

# THE ICARUS PROJECT

Navigating the Space Between Brilliance and Madness

## Learning to Use Our Wings

The Icarus Project is a place for anyone living with “madness” or different states of consciousness to connect with friends, share support, explore ourselves beyond psychiatric labels -- and change the world. We learn from each other’s victories and missteps, offer stories and art, and help each other grow. We strive to create a new culture and language that resonates with our actual experiences, rather than trying to fit our lives into a conventional framework.

Together we navigate the extremes of our heights and the depths of our depressions. We’re exploring -- with or without psychiatric drugs -- the potentials offered by holistic health, diet, activism, art, and spiritual focus. We embrace diversity and respect different

choices. Often we channel our tremendous energy into creation - be it by painting murals, writing books, composing music or traveling across the country, converting diesel cars to run on vegetable oil, or raising permaculture gardens that are nourished with waste water. In our own ways we’re all working to create full and independent lives, where the ultimate goal isn’t just to survive, but to thrive. Despite the effort necessary just to stay balanced and grounded, we also intend to *fly* -- and make the world better, more beautiful, and way more interesting.

The Icarus Project is a place that allows us to feel less alienated, and, as individuals and a community, to tap into the true potential that lies between brilliance and madness.

Come join us:

[www.theicarusproject.net](http://www.theicarusproject.net)

