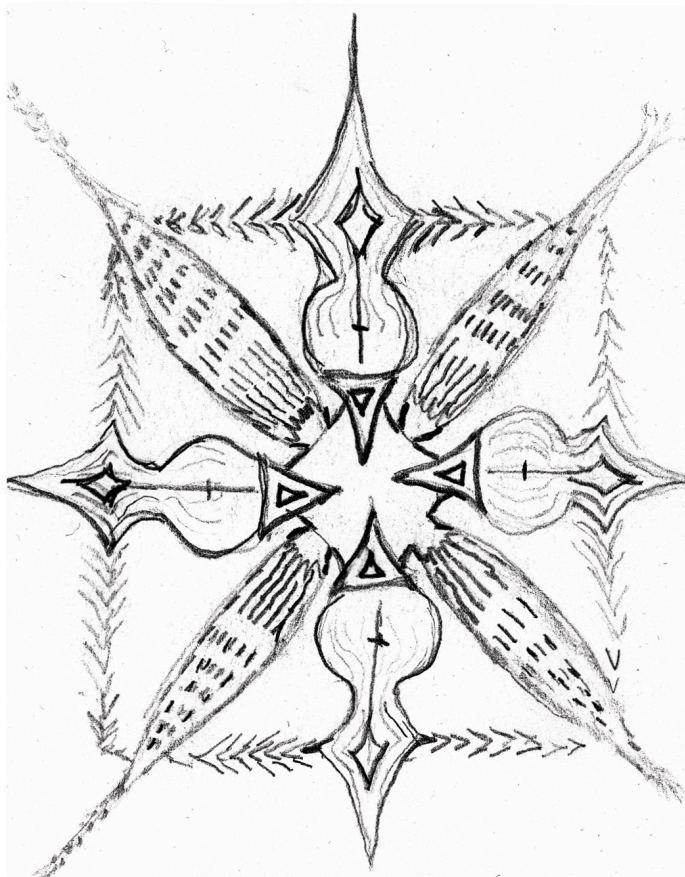


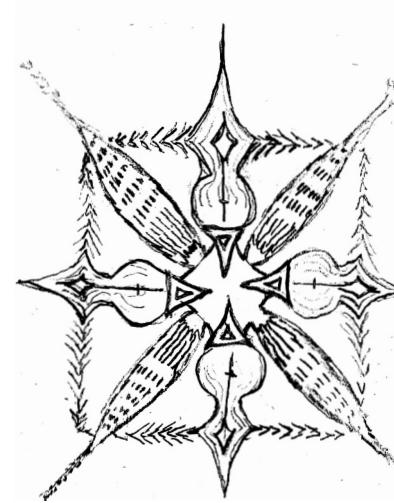
relaxing in the unknown

artifacts



frank echenhofer





artifacts

drawings + text
by

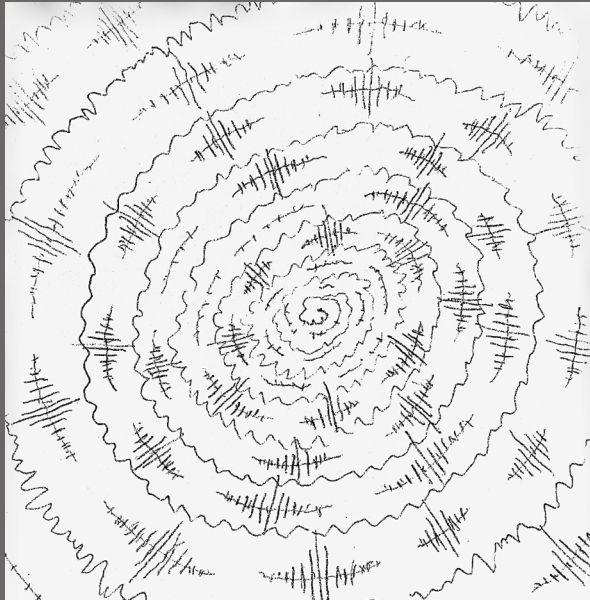
frank echenhofer

The seat of the soul is where
the human & non-human meet

drawings + text copyright © 2023
by frank echenhofer. all rights reserved.

ISBN 978-0-9892605-9-6

relaxing in the unknown chapbook series
a flamingseed liminal book / flamingseed.com



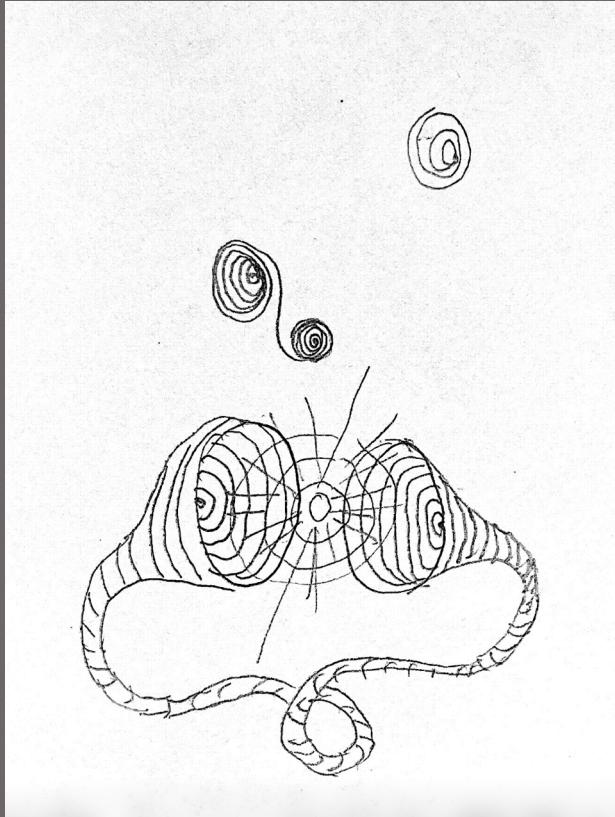
I dream I am with a group of people
my group
I am not a leader but an equal

There is an
impending catastrophic event
about to occur

It's a natural event but it is unclear
if it's an earthquake or storm
or whatever

We are discussing
where best to go to survive

We are looking
for the best place to find
shelter



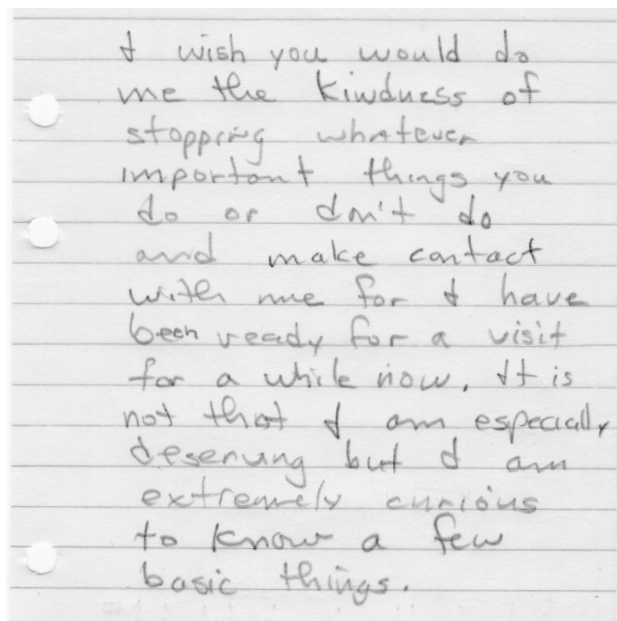
Let us look at
the dynamics
of the structure
of suffering

Archive

The seat of the soul
is where the human
& non-human meet.

I am with a group of people,
my group, I am not a leader
but an equal. There is an
impending catastrophic event
about to occur. It's a
natural event but it is unclear
if it's an earthquake or storm or
whatever. We are discussing
where best to go to survive.
In the dream we are looking
for the best place to find
shelter.

Let us look at
the dynamics
of the structure
of suffering.



I wish you would do me the kindness of stopping whatever important things you do or don't do and make contact with me for I have been ready for a visit for a while now. It is not that I am especially deserving but I am extremely curious to know a few basic things.

Afterword

This little book has been a delight for me to work on and publish. There is no way I could have done it without the loving and clear advice from my dear Jane Brunette—a real spiritual teacher of so many things, including how to find and express one's deeper voice.

It started with an exercise that Jane told me about. She had developed it for one of her writing groups to overcome a block that many people feel around their writing. In fact, many different kinds of blocks, but for me, after years in academia, it was finding my voice. It was crucial to think what that means—*my* voice—and it was through this process that I've reflected on all the many things I've written and never shown to anyone, all the efforts I've made that I've been too ambivalent to share. Through this process I've been able, with Jane's guidance, to find a voice within myself that I don't own, that is maybe a secret and truer part of myself. It has been an outstandingly beautiful and liberating process, and it might be of use to a few others to say a little bit about what that process was for me.

Jane mentioned that we've all written many things—all the people in her groups and perhaps you, too. We have notebooks and journals filled with things we've written that we've never looked at again, never fully reexamined, having the thought, I guess, that they were incomplete and weren't worth

revisiting. My process involved locating notebooks and sketchbooks of drawings from my past filled with things I wrote down that I thought at the time were quite important, but had just stored away.

I was fortunate to have saved so many things. I collected them in a pile and slowly looked through them. I found things I had totally forgotten I had ever written that seemed fresh, as though from another person I was familiar with but who I didn't completely identify with. I've changed over the years, and to hear my own voice from the past was quite startling and interesting. On occasion, some of the voices felt strange, but on other occasions, there was something compelling I had really seen and I felt a thank you to myself for writing it down. Those are the things I pulled out and saved for this little book.

The process almost felt like a kind of archaeological dig. I was excavating my own buried past, dusting it off, looking at it again fresh. And what did I see? I loved some of it and some of it made me cringe. Some of it made me laugh, some of it made me feel a deep compassion for myself.

So that's what this little book is: a collection of artifacts, beginning with things I drew based on visions I've had, and on dreams. Some of the visions came from the use of sacred medicines. Some were spontaneous visions that came to me. Some of the drawings started as doodles and evolved into things I didn't even know were coming through me.

I chose the images first and set them aside, then looked through text that I had written. There were passages I found that spoke to me with a resonance

that said they were meant to be pulled from the past and united with something in this present moment. And that's how this book came about: by commingling these drawings that activated something in me anew, expressing something I felt deeply and still feel deeply in myself, and the words that described similar things.

When I put the words with the images something new happened—something emerged that was larger than the words, larger than the images, because the two spoke to each other and a third thing arose that I'd never seen or felt before. This third thing was not an excavation, not an artifact, but something of this present moment.

I could have ended my small book at this point, but all of the text that accompanied my drawings had been handwritten, which in these days of keyboards, seemed archaic. Why not include photos of my journal pages themselves? A bit more material to make meaning with, perhaps, just as an archaeologist might include fragments of parchment with ancient script. For these reasons, I included the last Archive section.

All I can say is try this yourself or something like it, or discard it as a fool's errand, but I have to say for me, it was a sweet, beautiful process that I plan to continue. This little book will be followed by more books, perhaps similar in kind, taking things further. It is the beginning of something that is moving, that wants to come out and be shared with others.

So more to come.

—Frank Echenhofer
October 2025

About the author

Frank Echenhofer is professor emeritus at the California Institute of Integral Studies in San Francisco, specializing in spiritual psychology. He has done research in India with the Dalai Lama's most advanced meditators, and research with shamans in Brazil and Peru examining the benefits of ayahuasca and huachuma. In his private practice, he mentors individuals who wish to deepen their spiritual journey, drawing on the core teachings of the wisdom traditions in clear, concise and contemporary ways, assisting them to find reliable inner guidance for their own unique spiritual path. His website is frankechenhofer.com.

Did you enjoy this sample?

I'd be interested to hear your thoughts.
You can contact me through my website:

<https://www.frankechenhofer.com>

Want to keep reading?

Order through your local bookstore,
or online:

<https://www.amazon.com/Artifacts-Flamingseed-Liminal-Books-Chapbook/dp/0989260593/>

Please share this sample with a friend who you think might resonate.

Your recommendations are the only way the book will
find its way in the world to those meant to read it —
person to person.

:: :: :: :: ::

a flamingseed liminal book

*This book is part of the Relaxing into the Unknown chapbook series,
a project of Jane Brunette at flamingseed.com. These are intimate
books published not for the global marketplace,
but for the world soul.*