





be willing to suffer

seek familiar landmarks





obsessing is part of it



read the water



admit you are stuck







give up figuring it out

learn your place in history





acknowledge trauma's distorting echo



befriend boredom



seal your ears with wax....



...or bind yourself to the mast





be guided by myths

attend to your dreams



accept what psyche elects





know your true age



allow remorse

grow deeper and flow around obstacles





let yourself be judged



gravity will find you

re frame your story



find the available light



consider what needs to be sacrificed



look past spectacle



avoid melodrama







discount originality

distinguish affectation from the natural



work at something useful



become unmoored







A Field Guide to Navigation

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