

Walkabout



JOE FERGUSON, PhD

PhD Clinical Psychology, Fielding University
MBA, Wharton School of Business

The walkabout I recommend entails a sustained and solitary launching into a comfortable but unfamiliar environment that is interesting but not dangerous. Twice for me, this has been India with good hotels. My object is to suspend the routines and regularities of life as much as possible in order to invite new thoughts and experience into that space. A walkabout must be undertaken alone because personal relationships channel so much of our capacity into established patterns. Pattern maintenance

is arguably the *purpose* of human relationships and it is generally a good thing, but not on a walkabout. A walkabout should be longer than a month.

A walkabout is not a vacation but a pursuit, the object of which can be framed as broadly or as narrowly as you please. Your intention invites your unfettered mind to fill the empty spaces within your frame, as you invite it to fill your screen with words and thoughts when you write. This creative filling is effortless, although some people feel compelled to strain while it is happening, out of a mistaken sense of executive agency. The daily walkabout cycle is a setup for this process. The unfamiliar environment into which you launch each morning arrests your attention for a while and clears away the ordinary mental debris. Whatever befalls you in your launching might enhance your framework in some way or it might not. In the absence of routine to fill your day after the action, absentminded rumination is your creative engine. Only periodically do you reflect upon what has filled the spaces and cull it down to something you can use. There, at the end, is your executive agency. There is your walkabout harvest. Trust me. Call me.

Concise Personal Counseling

\$175 per 70-minute session ~ Walking Distance From St. John's College
(505) 913-7159 ~ DrJoe@Fergi.com ~ www.Fergi.com