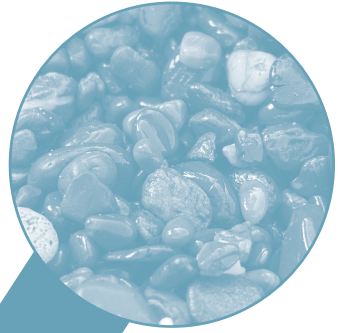




Whiz World



Whiz World has the pleasure of introducing you, dear friend of Headlands Center for the Arts, to our treasured tradition of PEBBLING. Whiz World has lovingly pebbled together over many gusty afternoons on Rodeo Beach, and we hope you will find a path to pebbles wherever you are, alone and with friends.



P.E.B.S.





P.E.B.S.S.

PEBBLING (verb): The process of spotting, touching, sorting, exchanging, and pocketing small, naturally rounded stones, either alone or with fellow whizzes*, friends, or strangers, on a beach** consisting of sand, pebbles, cobbles, and/or boulders.

**a supremely magical being that exists within your orbit employed in the arts.*

***though typically occurring on a beach, this process can take place anywhere: in a pile of rubble, on an eroding hillside, or near any sort of ruin or crumbling rock-body.*

THE FOUR PHASES OF PEBBLING or P.E.B.S.S.

PHASE P: Assembling

- Ask yourself the following questions: What is the weather? Who is around? In which direction does your whiz sense guide you?
- Once you have answered, move to the pebble location, either solo or with pebble pals.
- Begin to move observing the changes underfoot. Perhaps while looking down, slowly pick up one pebble, feel it between your fingers or roll it around in your mouth.

PHASE E: Arriving

- Stumble*** on a zone rich in pebbles,
- Plop close to the earth to inspect the pebs in great detail.

****Note: the magnetic fields of rocks often pull you towards them. This can sometimes be mistaken for your singular intuition. Strangers become pebble pals when simultaneously drawn to the same pebble patch.*

PHASE B: Sensing

- Pebbling relies on keen visual attention to sort and discover the peb of your dreams, which also contributes to a constellation of pebs aka your collection.

- Notice: which pebs are calling to you on this day: colors, patterns, shapes, textures, weight.
- Notice: the sounds pebbles make as you rake them to reveal hidden layers of pebs below.
- Notice: the feel of wet versus dry pebbles.
- Notice: your body as you bend down to pick things up, sit down on wet sand, stretch your arms as far as they will go, or dig in search of the perfect pebs.

PHASE S: Sideeffecting

Don't be alarmed or surprised if you experience the following side effects of PEBBLING: increased mental stimulus, inklings of euphoria, social bonding with canine allies and friends, overwhelming love, enhanced generosity, feelings of intense unity that result in brain wave synchronization, awe and wonder, spontaneous laughter, feelings of happy solitude surrounded by fellow pebbles.

The pebs you carefully choose during the act of PEBBLING hold your conversations, the exchange of energy that occurred during the time of your encounter with your fellow whizzes. When you hold them, you grasp a piece of the Franciscan complex; these are likely stones that shifted and moved and came to you from the center of the earth or were created from tiny organisms that slowly solidified into stone over thousands of years. These pebs are marked by the time, place, the alignment of the stars and moon, the height of the tide. Remember, keep a few in your pockets, so you can always reach for them and gain strength from this time together. Arrange pebble piles throughout your whiz den. Hold them when you need support. Through touch, you bring the place, people, and experience into the present and embody a place or people you may miss.

