



6. INDIVIDUATION



For **Carl Jung**, “**Individuation**” was the process of self-realization — the discovery of meaning and purpose in life, and the way one finds out who one really is. It is a process of **differentiation** and **integration**, becoming fully the “fragment” as part of the whole. It is a journey available to each of us.

In *Process of Elimination*, every grain of powder was inspected as a way of understanding the pieces that make up a limestone. In this ritual, I seek to examine the pieces that make up my understanding of myself.

With a special selection of limestones gathered from the **High Acres Farm** beach, I fill up a small wooden cigar box that belonged to my grandmother, **Kate Prentice Jennings**, which she used for keeping photographic negatives.

I funnel the pile of pulverized powder that I examined in *Process of Elimination* into my father’s white silk handkerchief, and I fasten the bundle with a piece of red wool, snipping the string with my mother’s silver scissors, which she used for making newspaper clippings.

With these humble gifts in hand, I set out across America to visit with a handful of mentors, teachers, and friends who have helped to shape my understanding of myself and the world:

Brian Kernighan in Princeton, New Jersey;
George Harris (my dad), in Chadds Ford, Pennsylvania;
Godfrey Reggio in Santa Fe, New Mexico;
Henry Rich in Truro, Massachusetts;
Joanne DeLuca in Pleasantville, New York;
Max Schorr in Los Angeles, California;
Mike Swetye in San Francisco, California;
Sep Kamvar in Concord, Massachusetts;
Steve Murray in Lawrenceville, New Jersey.

During each visit, we have a long one-on-one conversation, after which I offer a limestone as a simple gift of thanks.

Once a stone has been selected, I gently draw a line of gray powder from cheek to cheek across the person’s face — as a way of inviting his or her spirit into this transformational process.

At the end of the ritual, I return to the old High Acres Farm stables, re-entering the space where the process began. With a dab of white paint on my finger, I draw a line across a clear sheet of glass in front of the camera — inviting the viewer into this transformational process as well.

As **Bob Dylan** might say:

{ *Everybody must get limestoned.*

Performed in 2016 — Duration 3:15

