

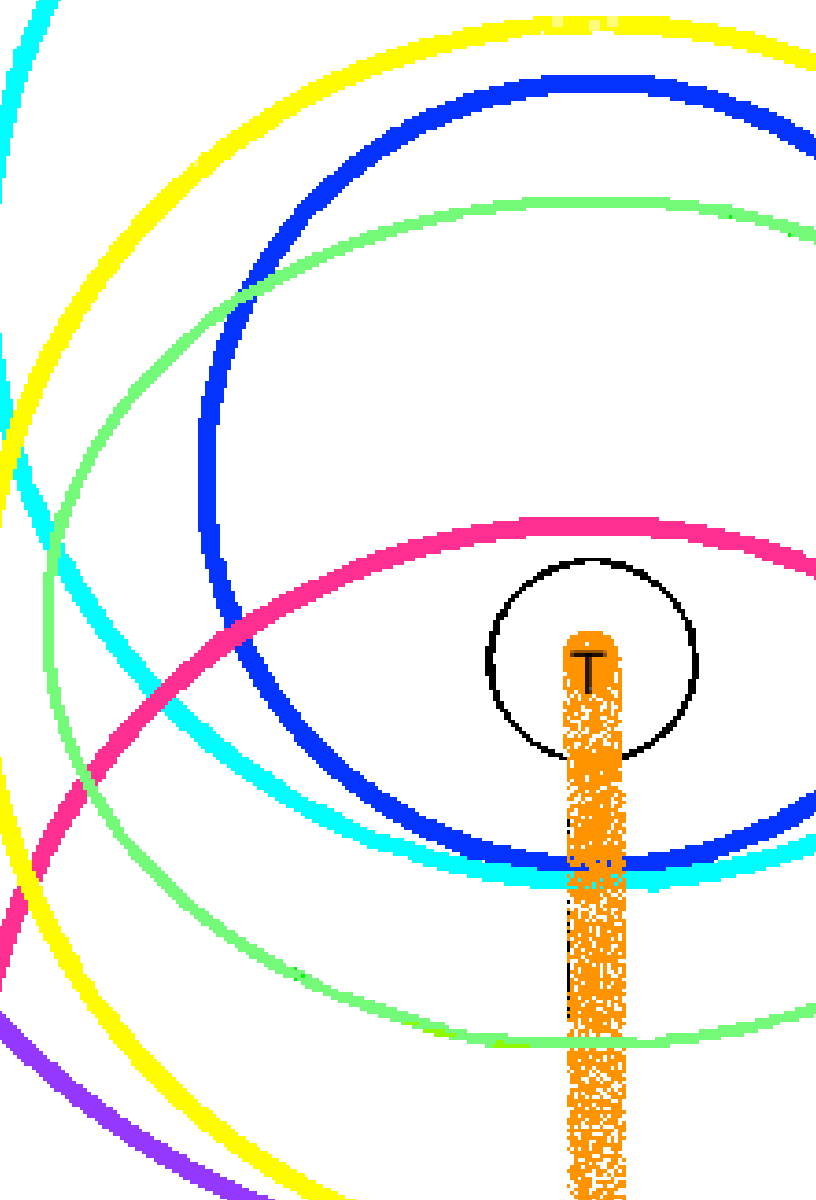


BODY BUILDING
THE/SIS ESSAYS

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VSW 2021





BODY BUILDING

SPIRIT

MIND

BODY

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NOTES ON BODY BUILDING



This text is a wing of a larger project, a project haunted by Anxiety of Totality.

Anxiety of Totality: the lousy sister of a muse.

Each work wants to be whole in itself but no - we call them "pieces". I write an essay, but I also write another essay, and neither is quite enough, there is else to be said, and written they all become pieces in a larger body, a book of essays, a text. One performance, one afternoon in an attic with a video camera and a couple of parts and pieces, becomes eight performances over two years. The performances, private, spawn more material - literal material - I am making parts of a Body (literally), trying to Build the Whole Thing to get at - assuage - that idea Anxiety, perpetual, looming, the always never quite enough temptation of Totality. I call them Gaps and body-build to fill them in. More gaps, more pieces, more parts, more forms - videos to cut, stills and remnants: a book-formed collage, the odd film, this suitcased body, these bound essays, pieces to fit - into a what - yes? a final whole? an installation - a place, in time, within walls, holding all these pieces: wings and tails, eyes and soles, might finally form One Whole Body.

To me: Gaps glare and announce a kind of problem; art is work trying to be a solution. I don't think this is the same as art therapy; I don't feel better. I feel like every piece made creates more gaps, in direct disobedience of my intent. The more I try to say, the more there is to say. This is how it feels. Every bridge made is its own object surrounded by an aura to be bridged. Keep trying, restless sestra.

As an art worker, my symbols, materials, activities are basic to me but can be inscrutable to others. I try to keep it art-classy, just let it be sly & ambiguous, a two-way street of action and interpretation .. but at a certain point (this point) I just want to say the things I want to say, the reasons-behind, the accumulation of things noticed when you aren't a real human trying to do real human things but an observer just slightly out of frame. The add-up, the narrative that emerges, not an author as much as a detective, not "an artist" as much as an assembler.

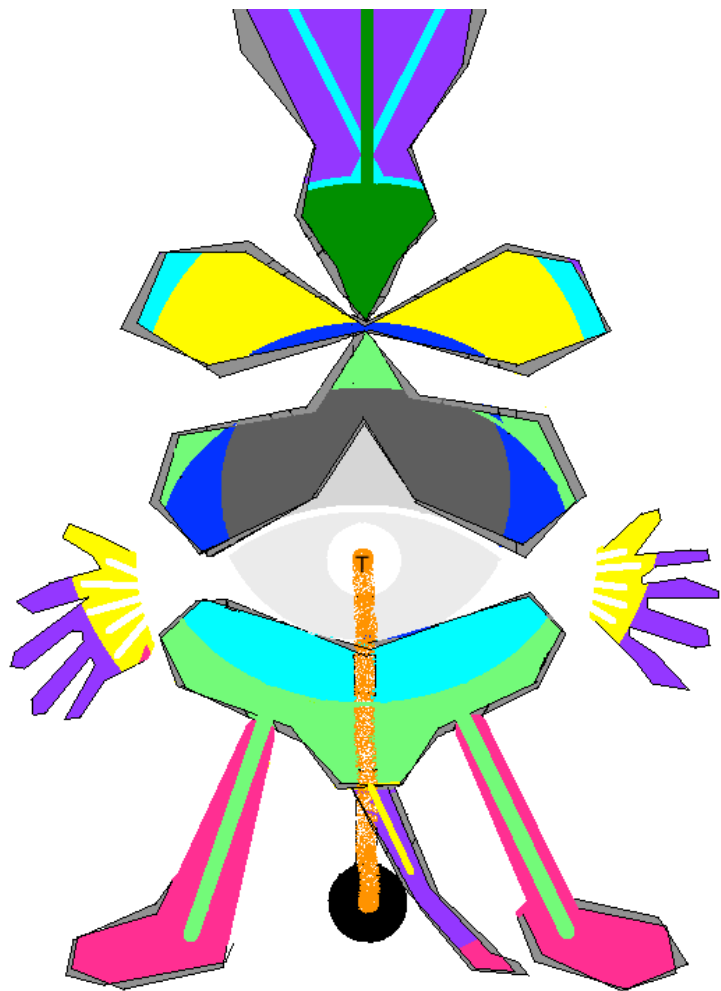
In these essays I am trying to speak clearly, "to make myself known" as a very direct kind of bridge [me—you]. It feels sort of terrible, it feels like I am walking a terrible breathless tightrope, but it also feels like I must finally say these things out loud, and say them correctly, in the right order, what I mean. I mean I'm not trying to be explicitly personal or anything. Actually, I am trying to be explicitly universal, speaking about like, Spirituality, or "Bodies", topics known (in some form) to everyone. I like to say things you don't know about things you know very well, or to reveal the things that you know quite well without knowing you know them.

For better or worse, there is a common thread of deep anti-authoritarianism here. In this set of essays, the things I rail and buck against are versions of the impossibly large power structures that define our present culture: Patriarchy, Materialism, Rationality, Human Supremacy, Capitalism. But I have to call out those structures as fundamentally ruinous and Wrong to *clear the way* - because the things I care to talk about tend to be popularly & casually denigrated as a function of these background power structures & worldviews. If I want to talk about Spirituality, first I have to talk about the fifty reasons why we wouldn't talk about Spirituality. It's hard to be so negative, but I am uniquely equipped to handle it.

I don't even think I like "hate authority" or anything like that. Honestly, I wouldn't mind an authority that is like: thoughtful, careful, respectful. The authorities we have been stranded with are a nightmare of narrow interests and elite agendas, neglecting both the needs of a majority of humans and the whole health of the ecosystem. The world is suffering and we are at the end of an era. All along the big picture has been looming, the trajectory of our cultural values has been clear (certain havoc), but the decisions of authorities keep pushing us down this path, as if Wisdom is not even a viable option. I'm not even speaking about specific individuals, like humans in government positions, but entire Systems that are designed only for the success of a few at the expense of an entire planet.

I think my attraction to New Age literature (paperback shamanism) for so many years was that certain kind of

voice privileging Wisdom. I was quizzed recently, asked to characterize “spiritual thinking” - how it differs from more common rational thinking. My instinct is to say that spiritual thinking is, at heart, about a whole wide understanding of the machine in all its parts, where “rational thinking” is about the minute agendas of those parts. Spiritual thinking is hand in hand with Health, concern for the functionality of the total being. The success of spiritual thinking is in continually pursuing holistic knowledge of being itself - of neglecting no quarter, sussing out the possibility and potential for life and import of even the smallest, least possible detail, and giving it relevance and honor as an aspect of larger Totality. This small book is my homage to that.



KINDS OF BODIES
(YOU HAVE)

People's bodies are of great interest to me, I look at them a lot, noting the way we have formed our bodies for our cities, our work, our entertainment.

I notice how historically 'women artists' often (can) talk about the body in a way that is contrary to the art tradition. They deal with self-physicality - to address a topic left neglected or abandoned by generic maleness. Women's bodies are what prevent them from having the neutral human experience as postulated by generic maleness - so they must confront the conditions of their own bodies. We speak about bodyness from the inside, the experience of being a body.

The scope of this work Thesis always ties back into BODY. I keep making pieces of a whole that gradually materializes out of a detailed exploration of PARTS. We can travel through our bodies as a puzzle of parts, the idea that these obscure pieces add up to a larger picture. This project is about my body, but it is also about the possibilities of all bodies.

My consciousness is rooted in my body as as the receptacle and the front line of experience. The pains of bad habits, the current situation of digestion, breathing, circulation, 'feeling'. We tend to attach the idea of feeling to 'emotions', but really we detect these emotions first as a physicality, as a sensation in the organs. The cold drop of fear in our guts, a prickle on our hackles. I have read that you store your dream memory in the tops of your thighs and can massage dream recall up to the surface. Can you

breathe into your pelvis? Have you ever felt the organ-ness of your brain?

Perhaps feeling is disregarded because it sounds so passive, and our culture privileges independent action over interdependent reception. And yet our experience of the world is so much stronger when we can understand ourselves as a part within its whole.

Partness within wholeness is fantastically crucial and within this knowledge we can reflect on the wholeness of our own selves. How much are we - our ego identities - reflecting the wholeness of our physical presence, and how much are we denying? Are there parts of our body and our bodily feelings that we are actively ignoring?

The ills of the world seem rooted in denial of the body (and of the larger world), neglect of its parts. The simple idea enclosing this vast complex is health through holism.

To embrace one's own body as an antenna of the world is a powerful act. It is the most personal thing one can do. It requires trust of self and something like respect - a more refined and responsible version of the oft preached 'self-love' that can privilege the individual over the whole. The topics leading from the body are a wide spectrum, but suddenly, as we regard them, we are doing so with a new sense of truth - what we have learned from the world, through our bodies in bare relation to the world.

THERE ARE KINDS OF BODIES
INSIDE YOUR BODY:

CIRCULATORY BODY - BLOOD BODY
RESPIRATORY BODY - BREATH BODY
WATER BODY
SWEAT BODY - TEMPERATURE BODY
DIGESTION BODY - FUEL BODY
KINETIC BODY - ACTION BODY,
EXPRESSION BODY -
MUSCLE + SKELETAL BODIES
HORMONAL BODY - ENDOCRINE
NERVE BODY
ORGAN BODY - MACHINE BODY

MENSTRUAL BODY
BIRTH BODY

SENSORY BODY - RECEPTIVE BODY -
CONSCIOUSNESS BODY
EROTIC BODY - BEAUTY BODY
BODY HAIR AS A SENSORY ORGAN
EMOTION BODY - FEELING

ENERGETIC BODY - CHAKRA BODY
ASTRAL BODY - DREAM BODY
SEPHIROTIC BODY - SUPREME BODY
MYTHIC BODY OF PROTECTION
GENETIC BODY - DESTINY BODY
PLANETARY BODY - DESTINY BODY
NIGHT BODY

PAIN BODY - FAIL BODY
AGE BODY - DYING BODY
VENGE, JEALOUS, GUILT, FAIL,
FEAR BODIES - PROBLEM BODIES
HUNGER BODY

YOUR BODY AS A PLANETARY HOME
FOR TRILLIONS OF BACTERIA &
VIRUS PALS
MICROBIOME BODY
BALANCE BODY

FINALLY, THE FIRST AND LAST
BODY ARE OF THE UNNAMEABLE VOID
FROM WHICH SPRINGS
UNCONSCIOUSNESS ITSELF ~

ancestors

endocrine

personality

pain body

self to self

material

astral
plane

astral

spirit to

energetic /

kinetic circulatory	
genetic body / emotion	organs / muscul
venge, pain, guilt, fear, age?	broken glass / cage
physical energy / digestion?	blood (menses complements
supreme sephiroth	church / skelet
h... ..	ch... .. / h... ..

	coincidence	SPIRIT
	(religion) - emotional ?	GHOSTS
	(belief)	WRAITHS
	superstition	PLACE SPIRIT
	piety	VEGETATIONS
	reverence	DREAM SPIRIT
(false goal)	holy	SOUL
	divine	DEMONS
		OBJECT SPIRIT
	breath	EMOTIONS
	animating vitality	ALIENS
where	order / chaos	EARTH MIND global
'voodoo'	infinite	
ony to group	infinite depth	animism
ate with spirits	negative limitless light	ayurveda
	romantic, poetic, metaphor	holy geometry
	behind, below, within, above	

Hag

	ugly	old or aged	“witch” or supernatural	dirty
Google	x	x	x	
Urban Dictionary	x	x		
Miriam Webster	x	x	x	x
Wikipedia		x	x	
Dictionary dot com	x	x		
Britannica	x	x	x	

Historical understanding of the hag as filtered through internet-sourced definitions (impressions)

[noun]

1. (google) *a witch, especially one in the form of an ugly old woman (often used as a term of disparagement for a woman).*

2. (urban dictionary) *An unattractive, middle-aged (or slightly older) woman. The term is commonly used to describe hysterical or ugly women in positions of power.*

3. (miriam-webster) *1 : an ugly, slatternly, or evil-looking old woman. 2 archaic. a : a female demon.*

4. (wikipedia) *A hag is a wizened old woman, or a kind of fairy or goddess having the appearance of such a woman, often found in folklore and children's tales such as Hansel and Gretel.*

hysterical	position of power	evil or mean	SLUR	woman
			x	x
x	x		x	x
		x	x	x
				x
		x	x	x
		x		

5. (dictionary dot com) Hag definition, an ugly old woman, especially a vicious or malicious one.

6. (encyclopedia britannica) Hag, in European folklore, an ugly and malicious old woman who practices witchcraft, with or without supernatural powers; hags are often said to be aligned with the devil or the dead. Sometimes appearing in the form of a beautiful woman, a succubus is a hag believed to engage in sexual intercourse with sleeping men, causing severe nightmares and leaving the victim exhausted. Although viewed in most lore as the antithesis of fertility, the hag is believed by some scholars to be a remnant of primitive nature goddesses.

7. (free dictionary) An old woman considered to be ugly or frightening. A witch; a sorceress. b. Obsolete A female demon.

THE HAG VS THE PATRIARCHY

It turns out that good and evil are false ideals. Perhaps the concept Evil stems from a fear of death and all other unknowns. Evil engenders revulsion, and in its wake is a pathological addiction to states of light, illumination, forcing light into obscure bodies, correcting, redeeming, “understanding” — resulting in a gruesome surgery of our material plane. Fearing Evil, we fail to value that which is mysterious, unreasonable, and we thus miss the holistic. Worse, vilifying natural dark forces - attacking them with glaring beams - merely chases them into the corners, where they intensify, growing horrible, becoming a self-fulfilling prophecy.

This central conflict is the mythical condition of the patriarchy. Its stories, fables and vast history are detailed guides to the paranoias that have ruined this world. The hag is decent personality, but under this system, they are forced into the role of the other, the enemy.

Various definitions of Hag emphasize different properties of the character, but two are mentioned across the board: ‘Aged’ and ‘Woman’. Under a patriarchal glare, most positive associations with “femininity” are those found in youth: a beauty, grace, and naiveté that goes hand in hand with frailty, weakness, incompleteness. These principles are regarded as opposite of strength:

that virile principle assumedly male. This switcheroo of polar division is a crucial abomination made to tyrannize any expression of female-ness (aka femininity) not wedded to either pretty fragility or roles defined by relationship to the 'family' — essentially, vilifying any expression of womanly independence or self-sufficiency.

The 'aged' Hag has accepted that hermslf* is beyond the social desirability of youth perfection. As they connect with their inner resources of strength in lieu of social approvals, the Hag moves definitively outside the sphere of femininity as-it-is-known.

*My choice to use pronouns rooted in herm (or their, familiarly) refuses the way ruling ideologies have characterized that-which-is-feminine in the fleeting and fragile nubile moment. The understanding of the Hag gender must push ruthlessly forward into an ambiguously realized state. Despite its female origins, I think definition going forward can apply to a person of whatever gender who finds hermslf having aged, now positioned unfavorably against social perception, but unwilling to force subservience to social demand.

The ill-tempered and nasty reputation of Hags is a condition or illusion cast by the capitalists as punishment for not purchasing their mustache bleach and pink razors. The hag need not feel oppressed by the conditioned responses of the general public, and the crafty hag uses the condition to advantage. Hag revulsion can be used as a natural cloaking device (eg unseen elderly), as the

Hag's mood and situation permits, ignored. The cloak of revulsion allows her a kind of social ease. The Hag is free to give attention to her environment. The hag has the power of noticing and perceiving odd connections in the most mundane of phenomena, without and within. These Noticings are accumulated. This is the raw practice of the hag's Spirituality.

The delightful thing about the hag is sense of wisdom gotten over time. The Hag is involved in particular relationship to her environment, their corner of familiarity. The hag is one who tends objects in magical space, a witchy property. This is the association with supernatural being that haunts the Hag concept, and yet the Hag is perfectly natural. Hag bodies marked with age are records of knowledge gotten in the most personal realms of existence. Hag eyes pierce through lies of the oppressors, slick youth advertising gimmicks communicating false values. No one can tell the Hag what is best for her for no one else has lived in the body of the hag, and that barometer has grown into the ultimate arbiter of her path.

A hag has a secret which is rooted in the fresh youth that her once was. The creative power of the hag nods to boundless energy of youth, a testament to that past creature and beyond, into the raw stuff of soul itself, a willful action of human natural power. Even with cragged fingers, the hag can summon the fresh beauty of their own infant nature in their works, not necessarily "to make something beautiful", but as a fingerprint of the maker.

And the hag can also create terrible potions and wicked spells when she is feeling bad and punishing. The hag's established relationship to ruin and darkness and can summon the power of these states, in forms unrecognizable and incomprehensible to authoritarian councils.

Neither practiced beauty nor learned ferocity is either better or worse than the other but both capabilities of creative power channeled in whatever mood.

Religions have seized on those dark capabilities and urged us to purge such wicked actors from the world, shame them and suggest they suppress themselves. Propaganda books like *The Hammer of the Witches* (1486) were written by impotent men and accepted as gospel in the persecution of independent women in terrible eras of Moral Imperative. There is a suggestion that the Hag's comfortable links to the darkness and decaying world are the cause of society's problems.

The hag may live in filth and Filth itself a term unnecessarily vilified. The Hag's is not a sanitized occupation. The reek of sanitation is equivalent to the loss of self knowledge that marks our human generations as suckers and slaves to capitalist engorgement. This is from whence the hag cackle stems. What if the cackle were a terrifying battle cry, reducing armies to sudden embarrassed awareness of their own insufficiency and impotence—masking virile violences?

The true career of the hag is to navigate life with curiosity, appetite, emotion, dream — actions that must dig around in the gray dirt of each day. A devious and dark hag is a real person because she is noticing and reacting in genuinely crabby outlook to the shitshow concocted by our universal oppressor patriarchy. You should be surly and rancorous about this scene — the necrocene — an opus of millennia adding up to a bleeding apocalypse fried from the inside with wireless vibration.

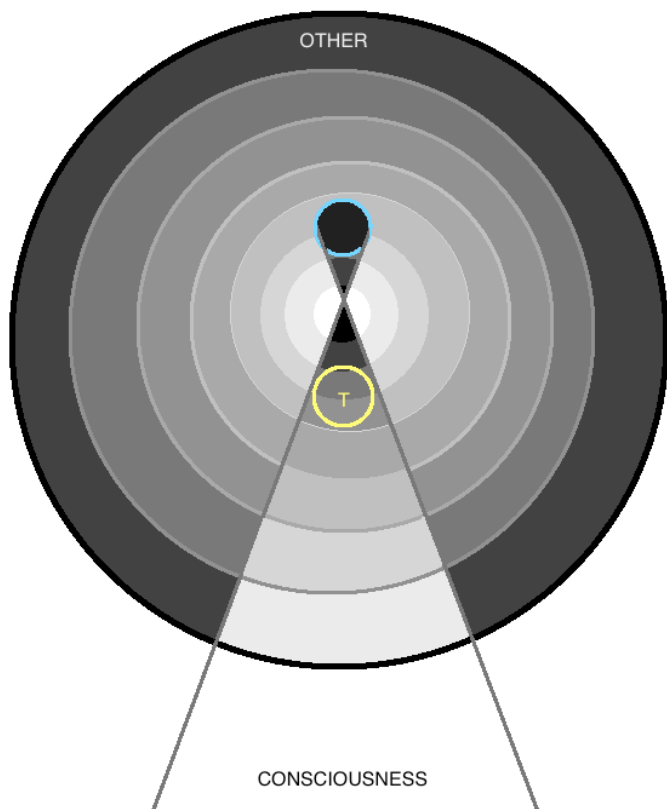
The Modern Hag

	HEALING	participate w
DENT	ETHEREAL	
	ASTRAL	
alchemy, cult science	UNCANNY extraordinary, supernatural, inexplicable, mysterioius, fear, dread, strange, eerie, weird, abnormal	GHOST hau trace, disem spirit, "shade semblance
transcendent, free from re	MAGIC magical: producing illusion (legerdemain), producing effect through control of supernatural forces, power, mystical influence, mysteriously enchanted, spells	PHANTOM apparition, image, visib representati abstraction "unpleasant"
, religious, ion. saintlv.	SORCERY 'black magic' 'evil spirits: witchery	SPECTRAL an array of e

MATERIAL DENSITY

INCREASING IMMATERIALITY

PERCEPTION REVERSES EXPERIENCE OF
MATERIAL DENSITY AS LIGHT PHENOMENA



Spirituality
is Hard

* * * * *

Spirituality - Why is so hard to talk about?
But more - Why is it so hard to respect?

* * * * *

Okay, I'm going to be really fair up front and say: there is a very good physiological reason that it is "hard to talk about" Spirituality. If we think of Spirituality not as an externalized noun-topic but! as a set of faculties endemic to the human experience, we notice that locus of these faculties does not lie in the brain. The spiritual abilities of humans are located in various organs of the body and offer direct perceptions of the world. Unfortunately, humans have come to privilege The Brain as the trusted mediator of experience .. that is to say the brain itself has succeeded in asserting itself as the final word and authority.

Even more pragmatically, we could see that the condition of being on top of - over the body has, um, gone to the brain's head (?). Just the symbolic weight of upperness, the "looking down on it all", has made the brain eventually tyrannical, unyielding in its own conviction of superiority. Faculties endemic to the brain like Reason and Language have acquired our highest regard of import. If we cannot process something through Reason or Language or Observable (Obvious) Senses - it simply goes unrecognized to the average human so lorded by brain.

Yes ~ UNFORTUNATELY the abilities of Direct Perception offered by other organs of the human body - things like gut feelings, heart response, dream activities, various knowings - aren't easily translatable to the tactical brain, which generally needs more "evidence" before it takes true note. I mean - I certainly hope this is just some natural evolutionary stuff and NOT some radical narrative about the war of the organs, in which each is trying to take DOMINANCE of the human body .. right? I feel like the moral of that story would be like - it was a war that only the brain was fighting - no other organ even wanted dominance, because dude that's not how bodies operate.

But that is sort of ... how the whole system of reason & Rational Thought has come to situate itself as a cultural value - with a radical superiority.

Officially, we need things to Make Sense, to Add Up.

The world is Wide Weird and Risky - the least we can do is try to be Logical about it.

Somehow, when Western Culture was strategizing all its values, matters of Spirituality didn't make the cut.

Spirituality is just too Irrational (too subjective, too unpredictable) to factor in as a respectable world-builder.

Perhaps the weird world of spirituality seems like a direct challenge to Rational Authority? A threat?

But spirituality is not here to exterminate rationality.

Honestly - doesn't it seem by now - that the Specific Inability of Rationality to grapple with intangible feelings

and subjective states belies its own weakness?
Its own unsuitability as a dominant cultural approach?

The body is more than the mind and that's true.
The body is the host of feeling and subjective experiences.

What are you so scared of?

* * * * *

And worse - not just neglect, not just aversion, but Ridicule.

It's not exactly the same everywhere, but baseline western culture privileges the rational to such an extent that any embrace of Spiritual mode carries immediate stigma. Isn't this the unspoken stereotype? A flimsy person, weak-minded, dopey and weird, intolerably quirky, insufferably pious, assembling meaning where there is none, out of touch, prone to filth & sensory overstimulation - insipid, reviled, distrusted qualities of human anti-social being. He imagines himself to be so holy, but we know better. We know he is a fool, with dumb fool ideas. We laugh at him.

So Spirituality has been officially rejected as a high cultural value. And thus we have forfeited our right to a spiritual Common Sense. There are a lot of platitudes, bumper sticker phrases about our moods and attitudes. But like - no one has "proven" anything, which is kind of what we require as a rational society. Without proof, spiritually speaking, we're on our own, adrift.

This is the dangerous condition that has put human culture entire in peril.

* * * * *

Proof might be a false value
The culture of doubt might be a poison

But the problem of Spirituality is a Proof Problem

* * * * *

We're not going to get a satisfying proof out of the Spiritual realm: never.

That slipperiness is a main quality of the spiritual experience.

It's sort of a lesson about dealing with things out of our control, finding what you might call faith.

Wait yeah - what IS spirituality? I keep talking around it, but what is it ABOUT ??

At this point it's become the generic term, the locus for everything invisible, irrational, subjective, otherworldly, mystical, creepy, holy, the realm of feelings and vibes. If you can't prove it, but you place importance in it "you might be Spiritual" - kind of like that.

I mean there's like finer states in there - spooky is not (necessarily) mystic is not (necessarily) psychic. Dreams are not (necessarily) ghosts are not (necessarily) angels. But specificity is for scholarship. Spirituality is more like a bucket, a dump for the vague and unknown.

The Spiritual Umbrella of Invisible Experiences also includes the realms of: Belief, Attention, Imagination, POWER.

This is important.

Like, culturally we are chased away from regarding these things as “important” in a pragmatic way. They are wisps, intangibles, mysterious concepts moving through our lives in a narrative fog.

Belief, Power & Attention are these naive substances and energies inside us that we don't know how (are not taught) to harness.

But they are being harnessed.

Like wow how our larger culture creates value by manipulating the innocent attentions of people.

I mean it's very insidious!

And they've got it down to a science - if you want science, look no further than, for example, advertising.

I'm not here to set fire to your tv or whatever - but to say like, there's a real problem in our inability to know and respect our own abilities of attention and imagination - to control our own little personal spiritual world.

It's like if everyone was born with a basement full of gold and the culture was like oh duh that dumb sparkle-dirt geez what a drag and so we never go down there to see little government moles plundering our valuable gold reserve.

That's what it's like.

* * * * *

So Spirituality is this very discredited thing ... yet never not a Powerful Influence.

Religion used to be the main thing keeping our Spirituality under control: State Sanctioned Spirituality. A major cultural entity ingeniously sculpting our intangible, personal, interior lives with a pre-baked set of morals and stories towards support of extant power structures.

A very tidy cultural use of Spiritual Powers.

[I mean there's a lot of kinds of religions, and some are cooler than others. Please forgive my generalization here.]

But then this kind of hilarious thing happened where Rationality comes along and gives people the intellectual tools to dismantle State Sanctioned Mythos.

And people use those tools, because honestly, Religion is a huge drag for a whole lot of people.

And so of course Rationality is feeling extremely smug at this point. Like David striking down the Goliath of Religion, dismantling in large proportion the power that religion holds over society, offering something smarter, more reasonable. No more assumptions, tales, inspirations - only what we can learn and know is provable thus true. What a relief, to exorcise these creepy gods right out of the picture, whew.

But guess what ya can't keep spirituality down !!
Like a lump in the rug, that's our Spirituality.
Culture killed it but it just became a haunting ghost. Denied the possibility of being an Obvious Cultural Force, it's become an entrenched underground suspicion. Spirituality officially tilted toward its Occult axis.
You can't learn about auras or dreams in school, but that in no way suppresses an innate thirst we have for the mysterious.
The suppression makes the mysteriousness more powerful, I imagine. More enticing in a big way.
And it's awesome to recognize this, to feel its humane presence - as a true component of reality!
But how much do we suffer by this suppressed condition? How much does spirituality itself become a pale anemia of its proper self? What is the value of integrity in this degraded realm?

My statement is not vanguard - it is talking about the problem from within the thick of the problem.

Curiosity ~

I mean there's a lot of seekers out there at this point. Young culture seems willing to throw a lot in a magical hat.

That's nice! I think.

Maybe a generation that has room for spirituality in its tool box or value jar is destined to be better, more balanced.

But I still have one last complaint, you know.
Because the charlatans are pouring in.
The spiritually abandoned are ready for any conspiracy to
come hold them.
Charlatans

I mean there's great systems out there, ancient and con-
temporary, practiced systems of spiritual scientists and
seekers talented and unbothered by common 'credibility'.

Spirituality is huge, it exists, how could it not become a
market force too. Charlatans charlatans charlatans.
Spiritual truth is real and charlatans anchor on some
truth, right, otherwise how could they hold so much at-
tention? Something true, said for cash
It's fine
We all gotta live
But this fucking market force, and how you rope in peo-
ple, consumers - the currency of attention
So you sell them very premature uses of spirituality
You say spirituality can solve your problems and
even bring prosperity !!
I hate that, man:

Spirituality as a tool to get what you want : (

////////////////////////////////////

But like Mary lol - right now it's super crazy out there!
Like how can I responsibly argue for Uncertainty - now -
when outright DELUSION is rampant?

— But I would argue that it's not Uncertainty that is the
problem — but this insane desire to feel like you know
what the fuck is going on.

Now charlatanism explodes into political power
spiritually weakened, we are open to delusion
Poor rational materialists trying to argue with - to dis-
credit people on the basis of “hypocrisy”

Facts are not cutting it

The disintegration of REASON-ability - is this a back-
lash to the oppression of materialism? /// a CERTAINTY
ADDICTION?

Certainty Addiction is the Emotional Component

////////////////////////////////////

It's a real quandary, a quandary anchored in class problems.

Gurus often seek rich acolytes not just for the obvious reasons, but because the rich have achieved all the worldly things and realize that the luxury and wealth do not bring higher principles. (At least, that's how Osho "the Rolls Royce Guru" explained it, ha.)

The disadvantaged are guided to use their spiritual energy toward betterment of circumstances.

Spirituality is the realm of our invisible powers and its true - we might 'feel things happen'

But I just feel like - the Satisfaction of Desire is a hopelessly material objective.

To even desire Enlightenment - the way a class has made this an almost material desire —

Obviously the world is tough and people seek relief.

I just wish we could be more savvy about the intangibles, though.

To regain the value of the intangible

Wishes and wants are just like ... more capitalism.

Of course I often find myself praying against problems, it's a natural thing.

Is it human truth that a pure spirituality is only for people who have solved their lower needs? That would super suck.

It could be that up until now, the role of pure spirituality was for the occult seekers only

But everything must come out now.

Maybe what we hate so much is not spirituality but an awareness that capitalism and higher knowledge do not mix well. That the fraud and the spiritual consumer are going about things in a wrong if not corrupt way. This is what we revile, what we instinctively mock.

I'm going to suggest - that if you are one of the millions on a weird spiritual path - that you entertain this exercise - this idea of What Is Spirituality For / Outside of Serving My Desires. (Who am I, anyway? Why should my desires be so prominent, so 'sacred'?)

I have an idea.

What is available through this path is a deeper level of connection to world that we live in, what lies within it and beyond what we can see, test, or prove. The objective is a finer relationship to what is, and that necessarily demands a greater sense of responsibility to that world, our world. We are allowed power and wisdom only as much as we are willing to admit that we are not the center of anything in particular.

Sorry to have to be moral for a moment, but morality is one of those intangibilities that got thrown out the window in the great materialism project.

It just feels like

and this might be naive but

Since rationality / materialism has become the dominant mode of how we exist within the world, things have become very dire, heartless, alienated.

We find a great Personal Will to "make things better" - -

but the political and economic systems (anchored in rationalities and the materialized “number”) in operation are almost impossible to shift ... to infuse with ‘ethics of care’ or just holistic regard.

We may engage with valid practices of Improvement, and yet we must figure out a way to reconcile materialism and spirituality (high principles).

If spirituality is the realm of desire, then we must learn to consecrate our desires toward the whole of the ecosystem.

We must consider the high-holy sense of science which is pure and beholden only to ultimate truths.

We must fine tune the emotions of Science and consecrate the white coats into holy priest vestments?

We must abandon the materialized number expired in purpose and impose a sacred geometry calculator where the Stock Market was ??

We must laud the Culture of the Niggling Anomaly ??

The greatest problem here

HOW TO VALUE SHIFT AN ENTIRE CULTURE

I BELIEVE IN SPIRITUALITY

dscape	water feature	season	
ne base	tap	winter 18	d
dges, confluence	river, canal	spring 18	la
ach	lake	summer 18	e
& pile	cloud	fall 18	a
amp	swamp	winter 19	n
vestones, flower	waterfall	spring 19	e n
rounding shore	bay	summer 19	la a
k / museum	snow / melt	fall 19	d

Body Building

hour	missing piece	metaphysical principle	body activated
day	gaps	consciousness	mythic
late morning	legs		nervous
evening	heart		endocrine
afternoon	gut	supernatural	pain
noon	neck	magic	material
early morning	tail	psychic	astral
late afternoon	head	mystic	energetic
day / night	lungs	spirit	earth

Material
Dictionary

Terminology of the Materials of BODY BUILDING

The Body (the body as self-object)

The Body is the only Vessel necessary to explore Mystery, ignorantly, with curious bent.

Everyone has a Body

////////////////////////////////////

BODY - Thesis Body - The Sis

what is the MATERIAL of the Body? facets

PRIMA BODY //// parts and pieces in specific:

- a Spine which is a line of Cores ... the Cores are varied and composed of Aggregates of excess Performance Materials ~ spherical, wound, compact
- a Uterus which is Primary (the first made) ~ the magical organ (dreaming)
- a Head which gains toward completeness - with a Nose, a Center Eye, my Actual Hair (periphery) ... two "eyes" as well (Built)
- A "chest" area, ruled by Eagle ~ angel wings and breasts which surround lungs and heart
- A crown for the head ~ sewn coil of ritual rope (Built)
- A pair of feet (soles)
- The body rope ~ a sense of nerve, total body connection/mass
- Gloves, filled

There are a series of “made objects”, similar to but not Cores: Built Organs. Also wrapped, wound, and compact, but nature of this organ-item builds around an object of particular significance, resulting in an odd shaped form. Specifically made in the context of the Body Building project, to serve a ‘function’ in the Body ~ the object of a Park Work, sparked at the park and completed soon thereafter ~ Gap Fillers, or Solvents, or Conduits. The object of transformation of a Gap to a Conduit.

Built Organs are as follows:

- * Tail
- * Womb
- * Gut
- * Heart
- * Neck
- * Brain

Complements & Auxiliaries ~ Many Built Organs have COMPLEMENTS, which are often (but not always) natural or readymade equivalents to the Built Organ. AUXILIARIES are when the Double of a Built Organ is another Built Organ.

Complements & Auxiliaries are definitely .. extra .. but speak to the Double nature of the Body Building project .. as if one-is-for-her, one-is-for-me. This convention also stems from the public and traveling nature of the project - unable to carry the whole Other body with me as it gained in weight (Solvents), I wanted the body (left at home) to retain a wholeness as I went out into the world to gather more parts for it.

In more detail:

TAIL: Tail is Built Organ like a wound crucifix (telephone wire). The Tail ties into bottom of the Spine; its Complement is a pyramid of Curly Metal that signifies a base upon which we stand: two legs and a tail.

WOMB: Womb is Built with a powerful core: a menstrual cup / quartz rod / tucson magnet shape. The Complement of Womb is element Stone (Stone Baby).

GUT: Gut is dual ~ Two Built Organs with slightly different characters. The primary one is a small metal ball set in the wax center of a glass jar, sewn into a knot of intestinal fuzz. It's Auxiliary is a Battery, wound in Metal and prop Guts.

HEART: Heart is Dual ~ both hearts are of a wound nature. One is Classic - Yarn studded with Charms. Other is Deluxe - Rose Core built out with two fused yarn hearts.

NECK: A spinal Leather wrap and BFF necklace encase a con-duit built around pine cones and battery cord, symbolic blood dripped through. Its Complement is lake-washed Wood.

BRAIN: Brain is curly Red Light Bulb stuffed with Balloons. Its Complement is a Conch Shell.

Further Body elements include:

- * Lungs (Balloons filled with MAGMEN air)
- * Skin
- * Broken Glass
- * Glass Hood
- * Rattle - Seeds in a heart-shaped metal box
- * Blood

A metal cage houses personal Ephemera which indicate nodes of Personality.

Other bodies: Stick Body, Metal Body, Broken Glass Body

////////////////////////////////////

Relics are objects which are formed in the magic work-phase and left behind in environment (also called maquettes)

////////////////////////////////////

this is often the act of two becoming three, of vaulting into a new level

Comprehensive list of 2 -> 3

Heart -> Extra Heart

Two Legs + Tail (3 Soled)

Two Eyes + Third Eye

Two Peripheries + Third Eye

Heart + Two Lungs

[Chakra + (Organ + Complement)] = Core Body

The threeness of **T**

////////////////////////////////////

//////////PROCESS NOTES

This is-ness of things has always been interesting to me.

To create a thing in its entirety - an object
To set it in motion

To do this requires a certain kind of belief
an ability to believe

it is a power - a suspension of power
to let the object assert itself

you are the actor
that matchy matchy puts all the things together
I
that coalesces the cores of power

process /// order v impulse
but always toward order
being a fool within order
tamed by order
complicit in order
certain a moment

so it is a process determined by other realm
which i find my way to
again and again
through the use of obscure elements, objects that are
(recognized as) charms and talismans in themselves. the
simplest shape with an identity and power its own.

i can't tell what is the role of ego ~ it seems like you might say i am stepping away and yet it feels quite present

are you tempered by your work

So you form your cores and organs.

Pick your materials, charged, accordingly.

So you merge and meld.

You build a whole from parts.

????????????????????????????????????

PROBLEMS as Art Material

PROBLEMS TO SOLVE IN-BODY PHASES (intents)

1. a problem to realize
2. a gap to overcome (becoming an artist = being public)
3. a heart to modify
4. an examination of the Desire Problem (the fear problem) (fear of loss*)
5. connection between head and body (upper level + lower level attributes)
6. a cure to a real pain developed in Phase 4 (a pain in the ass)
7. firm head development
8. establishing relationship between my disjointed body parts and the (disjointed) Other. also, Lungs.

??????????????? MATERIAL????????????????

MATERIAL ~

Abundant Objects of like property /// THE ESOTERIC FORM OF THIS IS THE PILE

Piles are heaps of material blessed by a looseness of conglomeration. They hold a shape which might in space shift with time, gravity, weather - they rest almost body. They are the geometric expression of a (homogenous) material in abundance.

TYPES OF MATERIAL

STICKS, sensitive wood, made as a body is made, limbs of lived process

GLASS, broken

LINE is the Material of TIME + Action

String, Rope (Tensile Principles) (Vibration - Conduit)

- Tensile Sculpture = Living Element

The winding of objects and materials into cores, items living in convergence, the meaning of all held together in a mysterious form of which the outer edge only can be perceived. Objects in which something is happening (as performance art) ///// Cores - Aggregates (shaped mass) ///// line as energy ~ therefore dematerialization of the art object

- RADIAL / RIPPLE (echo)

- Web (line as Object) / Map (line as connection)

- Aesthetic experience (drawn line; outline & fill line) ~
Signature

- Linear experience (narrative) (efficiency vs elaboration)

- Tension (connecting) vs Compression (binding) //

THESE ARE TOTALIZING ACTIVITIES

- Knots

- The winding path

Objects

Objects are more individual, particular than Material

OBJECTS AS Metaphor / Relic / Talisman / Psychic Tool

Objects as Living Beings of History, Form, Personality ->

what is its power

Objects - my objects bring me joy / who am i to discard

an object? / better to bring them in, to offer shelter / we

objects all together

Valise is womb, and portability

BINARY AS Radial & Ripple

Conduit & Connection (as in the Nature of the Neck)

Bang / Swirly

Force / Grace

Lean / Let

Pit & Pile

Material + Line = The Body as Tensegrous Conglomeration (T) // the magmen dream

“coming together” held in your own wholeness

approximating living into life

WATER as material (???)

the kapha sliver

feeling as material

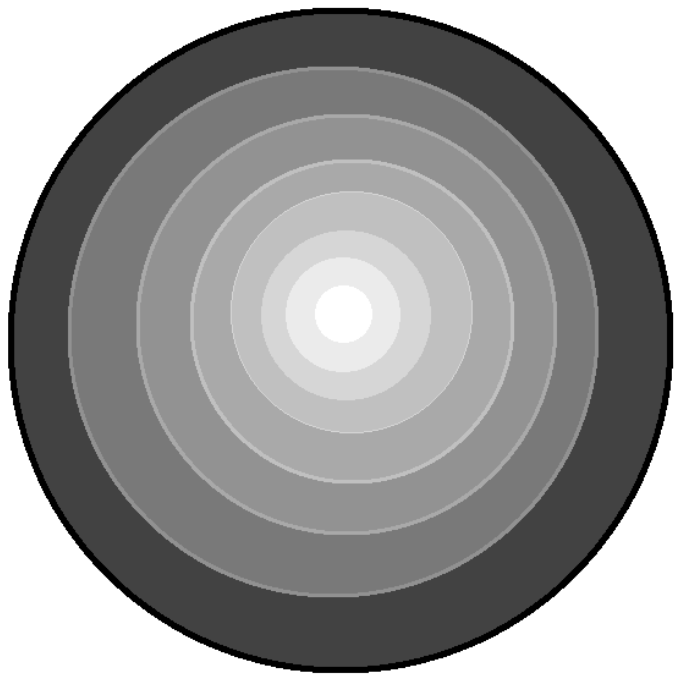


CHART BREAKDOWN

*To approach my concern with
Spirituality*

I resort to science aesthetic

*A certain path to invisible realm is language
What are the names of the states
What do they mean, I mean -
What is the felt distinction between
How does each word-concept characterize a
factor of that total state*

Spirituality

*Simply: our subconscious sense of the
unconscious planes*

All that immaterial

*That which is not evident or obvious enough
to*

pin down

Only feeling

"unreliable narrators"

To be a scientist of it
To become a reliable narrator of the un-
known world
 the mysterious world
 the unreliable world

But how to talk about it

U

To communicate that:
 yes this is part of our existence

us

you have felt it too

What do I know?
& What words have we heard

*A process begins with knowing the sense of
words contained in this landscape*
SPIRITUALITY

*There are so many
What do they say*

*how do you feel your way
through words*

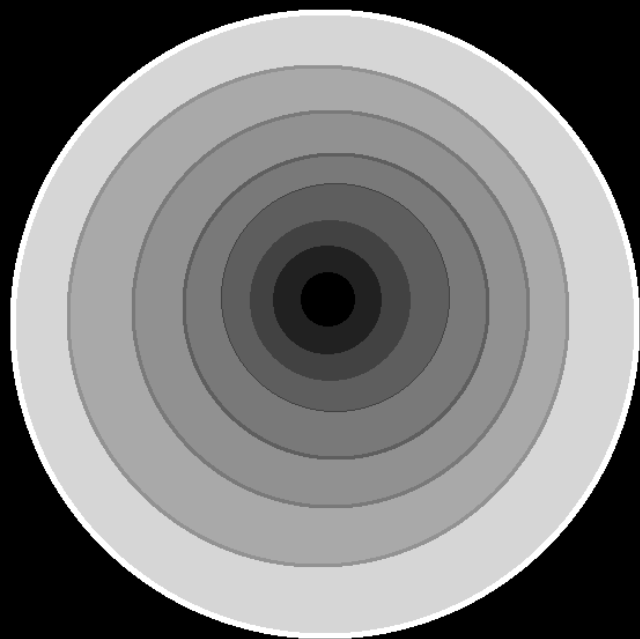
1. Using basic thesaurus, we isolate the strongest words which refer to REALMS, total angles representing a unique Brand of immaterial experience (x-axis)
2. Using basic dictionary, we list the Qualities found in the definitions of these Realms, noting repetition and recurrence (y-axis)

** It is noted that "Spirituality" as a concept is only one of those Realms, with its own specificity, qualities and limits. I have long been suspect that "Spirituality" (the word) is not our default because of a particular excellence of totalizing the immaterial concept, but rather because it is the most concrete word in a group of esoterica, the most noun-like, therefore the easiest to grapple with popularly (materialism). Spirituality is a word convenient for Americans, anchored in a positive state that conforms to the national anti-darkness fear programming, imbued with a ruthless sense of individuality.

A basic duality can emerge in the types of Qualities, two camps commonly indicated in the general Experience of spirituality.

The two camps can be generally characterized as dark and light. Not the old trope of 'good and evil' - but a subtler distinction hinged on our human levels of comfort in the state. It is a binary but less about linear stations – more about qualities of knowing, of assurance within the dark parts, of an unfolding relationship. This is not talking about what we have experienced – that is often wholly personal. But it is the acknowledgement of a gradient of experience unacknowledged (or made trivial) by society.

Dark is, essentially, not-knowing – the suggested sense of that-which-lies-beyond, which hints at us and teases that we are not complete, nor masters, nor 'in control'.



Words of the dark camp are anchored in the
Other:

supernatural
secret, obscure
liminal
occult
esoteric
unexplainable
eerie
mysterious

 speak about the ways an
outside-normal can be experienced through
 our own present sensory bodies of body
(danger), mind (speechless), will (curiosity),
 and emotional bodies. We can place these
extra-sensory experiences in certain planes
 and relations to ourselves and our own
subtle combinations of regard, beginning to
 chart just where out there they lie, making
 inquiries into the shadows.

The words of the light camp

awesome

immaterial

divine

sacred

ethereal

eternal

liminal

refer to the unfolding of those knowledges, the coming into union with them. They can include and acknowledge the Self of the experiencer. This can be through effort of learning or invited revelation. We encounter strange states and human abilities like "belief". These are senses of awakening, a plug into a bodily sense of "certainty" = personal proof.

*But what if this is not a binary as we cling
to binaries*

But a disc with a center hole

The hole is most dark

*Gaining in materiality as it grows out to
form an edge*

A giant circle of Other

palpable on the surface

culture coating it like oil

always anchored in void

Dark camp pulls toward center

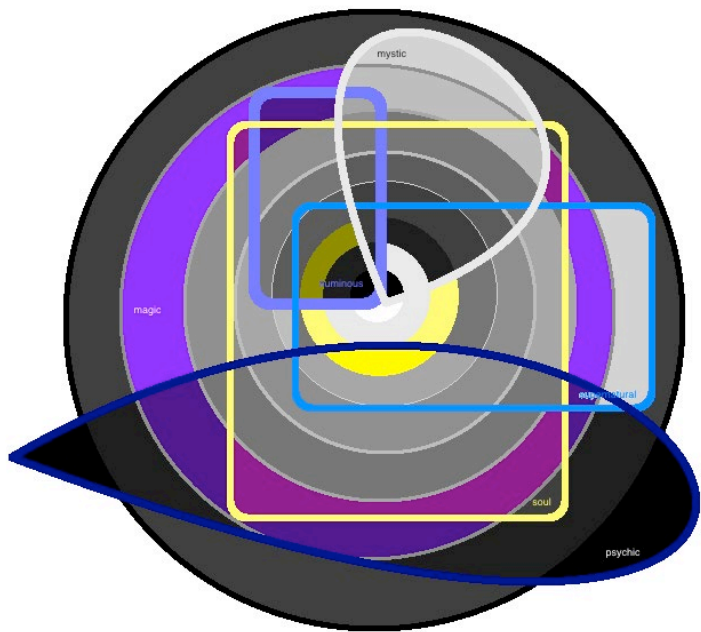
Light camp out toward edge

And states plot out among them

*revealing themselves only to be particular
expressions of grayness*

*various vibrations between knowing-other
and unknown-other*

various specialties in the mystery



MATERIAL

IMMATERIAL

SELF

OTHER

BODY
AWARENESS
PROGRAM

My experiment is an eight-point idea of my whole body. Anyone could do this.

I chose eight body 'parts' that indicate eight body systems that support our conscious being. I'm not saying there are only eight body systems.

Some kinds of systems: Organs, motor machine, holy awareness, ultimate physicality, ancestral connection, sexuality, sensory perception, imaginary being.

Hot tip: Choose simple body parts first according to a personal sensitive process, drawn to areas that seem to pose a kind of 'problem' or concern, and let them 'discover' its own system as a kind of narrative.

I rehearse the eightfold points as a walking practice, a public activity that is performed in the privacy of one's own skin. They unfold as a map, as your legs map you through space.

We walk like trance and center the mind in a gradual scan.

The chosen body parts have a routine sequence to be determined arbitrarily or with intent. The order is not written in stone.

Each body part is addressed in turn by sending the mind fully into awareness of that body part as it is being exercised in the rote action of walking.

I performed this practice quite routinely and it came to acquire further features.

The ideal is a kind of looseness - an awareness that circulates freely in the part and begins to sense its functioning in the connected whole in motion.

This is done without the judgment mind nor forced correction.

It was through this process that I gradually became aware of the parts as signifiers of their larger systems and the connections between them.

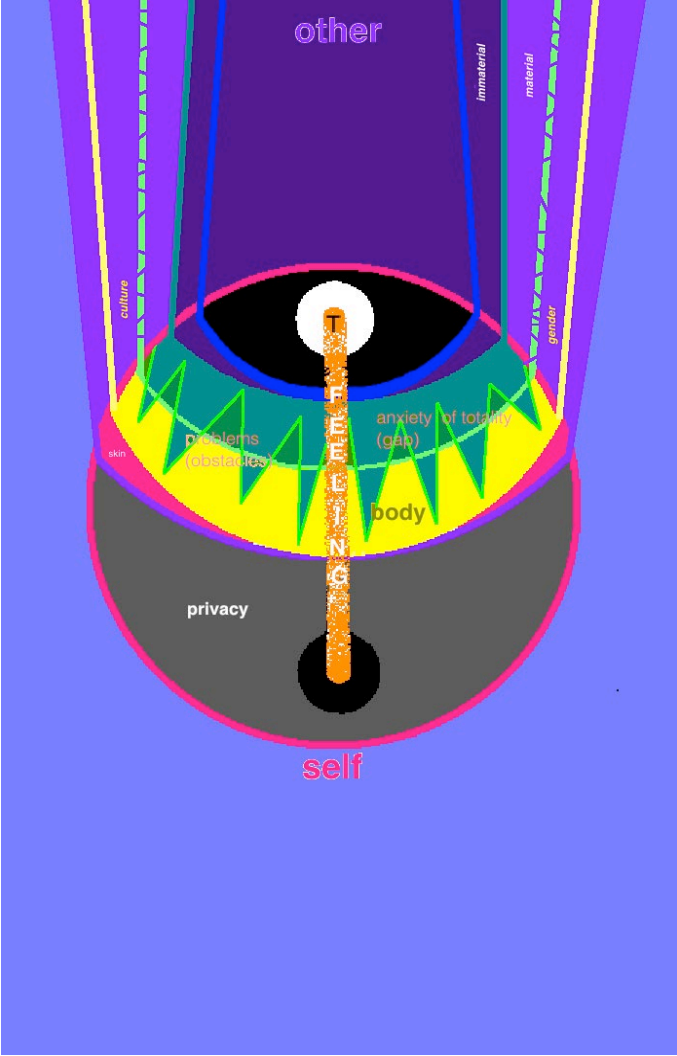
The parts acquired eight helpful spirits, like animal spirits but not necessarily.

The spirits fell along the true eightfold structure common to any human: Four directionals, above and below, relative left and right.

The acknowledgement of this map, now both interior and exterior, becomes a major protection ritual: The Sealed Body

This ritual is neat because you can do it any time you are just walking around by yourself.

You are a body in nature, listening.



///// Hiding /////

The most likely explanation is that our stories of Good and Evil are a grand myth perpetuated by Patriarchy. Tales of types of Villains were created to enforce social behavior, a boundary for our possibility, a sculpted morality keeping a certain social structure in power.

Darkness and Light are certainly real, however. Light is the qualities we associate with living, wellness, knowledge, growth, success. Dark is the realm of death, decay and dreams, where uncertainty lies. This leads us to fear, fear of the unknown. A vast ruling hegemony has persuaded us to favor light, to pursue qualities of Growth, to fear and ridicule the small, the private, the uncertain.

Any binary offered holds the healthy possibility of balance (or at least a graceful pedulum), but this is not the world we inhabit. Darkness is made into a lesson about Evil and our instincts to live quietly, mysteriously, aimlessly are scrambled. Light crowds glaring our lives. Our personas and identities have acquired massive significance as we feel more seen than ever, responsible for creating our own entertainments and becoming our own stars. Totalizing human philosophies, structures and practices are erected only on what is known and 'provable', omitting suggestions, clues, hints gotten in dreams. This behavior of lauding exclusively Light qualities has destroyed any functioning balance that could have made humanity a viable organism within Earth's ecosystem.

For the powers of darkness are real and with all wicked potential that has been ascribed to them, and they seethe with the frustration of unrecognized fury. We see it all around us in newsworthy forms — governments everywhere in the world usurped by election of the ugliest monsters — young men unafraid to slaughter their peers and neighbors — destructions wreaked upon the earth body itself. Suffering is wrought everywhere with glee! and I suggest it is the natural result of centuries of Light Dominance — the pathological attachment to Light — that has made the darkness reactionary and villainous.

When I began this project it was with the idea of bringing certain art practices “to light”, a decade of assemblage work guided with self-improvement ritual tactics and occult certainties happening in the privacy of attics. If the impetus of my work is a recipe for (artistic) Viability, it seemed I would have to reveal these most intimate parts. But as I work I understand that bringing-things-to-light is not desirable as a literal activity. I feel that my art process (perhaps anyone’s) is a dark one, happening necessarily in a hidden place, 85% conducted in secrecy, privacy, solitude. In my public park performances, I notice that I remain hidden from most passing humans, in the open and yet granted protected space. The 15% — the part to be made visible — is only a skin stretched over the secret interior body of making.

Darkness exists, natural, within us. Our skin holds all organs in a light-tight body capsule, and every bodily function that occurs — i.e. “me” (you) — happens in a secret shadow space. Efforts to literally visualize these processes — surgery, x ray, microscope — refuse to disclose the real secrets of our material being, the subtle connections, reasons, attractions, the holistic machine that fires according to a grand mysterious sum of self that emanates from a stubbornly invisible unconsciousness.

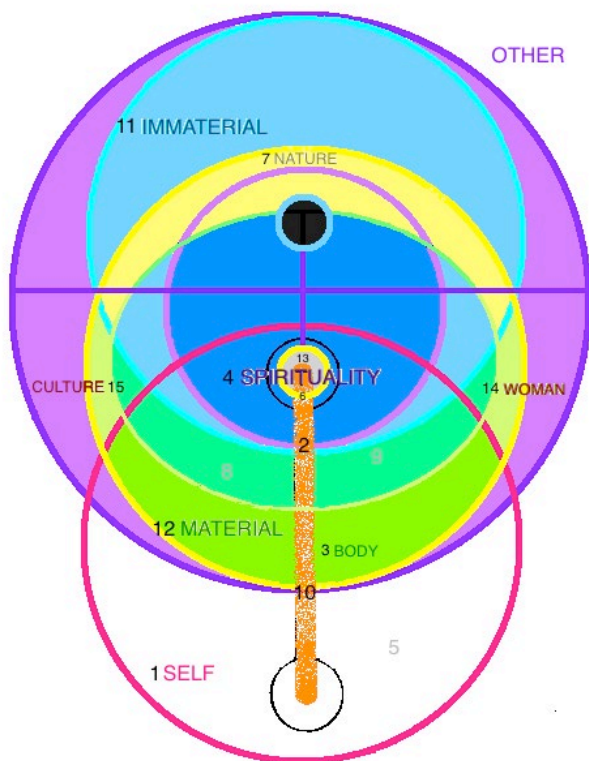
There is the insidious moral fiction of Norms - the effort to mathematically sort what is desirable or not in this social structure. An average which taunts every individual into anxious projection of Who Am I - and how do I measure up? Inevitably you fail — somewhere in this list of human quality you are haunted by inadequacy. Somewhere in you is a secret, unacceptable desire, a gastroenterological weakness, a mental stutter, an emotional incontinence. These deviations may be quirky or extravagant, but our greater compulsion, the regular dictum, is to Hide Them Away. Humans are beings hiding, mimicking ‘each other’, showing only the acceptable, common parts.

Perhaps in an ideal, value balanced world I could be equally private and public, but instead I have become morbidly obsessed. The hidden world has come to largely occupy my sense of this dimension. My eyes see mostly darkness but with compassion, with forgiving sense that dark is not inherently evil, but only has been made so by the egregious cartoon of enlightenment values programmed in us. In this world I must hide to seek the hidden paths. I still try to see — to know — to understand — light knowledge. I learn these things as a fort of battened hatches, as survival instinct, as the world of

Light crumbles into chaos.

		mysteriou
METAPHYSICS		abstractio
SACRED supernal		spooky
SPIRITUALITY		liminal
CONSCIOUSNESS	1	ineffable
MYSTICAL	3	supersens
NUMINOUS	2	
SUPERNATURAL		OBSCUR
OCCULT veil	4	PSYCHIC
energy		HOLISTIC
magic		TRANSC
		ENIGMA

s	dream
n	death
	ancestors
	quest
	healing
sible	ritual
	prayer
E	FORCES
C	ESOTERIC
C	HEALING
ENDENT	ETHEREAL
	ASTRAL



Appendix ///
RECURRING
TOPICS

1. Self

trust this body (3)
artist, demonstrator, communicator
(actor) / scientist (observer), prover (postulator), reasoner
(thinker) / author, narrator
operating within your oppression
(woman + age = Hag)
Community relation: talking about Spirituality (4)/ preaching holism / Cultural Critic / insisting with moral fervor (15)
The Private Person (5)
Gray Practice (2) (rearranging material to communicate with immaterial)
Contains: (5) Privacy (8) Anxiety of Totality (9) Problems and also (16) Feeling ego: LIINC the vessel on water (7)
“herm”

////////////////////////////////////

2. Gray Path (witch world) ~ the Code, the High Value dictating personal acts in the world ~ ethics ~ a Manifesto of Intent ~ crucible of Discernment

what is mercy
in-between states (body 3) (spirit 4)
(water/nature 7)
Synthetic Solution to the myth of good and evil (15)
within (encompassing) the overlap of Self and Outside-Self
Uses Feeling (10) as a navigator
Nature of Value ~ honoring parts within whole

3. Body

gray (2) relation between Self (1) and
Material world (12)
Problems to solve (9)
woman/body - hag relation
ladder shape
The Glory of the Part
singular material state which serves as
Antenna of the Immaterial World (Barometer)

////////////////////////////////////

4. Spirituality is Valid

weird, felt continuum of spooky to
enlightened
why does culture deny the
(im(material)) whole
forming relationship to unconscious
(11) (from consciousness; through subconscious)
confronting the disprovable
arguing for legitimacy

////////////////////////////////////

5. Lay Low (undocumented experience)

The Inside of the Body (inside skin)
fear, survival, flourish
darkness & secrecy
impending Reveal affirms private
practice
private sensations and abilities eg
feeling (10)

6. "Help Yourself"

relief from modern alienation
Self-Improvement &/or Self-Control,
expression of Will (supernal)
Protection
Art as Transformation Ritual ~ a site
of Power, Potency, "MAGIC" (particularly 2-> 3)
Being-in-Nature as Communion (7)
encounter the immaterial world ~
Mystic Realm (11)
Totality ~ Holism through Tensegrity
~ MAGMEN (-8)
being part-within-whole (a piece)
inside sense of your own wholeness (3)
Intention as commitment to ____ (a
certain path) _____ [how to circumvent prideful prob-
lems] (2)

////////////////////////////////////

7. Nature

listening + dialogue with nature
Materials & Places (the Numinous)
A Gray Path (2)
Water ~ alien, powerful, on which
LIINC ~ the Kapha Sliver
animals

10. Feeling States

The Sublime stuff - as Agnes Martin says
'response in primary awareness' - feelings you would have
at the beach - sublime, joy &c, all Positive. To be distin-
guished from petty Emotions (9)

attention

Will as a receptive tool

"i like this" -> i am like this

Desire as a bridge to Totality

BELIEF consciousness. The difference
between belief and rationality (intellect); these different
forms of mind; the Powers of both of those states; the
Fusion of these in Direct Experience (2)

//

11. Mystery (Immaterial)

Real state outside of proof

the unknown

is this the same as Unconscious / Void?

an idea that the immaterial is rather the
core of all material ~ and strata of spirituality heretofore
identified lie as spheres approaching or resisting "material-
ism" or "being Known"

//

12. Material

quality
what is formed with substance & has

what we see in the light (not to be con-
fused with holiness)

what is known, plain

the Object (Other-Body)

13. Thesis as Solution (6)

Art as cure, coping strategy, "attempt",

DIAGNOSIS

thesis product is summary of self

experiment

Tiffany

'Authoritative artwork is dependent on the obedient state of mind.' Agnes Martin

Discipline versus desire (two common ways Art is made). I desire reconciliation of artist identity; I foolishly desire to be disciplined (daily practice). I do not desire to make art from nothing, for no reason. I do love a reason or obligation to make art: a posed problem to interpret or "solve" with creative measures. This is a kind of complication of the discipline/desire binary - I desire a making practice that is desired from me: herein I find the discipline necessary to make.

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14. Women

unique abilities gotten through

internalized surveillance

woman as body (3)

Hag as Cultural Critique (15)

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15. Culture

New Age as Disorganized Religion

Modern art as a flesh for occult ideas

Human systems (often badly) integrating material with the immaterial - incl. the world of values

The Stupid Patriarchy

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