

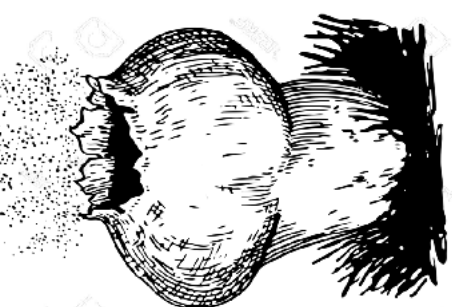
Something having to do with stems of Goldenrod

Walk through a field of Goldenrod, in autumn when the stems are dry. Look beneath the flowers to find the round burr, where an insect has laid its eggs and blistered the stalk. Clutch it firmly and then look for another. Repeat till you've found fifty round golden rod burrs, tracing a route across the given field.



Something Having to do with A Puffball Mushroom

In summer or autumn, look for a clump of puffballs in the field, round and brown and wrinkled with a single hole facing skyward. Pick one, raise it to the wind, and squeeze, letting the smoky spores disperse on the wind. Repeat at your leisure, till all the mushrooms bear their offspring.



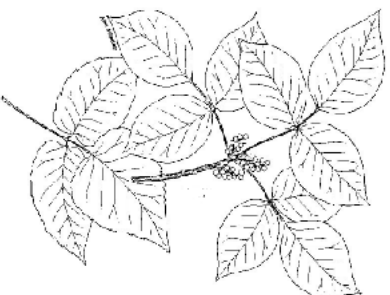
Something Having To Do With Carbon Moss.

Climb a rocky hilltop, somewhere with birch and aspen at the crown of the ridge. Find some of the light green lichen (crustlike, soft with dew, nestled among slate shards, granitic chunks, sandstone pebbles. Find a few clumps that seem promising and pleasuring to the touch till you have a bundle cradled in your arms. Stuff them all beneath your shirt. Feed them writhle, living wet, alive against warm, bare flesh. Repeat.



Something Having to do with Poison Ivy and the Sides of Your Feet

Find a little gathering of poison ivy growing in the wood. Take off your shoes. Rub the leaves on the bottoms of your feet, making sure not to touch them anywhere else but your naked soles. Now run to fresh water, quick as you can, to rinse off the itching oil. If you don't wash your feet within the inside of an hour, a troublesome rash will set in.



Something having to do with Autumn Olive.

Find an Autumn Olive bush. Red berries lining the narrow limbs outstretched. As the black bear does, move your lips along the stem, picking the fruit with your tongue. The berries will be very sour, but eat as many as you can stomach. Spit out the seeds.



**Engage
in these
exercises
at your
own
risk!**