

~The Bricoleur/Bushy/Wildman/Savage/Crafter/Arter/Paleo/Deep Craft Lifestyle Diet ~

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Craft wholefood diet



So Craft is part of a wholefood/whole(of)life diet regime. Craft and Art requires gross and fine motor co-ordination. Craft has mental social and physical health benefits as well as physical foods and straight exercise. Craft weaves all of these together. Craft is a form of creative concentration even creative therapy or wellness or well-being.

So crafting can help alleviate depression, enhance mindfulness, develop and express agency and self-esteem, exercising the brain and helping hold dementia at bay and crucially simply meeting people that is socialising. As we craft we craft our brain and in turn that crafts us – chiro drives cogno which then enhances chiro – in that order – in my opinion.

Crafting can help those who suffer from anxiety, depression or chronic pain, experts say. It may also ease stress, increase happiness and protect the brain from damage caused by aging. This folks is what we can call flow or I call ‘zing’, Where time disappears and one can feel part of something larger. Flow link craft and meditation through mindfulness, though in a sense these are at opposite ends of the activity spectrum. Zen and the craft of bi&moto-cycle maintenance illustrates this link. This is ‘deep craft’ a key exhibit in this Issue of CRAFT.

Almost if I may the Zen of Craft..... here we become more fully human beings by doings.

Crafty Diet is not sexy. Please note **this Crafty diet** may well be (w)holistic but is not extreme so it **is not sexy**. In that it is 90 not 100% vegetarian nor is it 100% recluse Zen, nor 100% perfect craft. We believe that only through imperfections can we approach the goddess. And as humans, we are of essence imperfect.

Indeed in archaic times the diseases of modernity were simply not present and furthermore the average food diet 8 <http://www.crafters-connect.com/craft-issue-8/>

CRAFTY WholeGaia diet

Seven key components of the Bricoleur/Crafters/Arters/Paleo/Deep Craft/Sauvage Diet

A basic assumption to this diet is that humans are more than skin encapsulated beings i.e. individuals we are family and community and culture and Gaia so our individual humanness does not stop at our skins.¹

1. *Food Diet component* – ongoing - explicated in this exhibit
2. *Exercise Diet component* – 5x30mt sessions per week - explicated in this exhibit
3. *Chiro/Craft Diet component* explicated in this CRAFT issue – Planetary Bricoleur at play² so to speak – 3x1hr sessions/week links to Nos 5&7
4. *Social Diet component* - explicated in this exhibit – convivial mutual aid – once per week
5. *Gaia component* – service to our planet – to do the above in the context of sustainable lifestyles on a sustainable planet – once per month
6. *Learning component* – explicated in the rationale for CRAFT & CRAFTy vignettes - ongoing
7. *Deep craft component* – includes all the above with consciousness and inner outer harmony – inc. respect for the separateness and togetherness of femergy and menergy and where relevant wilding, solstices, Wicca etc.– ongoing

Further controversially, one of the things missing above would be the Cogno or Thinking Diet Component. This is deliberate as the PB Diet takes the view that chiro drives cogno so by taking care of the above one is taking care of ones ‘head’ so to speak. Cogno can also be seen specifically in components 6&7 above.

Bi&motor-cycling is, I submit, like crafting is also unique in its ability to involve many different areas of your brain. It can work our memory and attention span while involving your visuospatial processing, agency, gross and fine motor-skills as well as our creative side and problem-solving abilities.

Craft-play matters – let’s put an end to junk-food education

Put simply ‘craft-play matters’ certainly in children in the first six-seven years play is crucial and yet just as we have with education we have removed play from the curriculum – esp. in Anglo countries such as Australia. We have developed what I call ‘junk-food education’ with its top down centrally defined curricula, external tests and removal of play and creativity – learning just aint fun mum!! This for me is the homologue of the junk food we have in our diets and look what they do to our body and thus our body – so just imagine just what standard education does to our brains and thus our body.

¹ These components are presented in overview only as they are explicated in detail elsewhere in my work and especially in CRAFT 8 on the Archaic Renaissance and this CRAFT issue. <http://www.crafters-connect.com/craft-issue-8/>

² Here I mean ‘**bottom up**’ play (which, somewhat controversially, is ‘power with’ play and can be referred to as ‘adult leaning’ of a bricoleur at craft or a child in her ‘playground’). Rather ‘**top down**’ play (which, is ‘power over’ play and is often referred to as ‘dark play’ of a cat with a mouse or an Orca with a seal say). **NB:** Play (free form, mutual, spontaneous and creative) is herein contrasted with game (pre structured, methodical, deliberate, compliant, involution of creativity).

This deep craft/life orientation diet is one that I practice daily & encourage you to also

This diet has had measurable benefits in my life in helping keep my prostate cancer from returning (now for 12years), cholesterol and blood pressure low, for keeping my PSA stable, my enjoyment of my life through bi&motor-cycling, authoring and workshopping and maintaining my basic vegetarian diet (though from time to time I have fish). This food diet inc. minimal fat, acidic food, sugar, and no or minimal (1meal per week) meat inc. beef, pork or chicken. With 30mts bicycling exercise 5 times, and 3 motorcycle rides per week, social service and family and friends.

References

CRAFT 8 Archaic Renaissance: <http://www.crafters-connect.com/craft-issue-8/>

This diet is well overviewed and summarised in a book by my daughter: Wildman, Anita. (2000). *Live Like a Wildman - three sections - Eat Like a Wildman (Diet), Play Like a Wildman (Exercise/Meditation), Think Like a Wildman (Motivation/Self-Esteem)*. Brisbane, Anita Wildman publications. 60pgs.

This exhibit draws from my experience over the past 20years and also:

<https://www.craftcourses.com/blog/the-health-benefits-of-craft>

<https://edition.cnn.com/2014/03/25/health/brain-crafting-benefits/index.html>

<http://www.countryliving.co.uk/wellbeing/news/a309/why-crafting-is-good-for-you/>