Call yourself  
Make the world last twenty minutes  
Lose something and not know what  
Feel eternal  
Drink while urinating  
Dream of all the places in the world  
Imagine your imminent death  
Dread the arrival of the bus  
Watch a woman at her window  
Follow the movement of ants  
Resist tiredness  
Contemplate a dead bird  
Try not to think  
Sleep on your front in the sun  
Calligraphize  
Weep at the cinema  
Become music  
Demonstrate on your own  
Listen to short-wave radio  
Get used to eating something you don’t like  
Drive through a forest  
Become a saint or sinner  
Work on a holiday  
Disconnect the phone  
Leave the cinema in daytime  
Listen to a recording of your voice  
Wake up without knowing where  
Fix the ephemeral  
Vanish at a pavement cafe  
Become attached to an object  
Encounter pure chance  
Practice make-believe everywhere  
Remove your watch  
Find the infinitesimal caress

Empty a word of its meaning  
See the stars below you  
Recall where you were this morning  
Telephone at random  
Make a wall between your hands  
Peel an apple in your head  
Try to measure existence  
Run in a graveyard  
Invent lives for yourself  
Eat a nameless substance  
Overeat  
Come across a childhood toy  
Go to the hairdresser  
Go to the circus  
Light a fire in the heart  
Meet up with friends after several years  
Pull out a hair  
Stay in the hammock  
Turn off the sound on the TV  
Past for a while  
Give without thinking about it  
Recover lost memories  
Consider humanity to be an error  
Smile at a stranger  
Plunge into cold water  
Tell a stranger she is beautiful  
Decorate a room  
Row on a lake in your room  
Sing the praises of Santa Claus  
Recite the telephone directory on your knees  
Kill people in your head  
Put up with a chatterbox  
Look in vain for “I”  
See a landscape as a stretched canvas  
Hurt yourself briefly  
Rediscover your room after a journey  
Walk in the dark  
Imagine yourself high up  
Count to a thousand  
Play the fool  
Look at people from a moving car  
Watch dust in the sun  
Play the animal  
Wait while doing nothing  
Shower with your eyes closed  
Try on clothes  
Be aware of yourself speaking  
Browse at the bookseller’s  
Walk in an imaginary forest  
Invent headlines  
Rediscover a childhood scene that seemed larger  
Rand for ten minutes  
Look for a blue food  
Watch someone sleeping  
Inhabit the planet of small gestures  
Enter the space of a painting  
Seek out immutable landscapes  
Believe in the existence of a smell  
Swallow your emotion  
Laugh at an idea  
Prowl at night  
Play with a child  
Think about what other people are doing  
Take the subway without going anywhere  
Clean up after the party

Other possible sources:

**Waking Life**  Practice waking dreams.

**Dead Poets’ Society**  See the classroom from a tabletop; read quotes and kick balls; etc.

**Radical Honesty** by Brad Blanton – Shout the complete truth.

**Einstein’s Dreams** by Alan Lightman – Live according to other forms of time.

**The Art of Possibility** by Rosamund Stone Zander and Benjamin Zander – “The Practices”:
It’s All Invented, Stepping into a Universe of Possibility, Giving an A, ...

Other experiments:

**Video Recording Mind Melding** Record one person’s behavior and have another model it.

**Hypnosis** Also other subconscious-dominated modes of consciousness (drumming, mediation)

**Dramatic Reading of Platonic Dialogues** As may have been done in the Academy.

**Myers-Briggs Personality Test** Know thyself.