

ALTERED STATES ALLIANCE / THE WILD CIRCLE

Seven small experiments for a life less ordinary

A free, practical field guide for curious people, makers, wanderers, and anyone who wants more real experiences and stronger connections.

No special beliefs. No expensive equipment. Just seven invitations to learn by doing.

Find more short guides and community resources at the Wild Circle Field Notes library.

How to use this guide

This is not a test or a lifestyle checklist. Pick one experiment per day or stretch the seven across a month. You can try most on your own, and several become richer with friends. Every experiment includes one activity, a reflection, and a way to adapt it to your own circumstances.

The only three rules

- Start small. The habit of trying matters more than dramatic experiences.
- Invite, never pressure. A genuine yes and a comfortable no are equally welcome.
- Leave the place better than you found it, whether it is a room, a trail, or a group conversation.

Your starting point

What do you wish you had more of this month? Write a few words: time outdoors, creative confidence, new friendships, useful skills, rest, or a sense of wonder.

My intention: _____

My one practical constraint: _____

This week I can spare: 10 minutes 30 minutes 1 hour

EXPERIMENT 01

The attention walk

Turn an ordinary path into something new

Take a ten-minute walk in a familiar place. For the first two minutes, notice only colors. For the next two, listen for the farthest sound. Then find three small changes you have never noticed: a crack, a leaf, the way light falls on a wall. Keep your phone in your pocket unless you need it for safety.

Why it matters

You do not need a dramatic destination to experience awe. Attention is a skill, and the familiar world is a surprisingly good training ground.

Adapt it to your life

If walking is uncomfortable, do this from a chair or window.

Field notes

What was present all along that you had been overlooking?

One thing to try next: _____

EXPERIMENT 02

Build a tiny skill swap

Create value without spending money

Write down one thing you can genuinely teach in twenty minutes: patching a small tear, sharpening a pencil properly, cooking an inexpensive dish, setting up a camp stove safely, basic guitar chords, or making a collage. Ask a friend what they could teach you in return. Swap short demonstrations.

Why it matters

Communities grow stronger when people are both learners and contributors. Small, useful exchanges can turn strangers into collaborators.

Adapt it to your life

For online friends, trade short written tutorials or video demonstrations.

Field notes

What did you underestimate about your own knowledge?

One thing to try next: _____

EXPERIMENT 03

Find the rhythm

A simple drum circle exercise without performance pressure

Choose a drum, bucket, table edge, or your own hands. Tap a steady, comfortable four-beat pulse and count quietly. After a minute, leave a silent fourth beat. Add a friend who can answer your rhythm with a simpler pattern. Listen for each other rather than trying to be louder.

Why it matters

Rhythm gives people a shared task that does not require a speech, a belief system, or musical training.

Adapt it to your life

Keep volume comfortable and stop if your hands or wrists hurt.

Field notes

Did listening change how you played?

One thing to try next: _____

EXPERIMENT 04

Make something together

Create without worrying whether it looks good

Put a sheet of scrap paper or old cardboard in the middle of a table. Everyone gets three minutes to add a line, shape, word, or color. Rotate the page. The rule: build on what is already there rather than erasing another person's contribution.

Why it matters

A collaborative piece of art is less about individual talent and more about responding generously to other people.

Adapt it to your life

If alone, invite someone to add to a photo of the artwork later with permission.

Field notes

What became possible because someone else contributed?

One thing to try next: _____

EXPERIMENT 05

Design a low-tech evening

Give your attention a place to land

Pick an evening hour when nothing urgent is scheduled. Put notifications on silent and choose one offline activity: a craft, cooking with friends, a short walk, stargazing, or a book. Do not treat it as a productivity challenge. Write down whether the hour felt short or long.

Why it matters

Alternative living can begin with the way we spend our attention, not just where we live or what we own.

Adapt it to your life

If you rely on your phone for work or family emergencies, allow important contacts through.

Field notes

What do you naturally reach for when there is no feed to scroll?

One thing to try next: _____

EXPERIMENT 06

Host a circle that welcomes everyone

A conversation format built around consent and curiosity

Invite two to six people to sit comfortably. Offer this prompt: “What is one thing you are learning to do differently?” Give each person the option to speak, pass, or just listen. Do not interrupt, diagnose, debate, or force disclosure. End by asking which ideas are worth trying next week.

Why it matters

Belonging is easier when participation is optional and people know their boundaries will be respected.

Adapt it to your life

For larger gatherings, break into smaller groups and agree on a clear end time.

Field notes

When did you feel most heard?

One thing to try next: _____

EXPERIMENT 07

Turn inspiration into action

Make one little change that survives Monday

Look back at the last six experiments. Choose the one that gave you energy or helped you connect. Write one measurable next step: “I will invite two friends for a skill swap next Sunday” or “I will take a ten-minute walk three mornings this week.” Make it easy enough to actually do.

Why it matters

A meaningful experience becomes more durable when it influences ordinary life. You do not need a total reinvention to live more deliberately.

Adapt it to your life

Do one tiny piece today, even if it is only sending an invitation.

Field notes

What action would make this experience real one week from now?

One thing to try next: _____

Make it a shared adventure

If even one experiment sparked an idea, you have the beginning of a story to share. Invite someone to join you, trade skills, collaborate on a simple art project, or offer a small gathering of your own.

A 20-minute micro-gathering

- Minutes 0–3: Welcome everyone and make opting out normal.
- Minutes 3–8: Share one new observation from the week.
- Minutes 8–16: Try a simple skill, rhythm, or creative prompt.
- Minutes 16–20: Thank each other and choose whether to meet again.

Keep exploring

The Wild Circle is part of Altered States Alliance, an Arizona-rooted community of alternative living, creativity, mutual support, and experiential learning. The Field Notes library contains more practical guides on attention, nature, music, skills, and community.

Continue exploring:

<https://headless-gvrgdxcliyv-turningcogsinc-140e.wix-site-host.com/library.html>

Join the free online community:

<https://headless-gvrgdxcliyv-turningcogsinc-140e.wix-site-host.com/login.html>

A note on safety: Be thoughtful about weather, hydration, physical limits, fire restrictions, accessible activities and consent. This guide offers ordinary educational activities, not medical treatment or instructions for substance use.

© 2026 Altered States Alliance · Free to download and share without alteration.