

ON HOW TO BE HERE, NOW:

±∞ PRACTICAL INSTRUCTIONS ON HOW TO SET YOUR HOUSE ON FIRE / (UNIVERSALLY) SUBVERSIVE MEASURES FOR THE 21. CENTURY

If you find yourself in the privilege of being non-productive for a certain or uncertain amount of time, it may be advised that you lay down, flat on the floor, and just let go to take everything in and realize you are, have always been and will ever be one with all. For the average human is not yet fully capable of such an endeavor, consider the following practical instructions instead:

- 1 Write a page, stream-of-consciousness, using the hand you usually don't write with, while thinking about how it was to be very, very young and how it will feel to be very, very old.
- 2 Feel the downside of your tongue.
- 3 Look through a window, into the night sky and try to figure out the number of metres your sight has.
- 4 Find a bug or a spider in your home, follow, observe and imagine its life for as long as possible.
- 5 Breathe in and out as deeply as possible for a day; Feel how the concentration of oxygen in your blood rises and take note on how this influences the quality of your thought structure.
- 6 Clean up your space very thoroughly, then lay down on the floor and soak in the cleanliness until you too are very clean.
- 7 Lay down, close your eyes, breathe deeply and think of the first minute of the first kiss with your first lover, getting into the memory as deeply as possible. If you never had one, your imagination will have to be a little stronger, but you will eventually get there. Practice daily.
- 8 Take half a day to think about how it was to be born, and the other half to think about how it will be to die. Repeat periodically.
- 9 Put on some running shoes, get out and run, leaving your phone at home, not knowing or caring about how long and where to; when you are finished, find your way home, walking, while observing your surroundings/inner workings very thoroughly.
- 10 Before preparing a meal, try to figure out where each ingredient exactly comes from; the more precise the better; While assembling, go deep into the imagination of these places and circumstances.
- 11 Take a careful walk with bare feet through a city. Observe.
- 12 When you find a sadness, follow and observe it for as long as possible, getting deeper and deeper until you eventually hit the core; repeat with anger, happiness, envy, disgust, fear, annoyance, rapture, ... practice daily until it becomes *second nature*.
- 13 Look at your hands several times during the day and while dreaming.

- 14 Observe a tree for half an hour straight, observe also the thoughts that arise; if you find a feeling, consider exercise 12.
- 15 Ask someone kindly, about the last dream they remember, let them tell and listen very closely. It is your dream now.
- 16 Do this one immediately: Count all the colors surrounding you. Give them new names.
- 17 Think about the phrase „Time is running“ until you hit a wall with it.
- 18 Make croissants, using only organic ingredients, and feed every crumb of them to an ant colony.
- 19 Imagine jumping off a rooftop, spreading a good pair of wings and disappearing into the sunset.
- 20 Watch the insides of your eyelids when you are using them to hide your eyes. They are trying to tell you something.
- 21 Exactly.
- 22 Observe the sensations on your skin until you can feel its molecules; then revel in delight about how you and the air around you are made of the same stuff.
- 23 When a person is talking to you, take it all in – take them all in. Be a sea shell diver.
- 24 Observe how the warmth of your body is heating the air you just breathed in: breathe out hot air like a dragon.
- 25 Use a good anatomy book or your favourite search engine to find out where exactly your diaphragm is. Locate it. Let that knowledge sit with you until you can feel it. Repeat with all internal organs.
- 26 Imagine touching the sun, then sail down like Ikarus, becoming faster and faster.
- 27 How was life in the womb? Imagine it, live there again for a day. What were the downsides, what its qualities?
- 28 What does love feel like? A kid is asking for your most accurate metaphor.
- 29 The next time someone does something you don't understand, learn more until you do.
- 30 When you breathe out, reach down with your mind, deeper and deeper into your lower abdominals, as far as you can go. When you breathe in, go really high into your frontal cortex. Repeat until you are becoming an ocean. Go on until you can feel the seagulls flying above and catching fish out of you. You are now home to sharks and murenas.
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