



Happy Wednesday, Villagers

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[Matt Licata, PhD: The Alchemy of Befriending Ourselves in Difficult Times](#)

A Podcast: How do you relate to unwanted experiences?

Writer, teacher, and practicing psychotherapist Matt Licata invites us to take an alchemical view and become a vessel of transformation where we connect directly with our pain. He writes, "There is a gold that is found not in a wound that is healed but in a wound that is weeping."

Matt wrote his PhD thesis on "spiritual bypassing," on how we can use spiritual practices to avoid difficult inner experiences. According to Matt, "We all have two or three feeling states that we'll do just about anything to avoid. Spiritual bypassing is when we use our spiritual ideas, practices, and beliefs as a type of defense mechanism in order to serve that avoidant function."



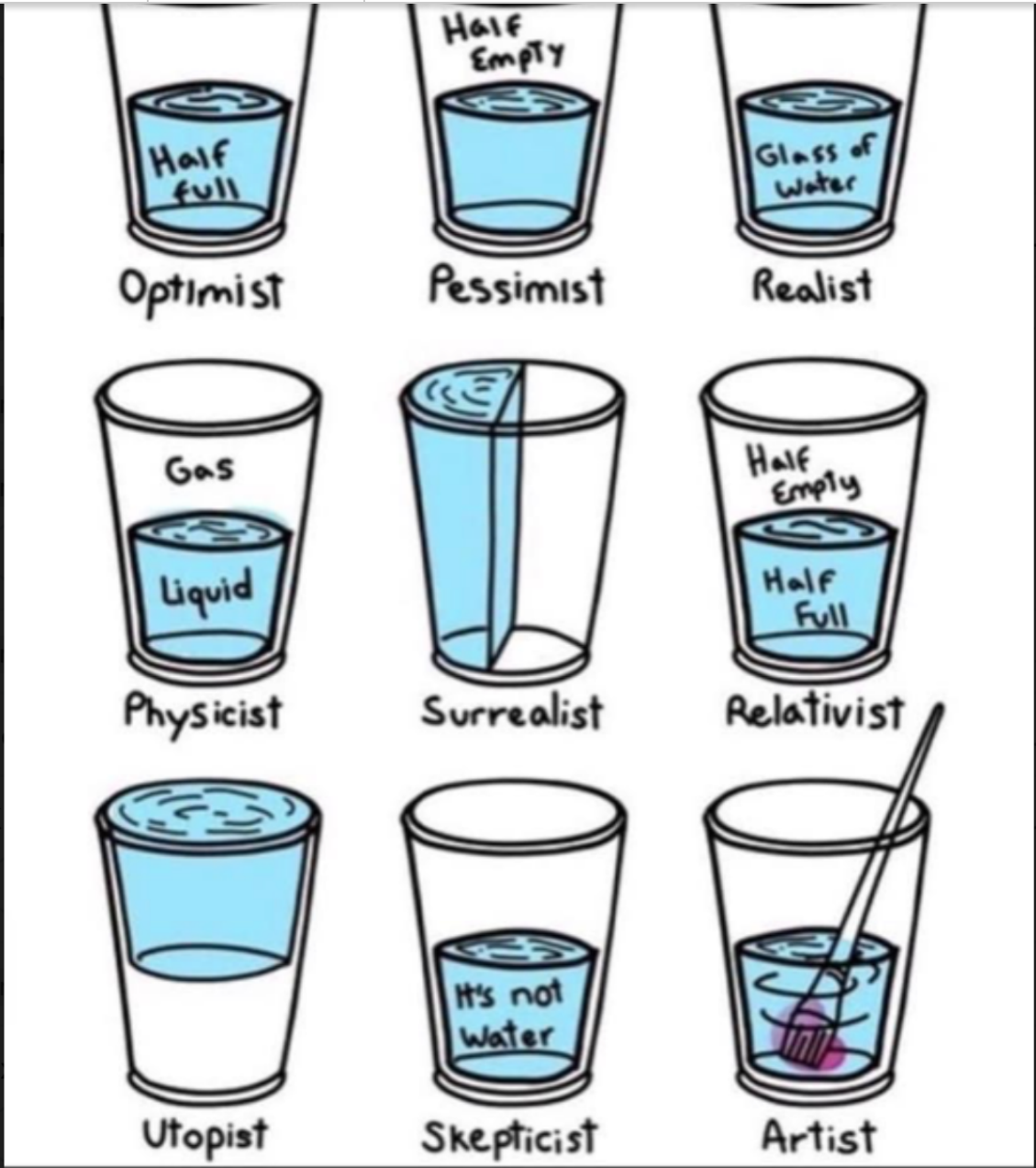
[7 incredible kinetic sculptures that will trick your eye](#)

The artists behind these kinetic sculptures use color and perception to trick our eyes into seeing something totally new. The artwork includes sculptures that appear only if you're standing in the right spot, optical-illusion makeup, and more. They're made with materials like metal, paint, makeup, and even paper.

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[The One Food to Try in Every State](#)

Fancy eating your way around the USA? On a tour of the nation you can dive face-first into mouthwatering delicacies such as Illinois's signature deep-dish pizza and Maine's lobster rolls. From north to south, east to west, here's a definitive guide to not-to-be-missed foods in every state.

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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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