are not built for sharp corners or straight lines.

The grid structure of cities- built to serve empire and its logics- constrict the serpent's breath.

The logic of empire is a logic of partition.

The logic of land is a logic of connection.

The logic of empire travels in grids.

The logic of land travels in loops, spirals, furrows, forks  
slopes and slants.

In order to begin undoing the inscriptions of empire, we  
begin in the body. More specifically: our body's relation to  
time, place and space.

What strategies might we utilize to fold the body back into the serpentine flow of Creation?

How do we begin to make loops out of grids?

The point of intersection between two straight roads forms an entry point into alternate logics.

The convergence of two alternating streams of traffic might be a door, through which we might glimpse the serpent's tail.

**There are doors everywhere.**

**Find a door.**

# NOW +

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## **This is where you start.**

As you approach your doorway, determine a duration for your journey.

Determine a duration for your walk.

1 hour is recommended, but it can be less or more.

Set a timer for the halfway point of your allotted time. Don't start it just yet.

# + PREPARE

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1. **Acknowledge the Threshold**, and greet its presiding spirits. Introduce yourself by name, and ask their permission to cross.

When permission is granted: step step outside.

## 2. **Orient yourself.**

Which direction is the wind coming from?

Some knowledge from the world's oldest wayfarers: when the wind blows across your body, that is the land smelling you.

Greet the wind. Tell it your name.

3. **Can you see the Luminaries?** The sun or the moon?  
Whose light is cast on the path? From which direction is it  
shining?

Whether you can see them or not: greet the Luminaries.

4. **Where is your nearest body of water?** Can you feel it's proximity?

Greet the water, tell it your name

**5. Can you feel where gravity connects your body to the body of the land?** Where does this sensation live?

Does this land have a name? Greet it by name.

Can you find a stone, or a grain of dirt? If so, pick it up, and tell it your name. Then put it back.

## **5. Which direction opens before you?**

Behind you?

To your left?

To your right?

Acknowledge each direction and its guardians in turn.

## **6. Establish your starting direction.**

If one of the four guardians beckons you, follow them.

If not: you will set out to the East.

# AND +

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Call in your **Fellow Traveller**.

Whoever you choose to name as your Fellow Traveller is up to you.

This can be an Ancestor, a character from a book you love, a being or spirit you work with, a beloved storyteller, an animal, a song, a tarot card: any being that has resonance for you in this moment.\*

Ask them to accompany you for the duration of your walk.

## + FINALLY

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Before laying your first step: **greet the Road** and its guardians.

If your people have names for them, greet them by name.

If not: simply address the Road itself.

Introduce yourself, and ask permission to move forward.  
Ask them for easeful passage, and safe return.

When permission is granted: begin.

Set out with the intention to not break your stride for the duration of the walk.

Following all reasonable road safety precautions, and stopping at all red lights: you will go where the Road takes you, and allow the Road to return you home.

Start your timer. Put your phone on airplane mode.

**Start walking.**

When you are approaching your first **crosswalk**: ask the Road to open.

Whichever light is green for pedestrians when your foot hits the curb is the direction you will follow.

Continue in that direction until you reach the next crosswalk.

When approaching the next crosswalk: ask the Road to open.

Then take the open road.

When you reach the next crosswalk: do the same.

When you reach the next crosswalk do the same.

If you find yourself at a red light, you are being asked to pause. Observe what happens in the pause.

As you make your way: listen.

Listen for clues from your Fellow Traveller on your path.

This may be in the form of sights, sounds or other phenomena that momentarily grasp your your attention.

It might be might be things that arise in you: thoughts, phrases, sensations, memories.

Watch for them, acknowledge them, and let them pass as your body passes onto each open road.

**When the timer goes off, you are at your half-way point.**

At this point, you have a choice.

# IF YOU WISH >

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You can end here.

Thank the Road, your Fellow Traveller, and tell them you will be finishing for the day.

Then turn turn back to your starting destination the way you came, to close the loop.

# OR>

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Tell the Road and your Fellow Traveller to bring take you home. Follow their lead.

Tell the Road and your Fellow Traveller that you are ready to go home, and how much time you have to get there.

Ask them to guide you back to your starting point.

They may take you home.

They may take you further afield.

They may take you home in the time that you ask.

They may keep you on the move a little longer.

See what they have to show you.

# WHEN THE TIME COMES >

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Close the loop.

When you do return to your starting point, by choice or by guidance, end the task by thanking each of your stewards:

Thank the four winds.

Thank the Road, and farewell them for the day.

Thank your Fellow Traveller, and farewell them for the day.

Once again greet the Threshold, and thank its guardians for welcoming you back.

# HOME +

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Once inside, make time to quietly reflect on anything you remember.

See if you can remember three things you saw.

Three things you heard.

Three colors.

Three thoughts or memories.

The faces of three people you saw or imagined.

Write them down in a book kept for this purpose.

Over time, see what stories emerge.

Happy Travels.



\* If you are a person with a secular/rationalist framework: then this is a narrative archetype.

If you are a person with a magical or religious framework: this is a literal entity.

In the case of the latter: observe all appropriate protocols for protection, grounding and respectful invocation, as they are expressed in your tradition/s.

This exercise was devised, systematized and recorded in this booklet for educational purposes by SJ Norman, and distributed among participants of the Context Clues workshop series, co-led with devynn emory, curated by Gavilán Rayna Russom and Voluminous Arts, hosted by the Leslie Lohmann Museum, Lenapehoking/New York City, on the 14 April 2024.

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