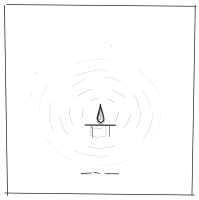
INSTRUMENT FOUR · THE ONE PAGE

# The Pilot Light

FROM CHAPTER 26



Do not do the thing. Be near it. Then stop there. Stopping there is not a failed attempt at the activity. Stopping there is the activity.

*Pick something you do not much care about. The thing you most want back is the most expensive thing you own, and it is the last one you approach, not the first.*

### NEAR SOMETHING YOU USED TO DO

- ☐ Open a book on the arm of the chair. Do not read it.
- ☐ Take the instrument out of its case. Stand it in the room.
- ☐ Leave the sketchbook open on the table, on a blank page.
- ☐ Put the running shoes by the door.
- ☐ Leave the game on its menu screen.

### NEAR THE OUTSIDE

- ☐ Put your shoes on. Stand outside the front door for a minute.
- ☐ Open the window and stand at it.
- ☐ Sit on the step.
- ☐ Walk to the end of the street and back.

### NEAR SOMETHING BEING MADE

- ☐ Stand in the kitchen while the kettle boils.
- ☐ Sit in the room while someone else cooks.
- ☐ Sit in the room while someone else plays music.

### NEAR SOMETHING SLIGHTLY EMBARRASSING

- ☐ Color something in.
- ☐ Sort a drawer of small things.
- ☐ Play the game you played at twelve.
- ☐ Build something out of whatever is on the table.

### MINE

*I'm on pilot light right now.*

Say that to somebody. It is more accurate than fine, and easier than not okay.