

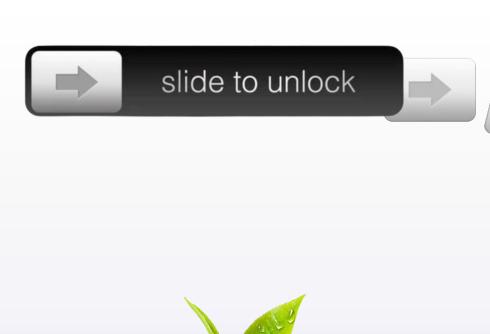




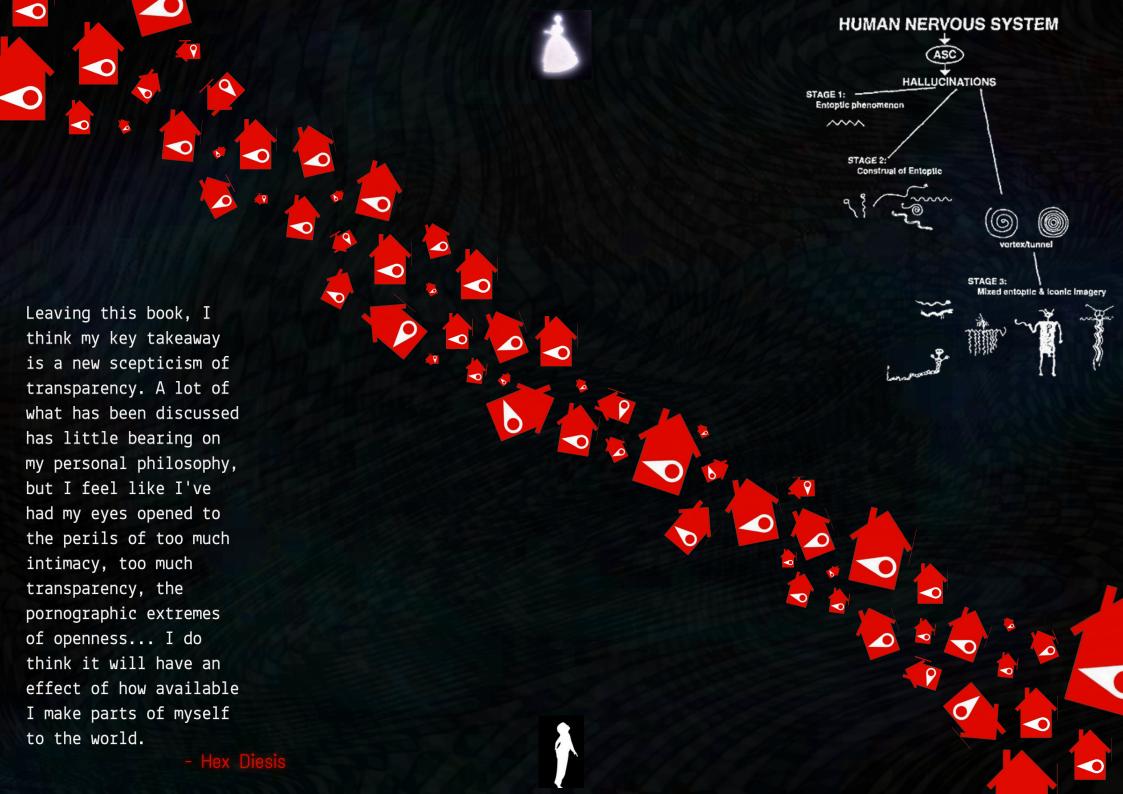
here?















Christine Guzman

We seem to be in a world where we are everywhere and nowhere at once, and then we wonder why feel the way do (not a good feeling)."

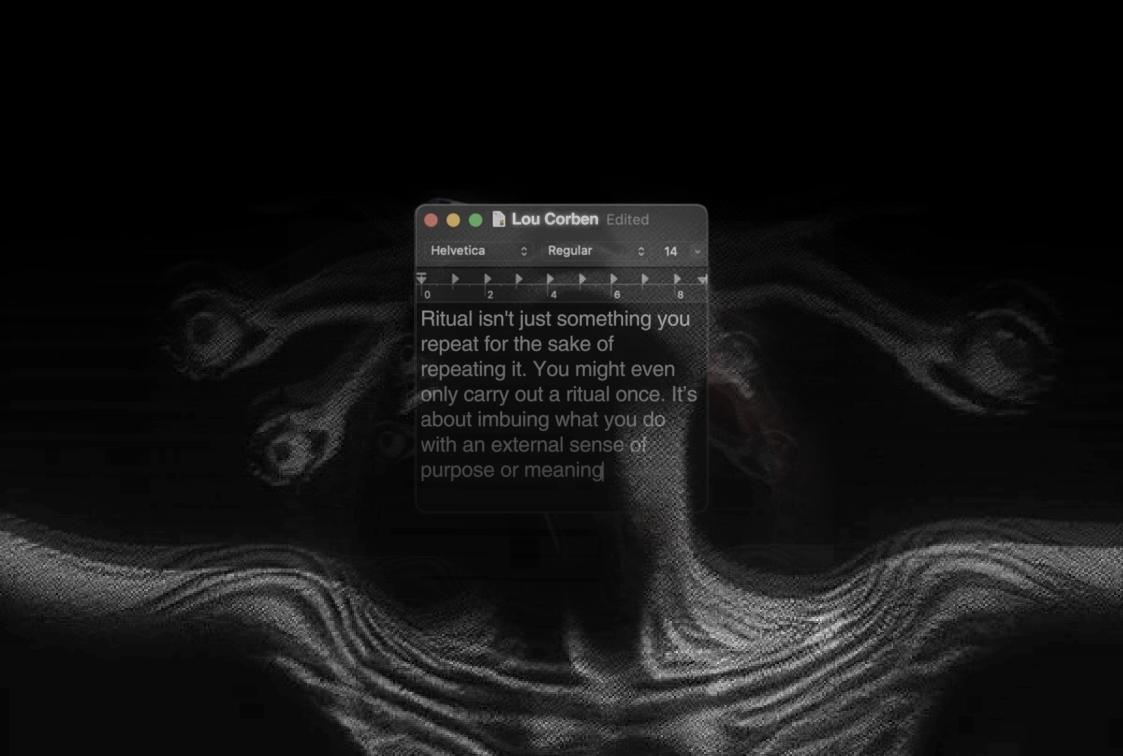


Byung-Chul Han

"[A smartphone is] not a particularly enduring object. It differs from a thing like a table, which confronts me in its self-sameness. The content displayed on a smartphone, which demands our constant attention, is anything but self-same; the quick succession of bits of content displayed on a smartphone makes any lingering impossible. The restlessness inherent in the apparatus makes it a non-thing. The way in which people reach for their smartphones is also compulsive.

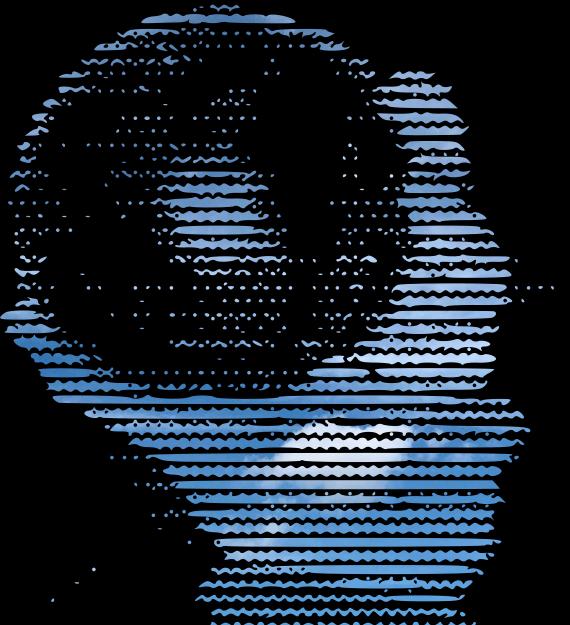
But things should not compel us in this way."

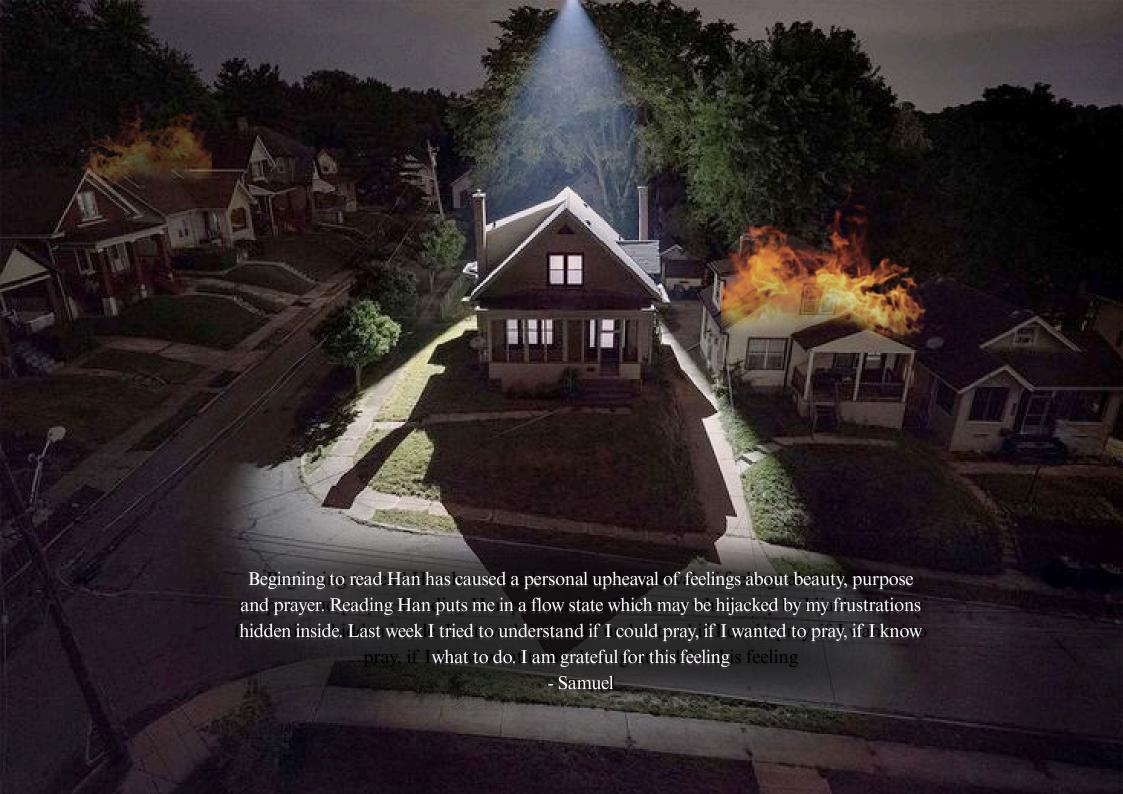




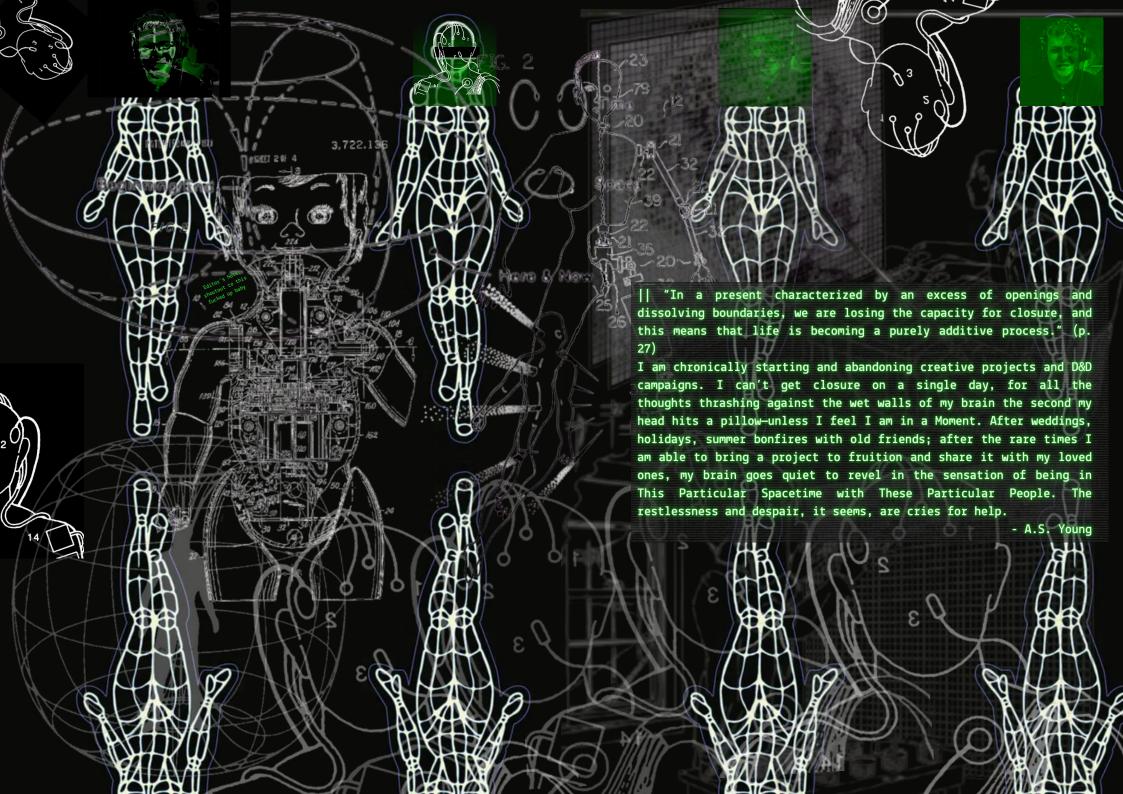
I have perhaps only ever had one ritual which has provided me with a consistent source of contemplative rest. Every year after I turned 14, I have taken the day after Christmas Day to perform this ritual. I put on a hoodie which I only wear on this day, curl up in darkness, shut my eyes, and blend into the darkness completely. All this is to say that I think ritual is important to rest, not because it is the only way to achieve it, but because it allows it a priority in our minds that the concept of rest alone is not privileged enough to warrant. It does this by providing rest a narrative and a clear structure to when it can start and end.

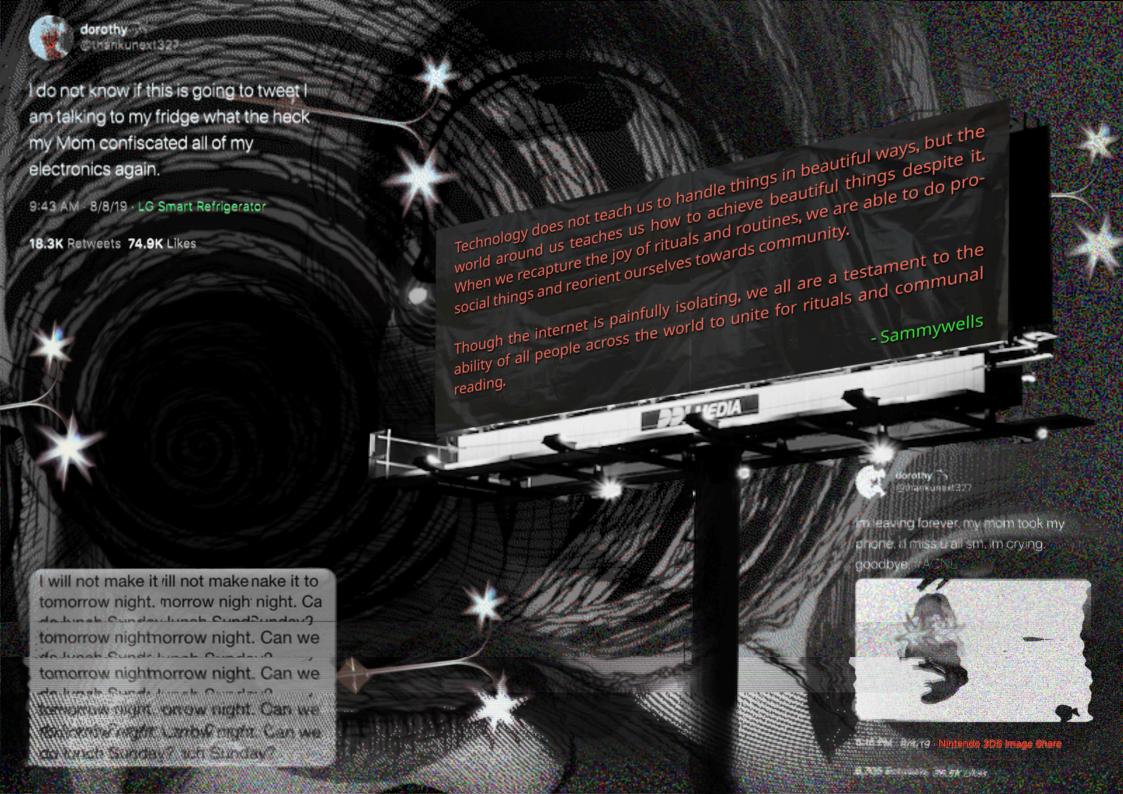
- Chandler











Vanessa betrayed me, this video is no longer for her.

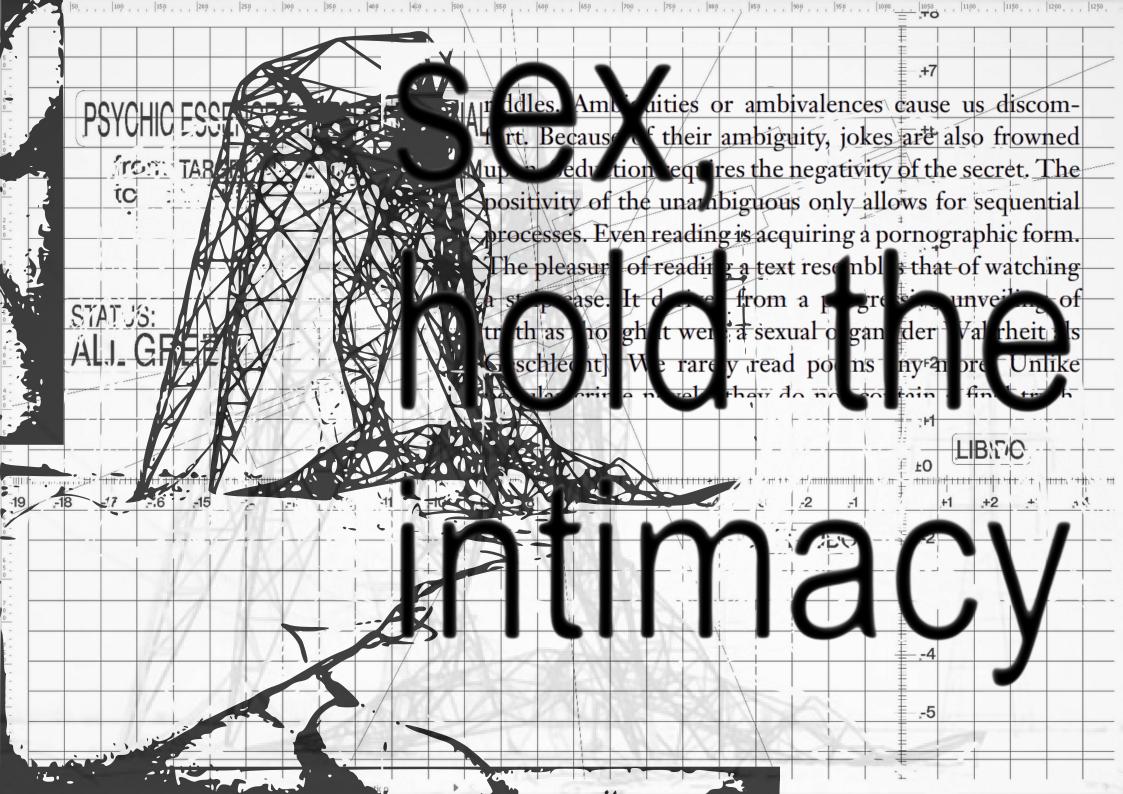
To Vanessa <3













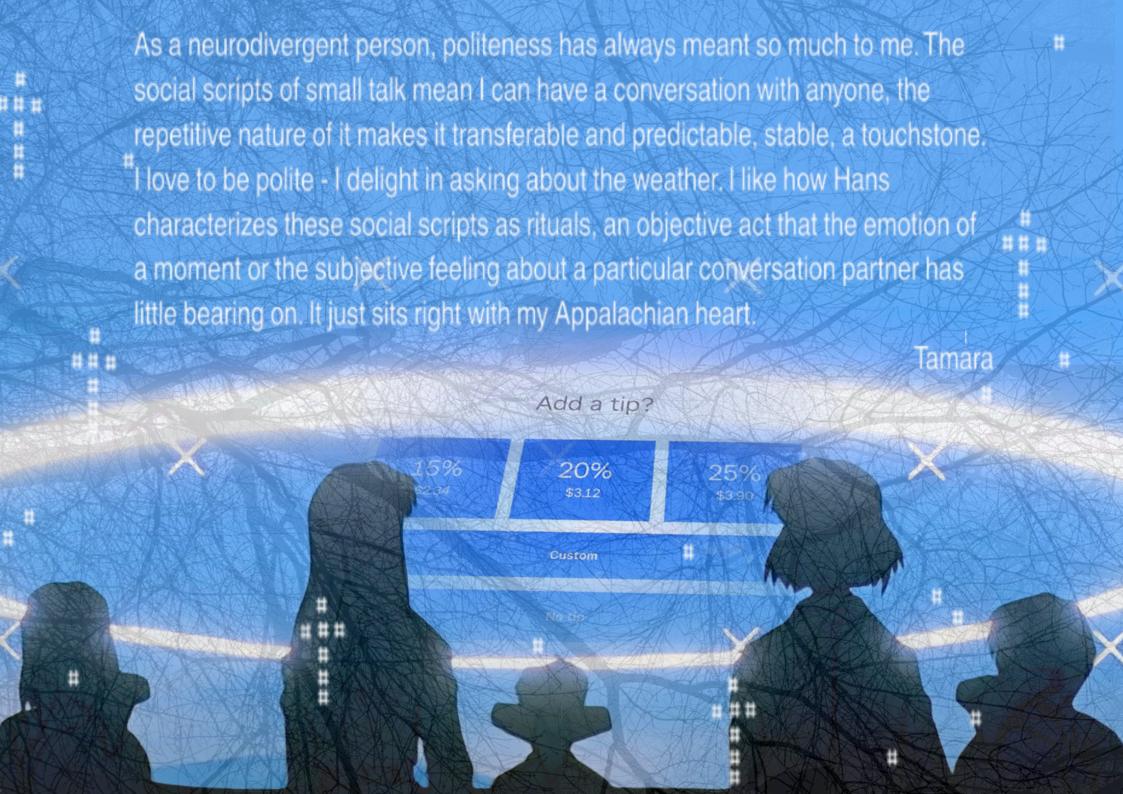


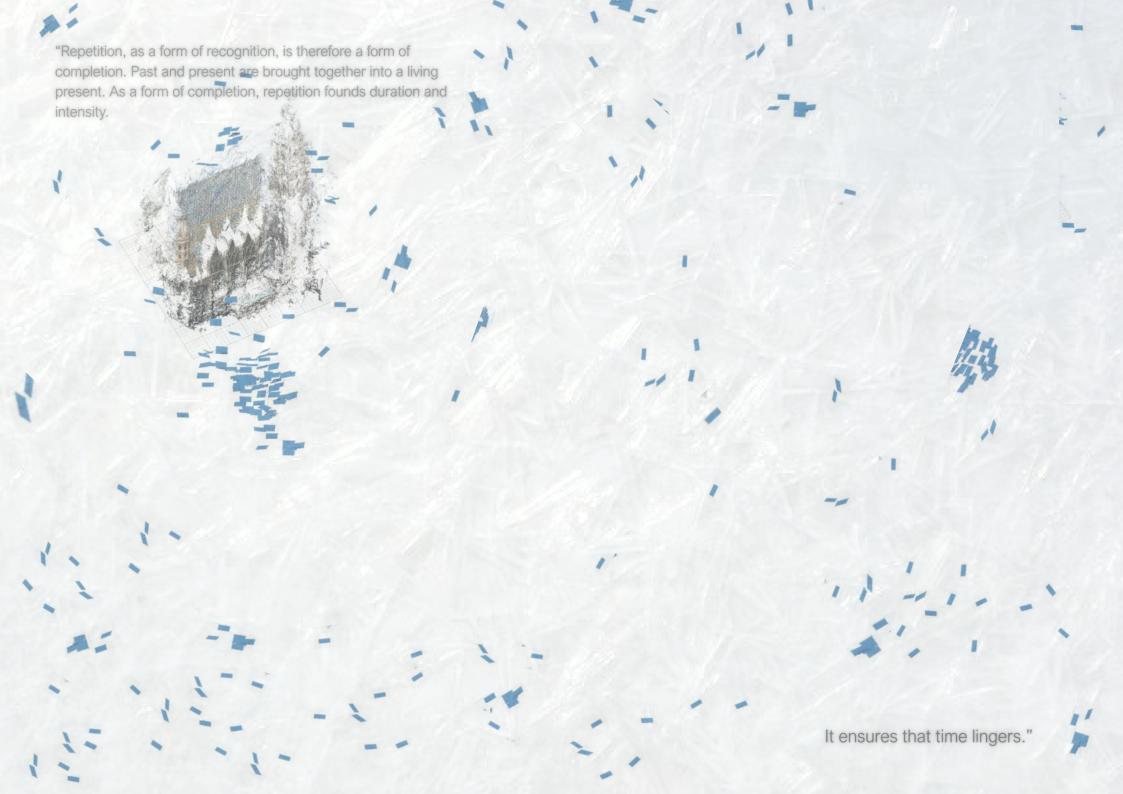


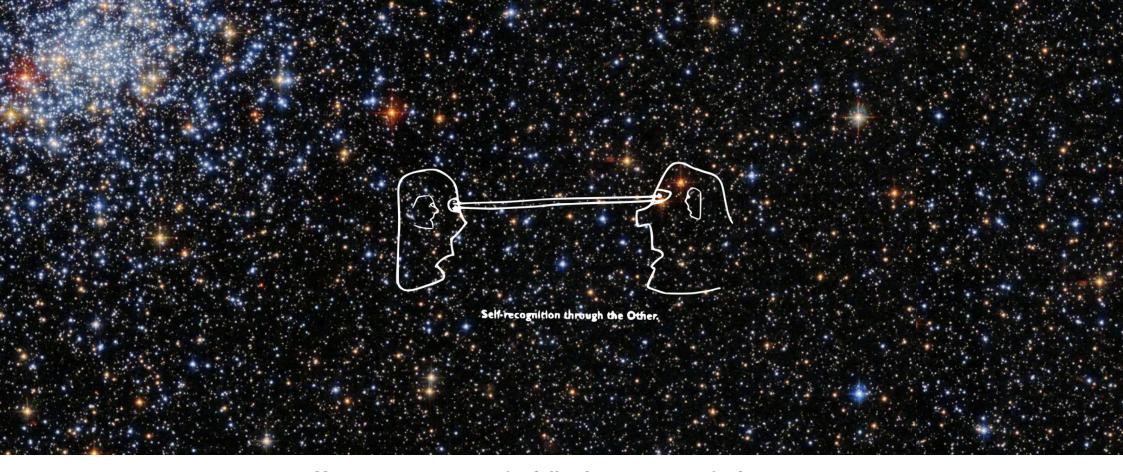




'Repetition invites me to the suffering of ambiguity. It asks me to risk more at each cycle, to lean not into the comfort of the known-known, but to surrender to the known-unknown. I know there is something surprising available, but I lack the ability to manufacture it. I have to surrender to the autonomy of the Other, not only my partner, but to the seduction of my Self via surprise. And that can be deeply uncomfortable as long as I stay above my shoulders. It takes time, revisiting, letting go, and seeing what comes up."







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