

# The Things The Forest Is Made Of

*Preparation.* When you wake up and are closest to your dreams, think of the forest. The specific forest. You will know it because it is in your dreams. What is it made of? Not trees. Write down what it is made of.

The forest that is in your dreams provides three pleasures, and there are also three sorrows there. One pleasure is Solitude. One sorrow is Loneliness. What are the others? Write down the three pleasures and three sorrows of the forest.

You will need one piece of chalk and a handful of silver coins. Put these items under your pillow each night before you return to the forest that is in your dreams. You will take them with you.

*How to Play.* In the forest that is in your dreams, each night, search out the places where each of the three pleasures and the three sorrows live. They will be hidden and obscure among the things the forest is made of, and the path may be treacherous, but you will find them.

If the pleasure or the sorrow is there, in its home in the forest in your dream, offer it a silver coin. It will take it. What does it look like? What does it do with the coin? Write the answers down when you return from your dreams.

If you arrive at the home of a pleasure or a sorrow and find it empty, the pleasure or the sorrow absent or missing, use your chalk to leave a mark nearby. How many marks are there? Remember the number, and write it down when you return from your dreams. If the number of marks is three, strike that pleasure or that sorrow from your list. You need not return to its home again.

Go back to the forest each night in your dreams until all of the coins are gone or all of the pleasures and the sorrows have been crossed from your list.

*Jared Sinclair, 2019*