

Notes From The Cave

Home

Two-thousand nine was a year of returning home. The slow economy was a gift of stillness; an opportunity to revise intentions toward growth. I have journeyed across the world, gained perspective, seen the landscape. Home is where I determine my ultimate destination and what I wish to bring to the world. I sit in my shelter, tools at hand, drawing plans for a vessel that will carry me, this time with style and purpose, over the valleys to the mountains.

Direction

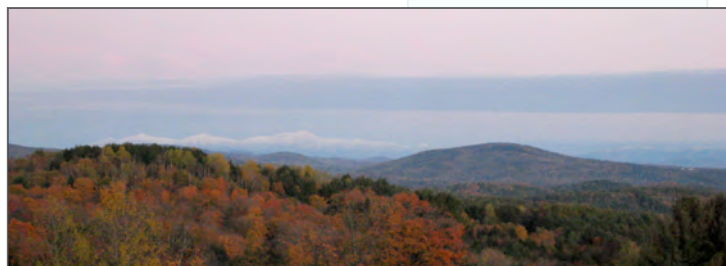
The eminent and influential (and misunderstood) Keith Johnstone taught me Direction. In June I attended his ten day workshop at the Celebration Barn Theatre. Before studying with Keith I had survived without naming my tools or knowing for what, specifically, they were made. It's like I was using a hammer and wrench to fix an engine in a dark room. Keith turned on the lights. He showed me where all my tools are and what they do. Now I can fix the engine and build a boat and a rocket-ship at the same time. But since the thing I want to build doesn't yet exist I started with miniature furniture.



Listening with Keith Johnstone at the Celebration Barn Theatre.

Genuinely Absorbed

I had the immense pleasure of performing at Seattle's comedy/variety festival *Moisture Festival*. It's the one fly-to gig I took in 2009. Otherwise I worked out new material on the street and at "open-mic" venues locally. Writing and testing material this way is like testing new boots on Everest. If it succeeds there it should succeed elsewhere. After much anguish and hard work, during a show recently I noticed my performance is no longer about whether or not the show was good or how people liked it. It's about being genuine and absorbed, sharing in whatever the moment brings.



The White Mountains seen from Vermont.



Victor appearing on FlashForward.

Joe Egg

Meet Joe Egg. His name is Bert, Alejandro, Calvin, Chris, Miles, and Victor. He started working with me in May after shouting at me from a carton for several weeks. He wished to drop ten feet into a pint of water. He lived. His fans want to touch him, tip him and take him home. That's not all! He appeared on the television program *FlashForward* in a

scene with Joseph Fiennes in which he dances around on a kitchen counter. He wasn't looking well. He needed help with his makeup. I would have helped but I didn't know about his appearance until I saw him on TV. You can imagine my surprise. In anger I threw him several times over a ledge. I wish he had told me he was going!

Sighting

I received a note on Facebook from a friend I had met briefly in Alaska in 2007. He spotted me eating popcorn in the movie *The Invention Of Lying*. That's my first sighting in a

major motion picture. Fun. Funny. ...Other films I worked on released in 2009 include, *Ghosts Of Girlfriend's Past*, *Surrogates*, and *The Box*.



The making of a mask.



American Forks Twin Peaks, Wasatch Mountains, Utah (while snowboarding).