Photoweek Northwest CALENDAR 2019/20—
24 Miniatures, photos & texts by Cliff Crego

On the web at ... www.picture-poems.com/100

miracle of rime frost on a cold, clear, January morning...

# WE SHAPE THE MUSIC, AND THEN, THE MUSIC SHAPES US

Music is movement.

Music is a movement of relationship.

Music is a movement of relationship that we sensenot just hear, but sense.

Music is a movement of relationship that we sense somatically by means of the instrument of our whole mind-body.

What shapes sensing is formative metaphor.

But which metaphor shall shape our experience?

Domination? Force? Conflict? Aggression?

Or shall it instead be the imagery of friendship?

Dialogue? Contemplation? The fierce energy of outrage?

The empathy of shared grief?

The wonder of distant stars?

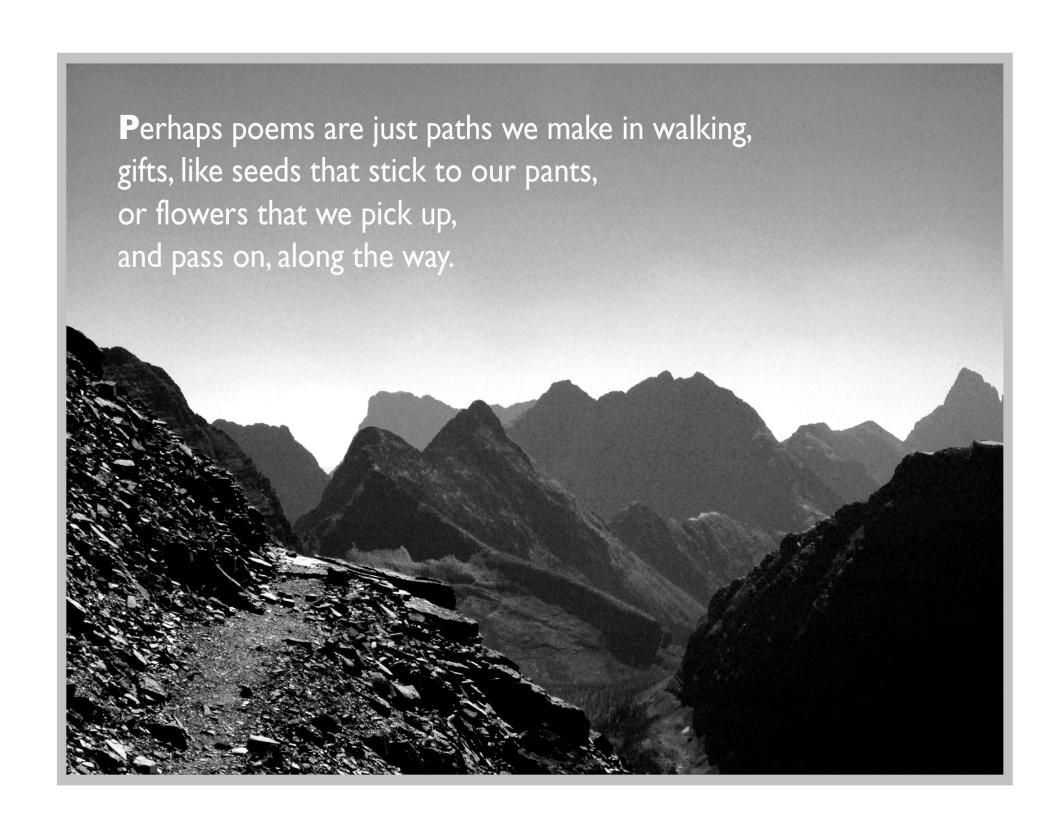
It is up to us.

We shape the music, and then, the music shapes us.

IMAGE: Hubble Directly Observes a Planet Orbiting Another Star

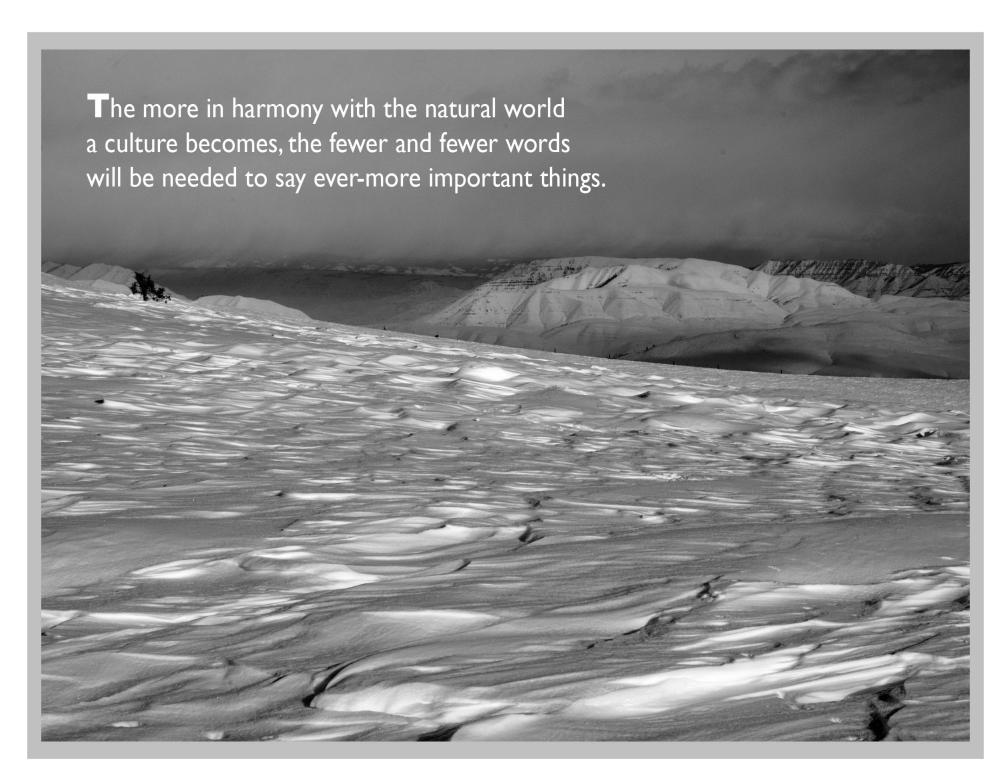
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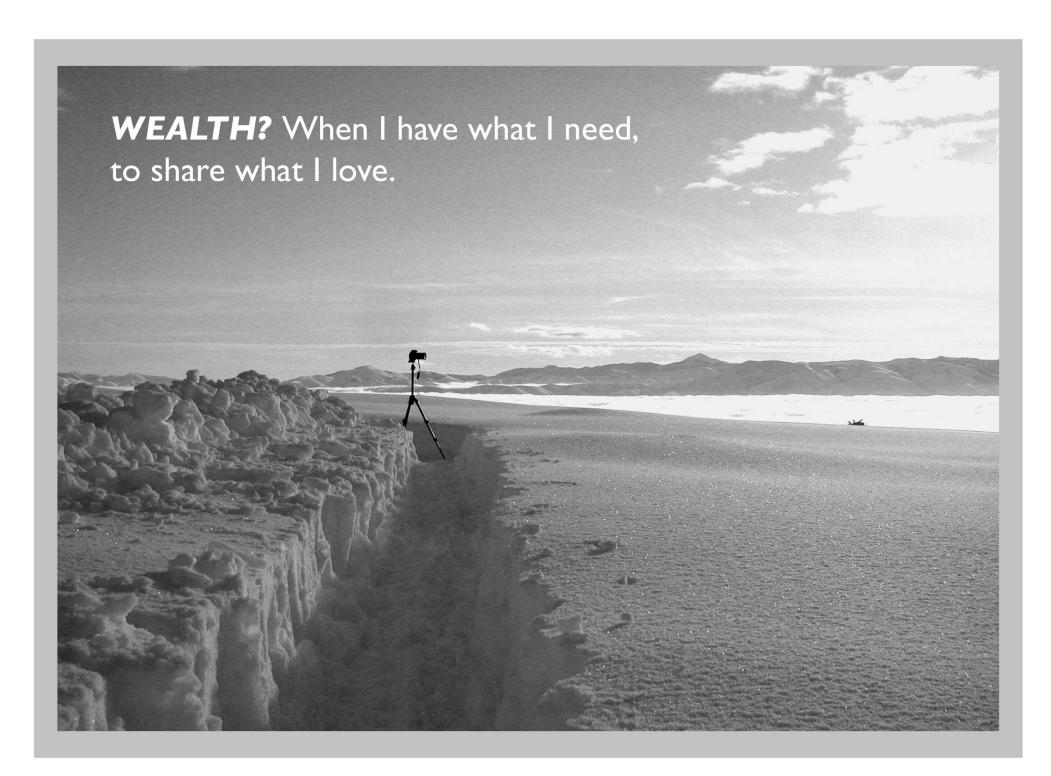
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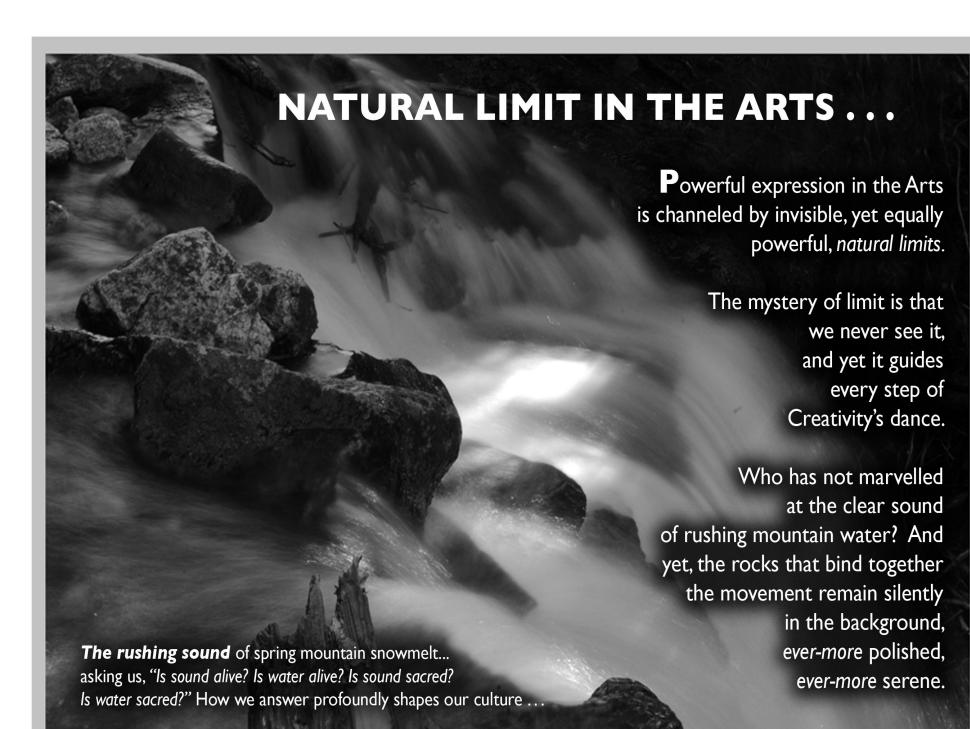
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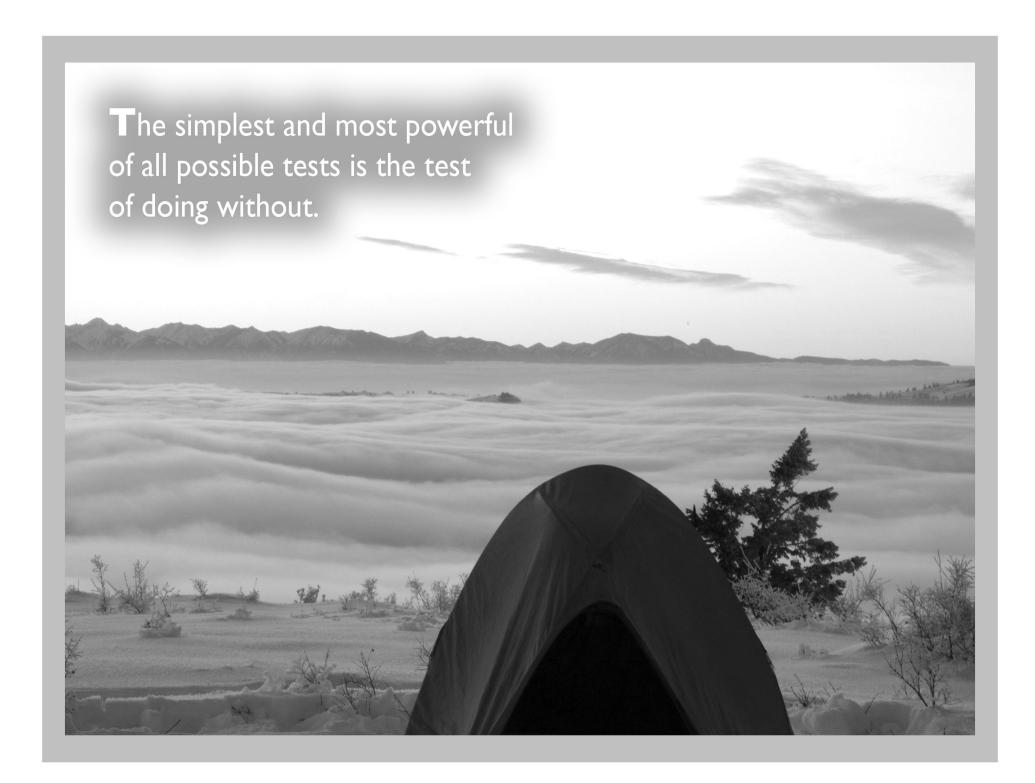
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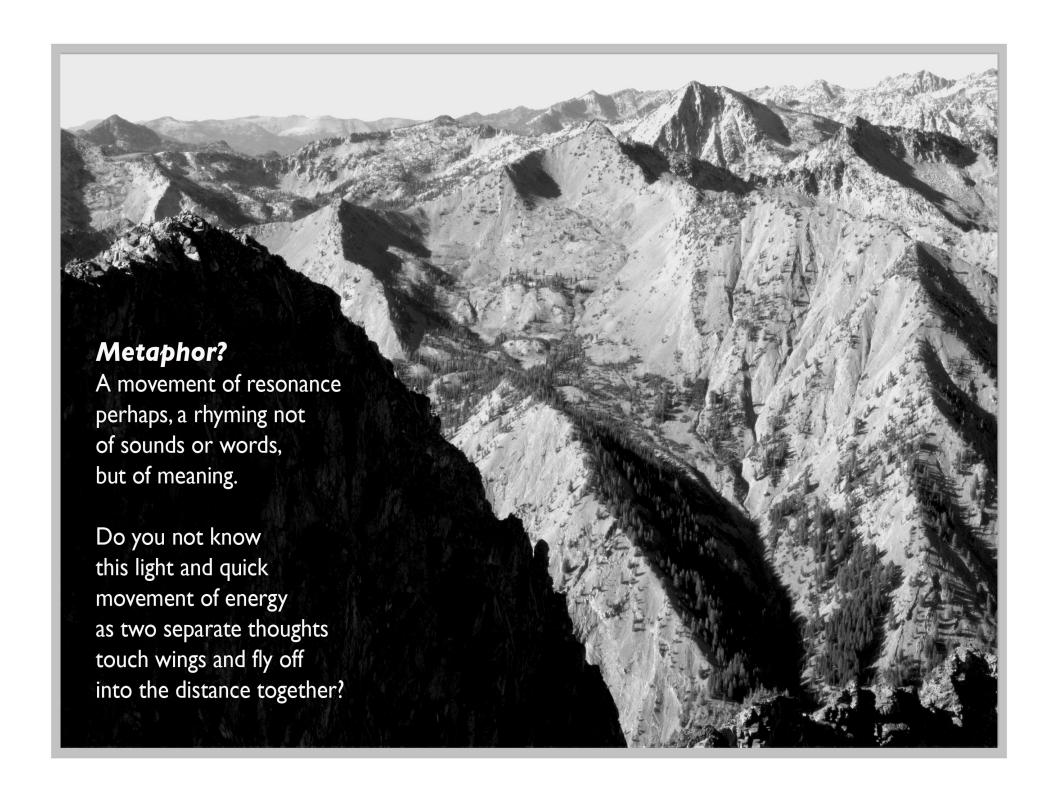
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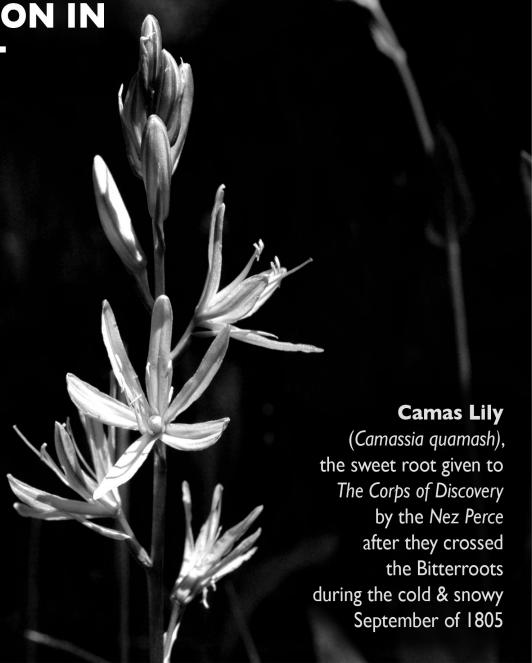


### A U G U S T 2 0 1 9

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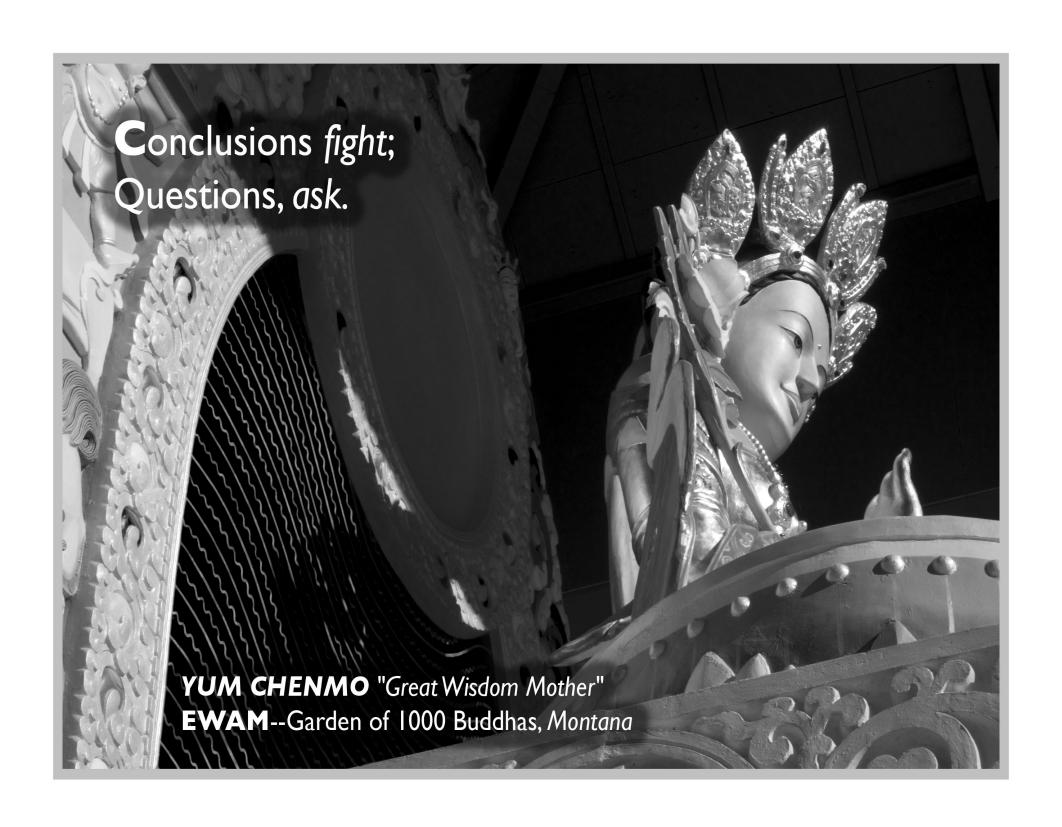
RETHINKING RELIGION IN AN AGE OF VIOLENT FRAGMENTATION

Religion is not its content.
Religion is a way of being that has nothing to do with faith, or belief, or scripture of any kind, but is rather the demonstration of a life lived without conflict, without contradiction, without waste. It is this movement of negation that helps Religion, like Science, transcend self-deception.



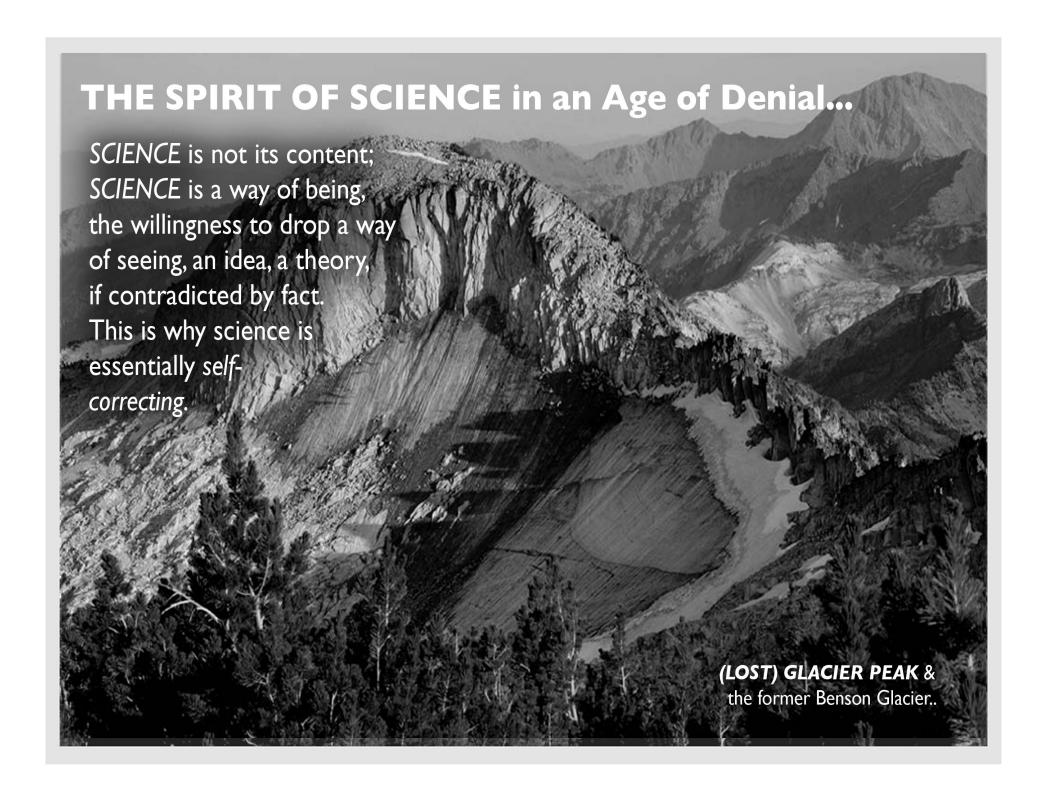
### S E P T E M B E R 2 0 1 9

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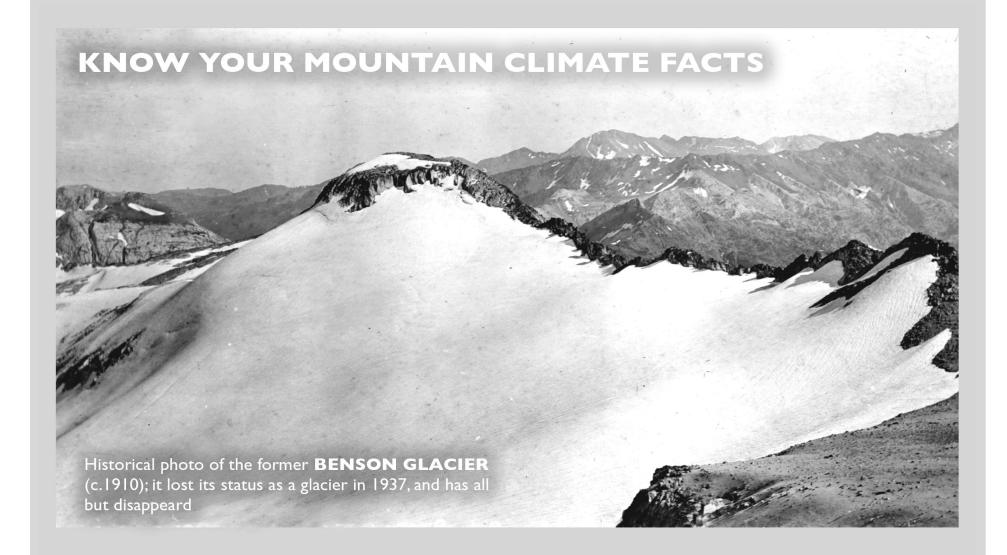
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With the Climate Crisis, ice world-wide is disappearing at an ever-accelerating rate. If Lewis & Clark would have entered the Wallowas just 200 years ago, they would have seen small, vestigial glaciers and ice fields in many of the high cirques and hanging valleys. Since the end the Little Ice Age (c. 1850), these ice fields have all but vanished. Over the same period: (1) the average temperature has increased by, in round numbers, I C [1.8 F.].; (2) snowpack has decreased by 50%, begins to build about three weeks later, and melts three weeks earlier; (3) and most importantly, atmospheric CO2 has risen by 30% from 250 to over 395 ppmv. Increase of CO2, because it holds warmth, is like adding more and more layers of insulation to a down blanket. The other important fact that should be remembered is that the effects of climate change increase greatly with both altitude and latitude, largely because of loss of snow reflectivity.

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# CONTRA NATURAM...

Footprint? We already use 1.4 EARTHs worth

of resources, this much-will-have-more

of the Banker's ever-expanding greed

slamming into the crystal clear

finite sphere of Wisdom's

natural limit,

and the less-is-more

of Sacred Space.

The eye of an angel

is not needed to see

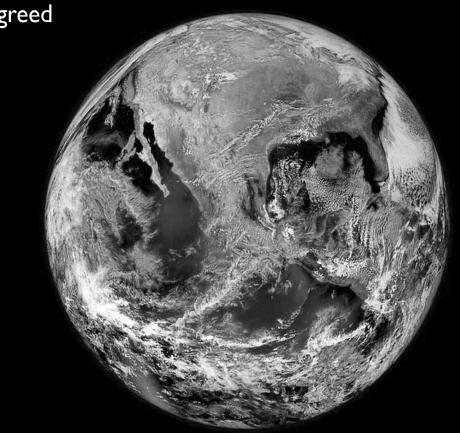
that our planet provides

enough for all our

wants and needs,

but not for the false scarcity

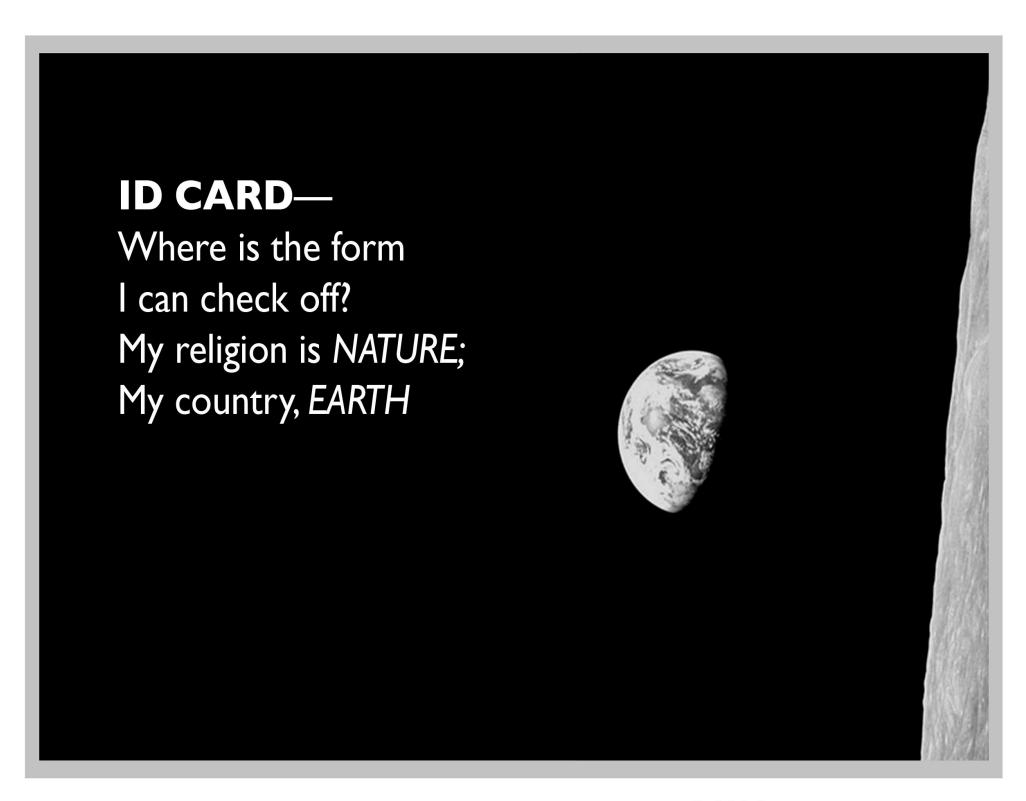
of perpetual war and waste.



NASA's "Blue Marble," hi-resolution composite, I.4.2012

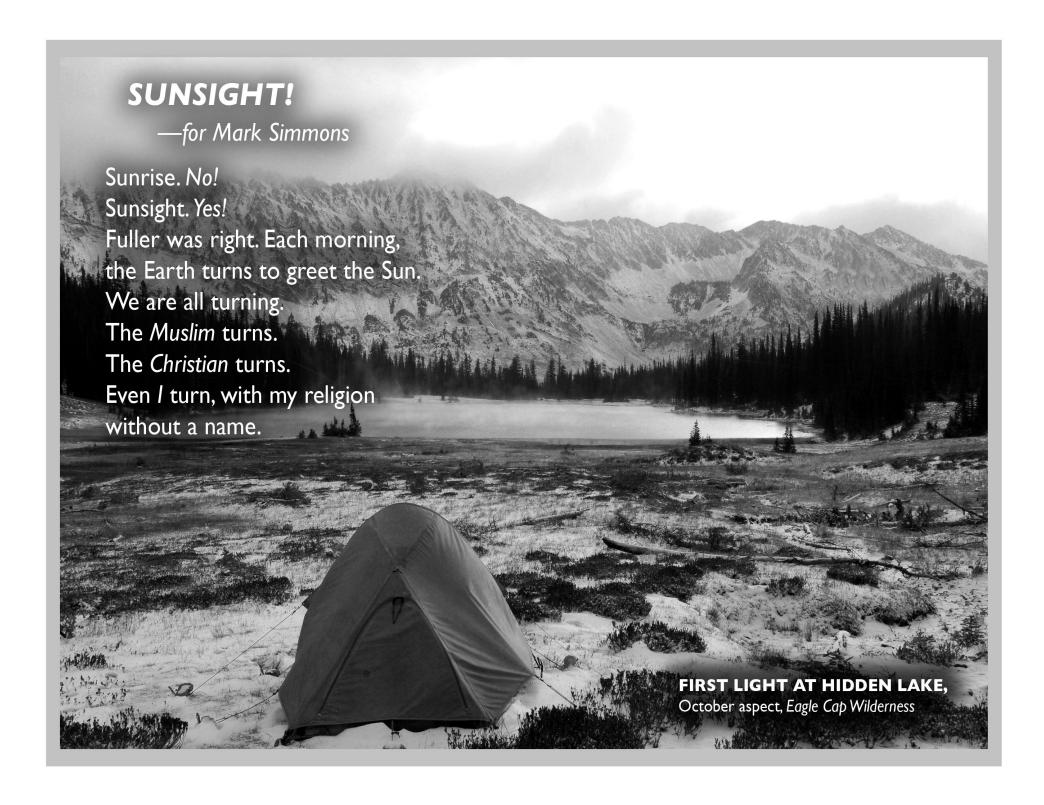
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#### F E B R U A R Y 2 0 2 0

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After muting the river and building the dam, we quickly lose the sensitivity of ear that once heard the music which is now no longer there.

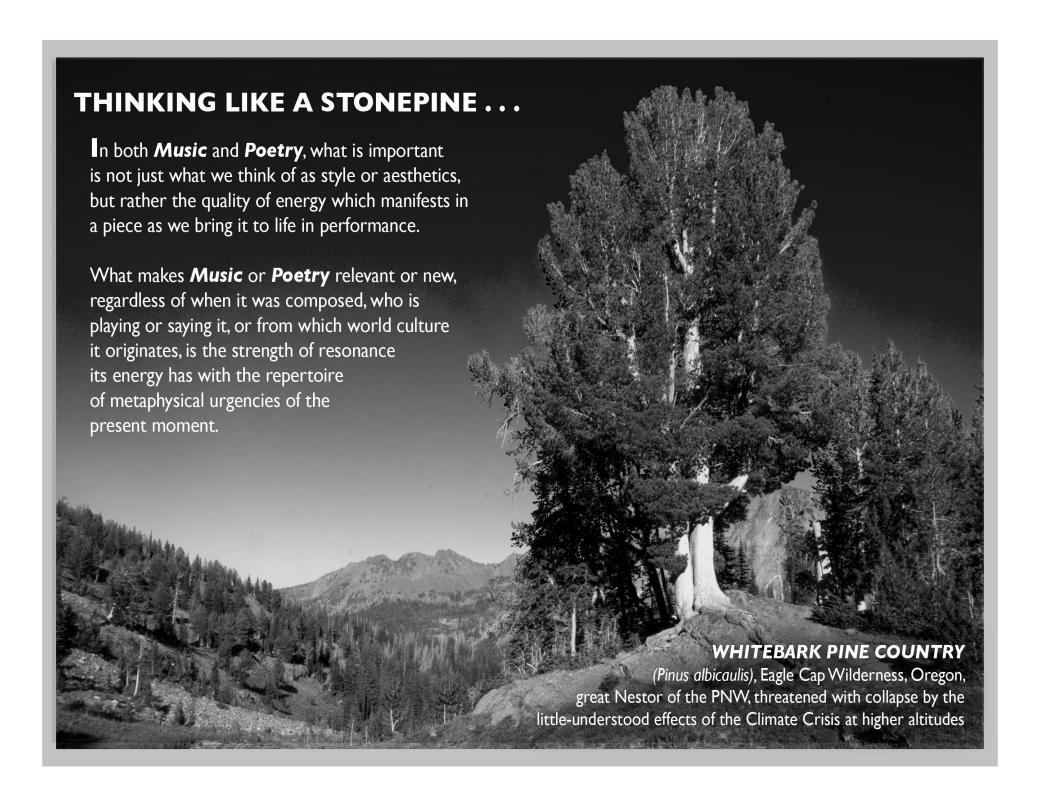
Children who grow up in a world of straightened, muted rivers will never know that no one ever taught them:—how to sing.

**RIVERS** are the heart; **FORESTS**, the lungs. **BOTH** die without untying the knots between them

Above the (Muted) Snake, present day Oregon/Idaho border

# A P R I L 2 0 2 0

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## M A Y 2 0 2 0

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#### **LOVE & WATER**

There may well indeed be another planet in the Universe with high mountains and streams of pure, fast-flowing water, but we do not know that for a fact. There may also be other beings in the Universe capable of Love and Compassion, but also that we do not know for a fact.

Love is like water: wherever it is there in abundance, life flourishes;
And water is like love: wherever it is wasted, polluted, blocked or dammed, we not only abuse Earth's defining essence, but also somehow our own.



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YOGA & THE ALEXANDER TECHNIQUE

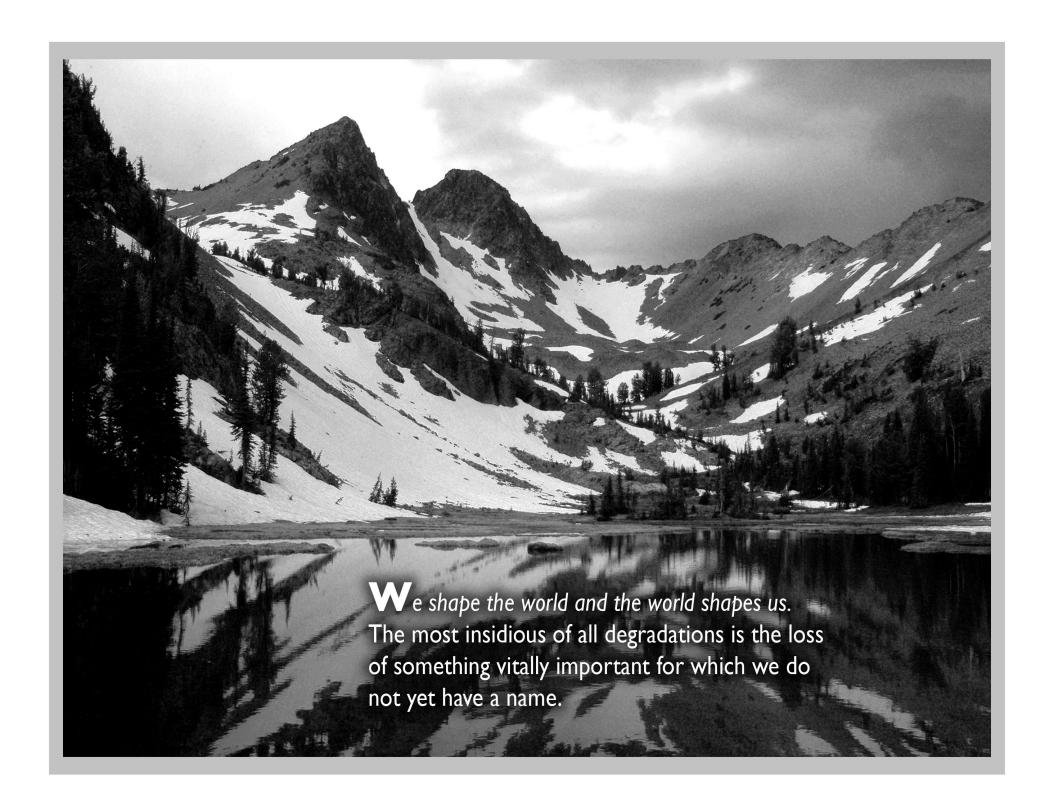
A mistake is a mistake repeated...

The Alexander Technique. Yoga is in this view much more than simply doing daily exercises or stretches, but is also the life-long practice of learning to work and move and do things, important things like learning itself, without force. And The Alexander Technique (AT) forms the complementary life-long practice of learning to work and move and do things without unnecessary tension. So we have movement without force, and we have movement without unnecessary tension. This is learning free of content, becoming aware of learning itself as it flows around blocks like jealousy or the fear of failure as easily as mountain water flows around even the hardest of granite rocks.

The smooth, rounded forms of glacier polished granite, (at least 15,000 years old), PINE LAKES, the South Wallowas, Oregon

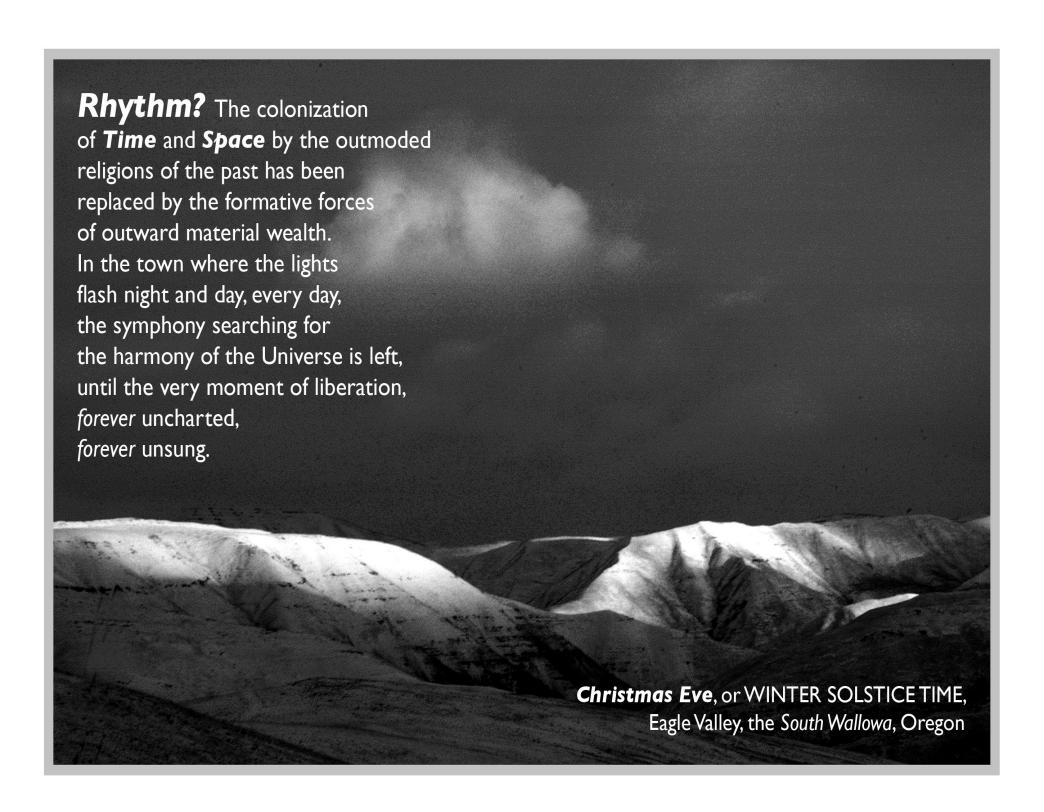
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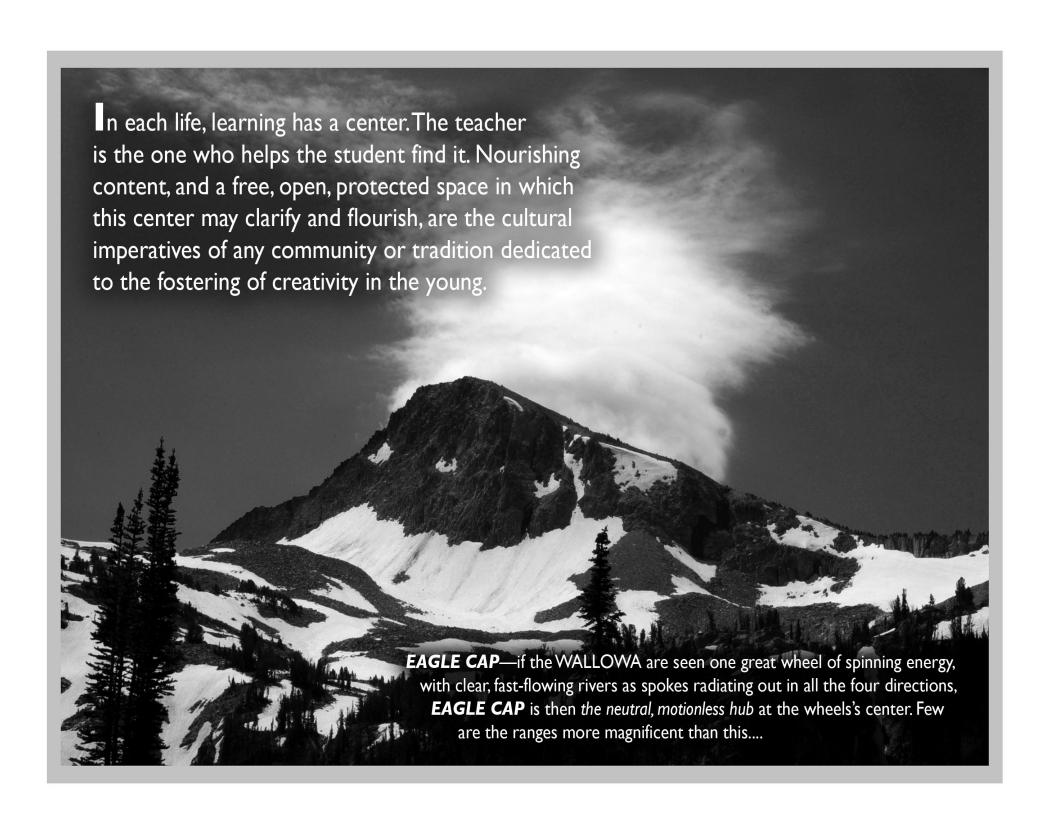
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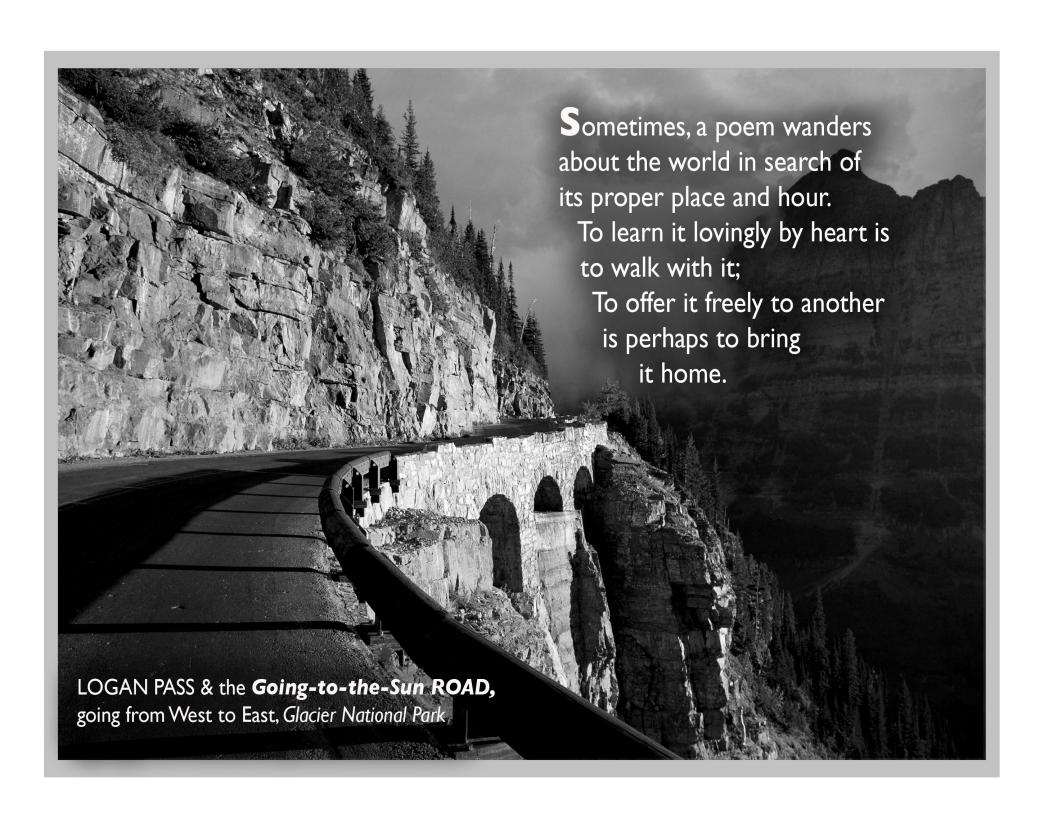
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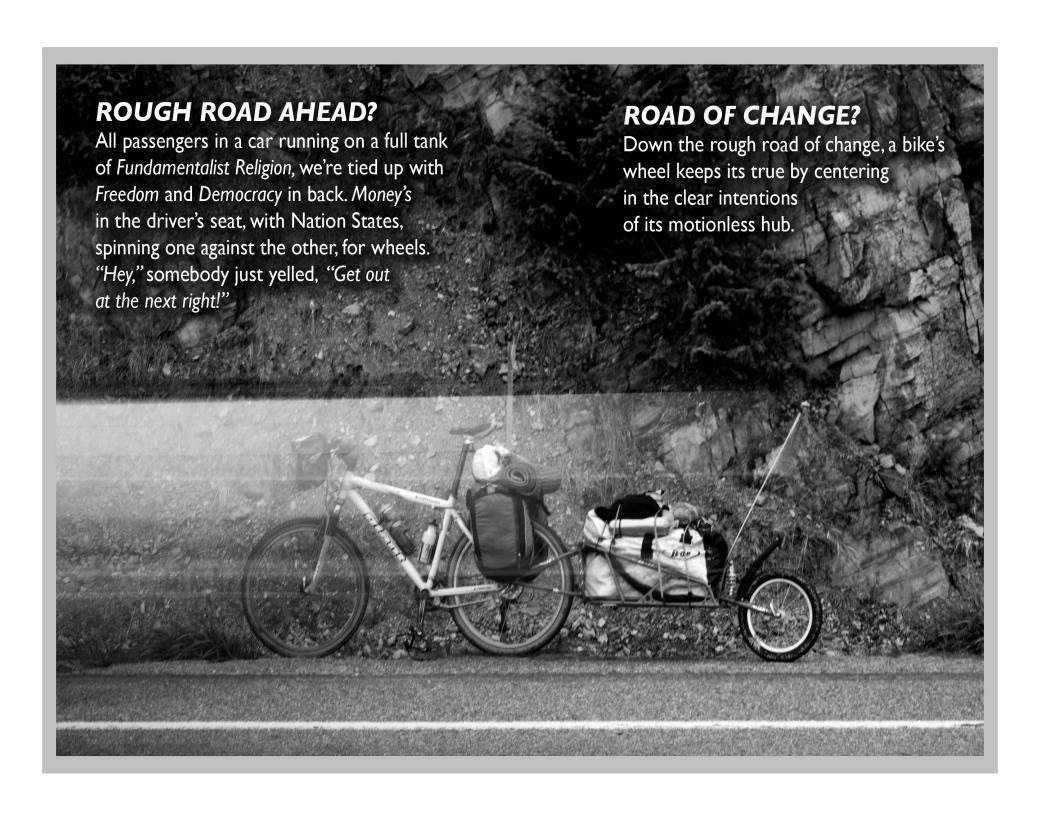
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**HOW I WORK,** or when how you get there is more than half the photograph, more than half the text . . .

Following the simple ethical principle, "First, do no harm," I never use cars. Instead, I do everything on foot, by bike, or snowshoe, or ski. I think this in a direct way affects the spirit of my work; it also deeply influences how I see and sense the world. The photos in this 24 MINIATURES Calendar were all approached in this way—including the spaces in between each image—as a kind of pilgrimage, sometimes involving journeys of many weeks or even months. Similarly, most of the texts were composed while walking, or at basecamps, or otherwise living outside. I would not want to work any other way.

Cliff Crego, X.29.2013
Wallowas | Alps | Amsterdam

### FEBRUARY 2021

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