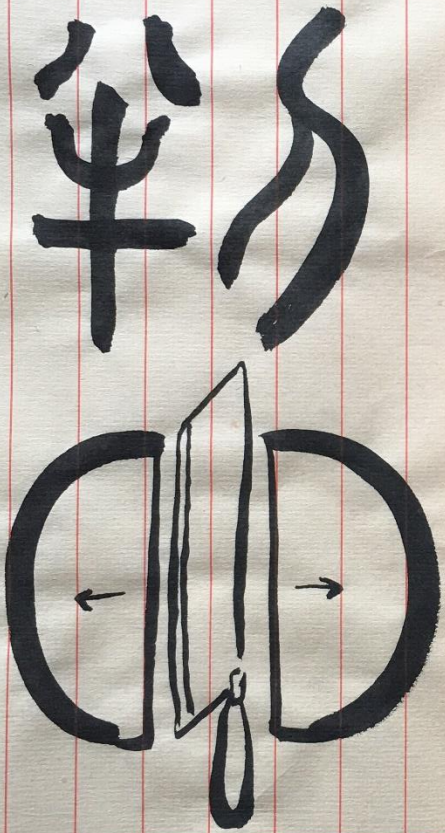


NO.1 DRAWINGS COLLABORATED with **KONRAD RYUSHIN**
MARCHAJ'S DAILY RELEASE while practicing with his independent year-long
 cycle of the **BOUNDLESS FREEDOM COMPLETE PRACTICE** training
 program

Here to know more about Ryushin teacher and his teaching:
<https://www.theatrewithin.org/konrad-ryushin-marchaj-bio>

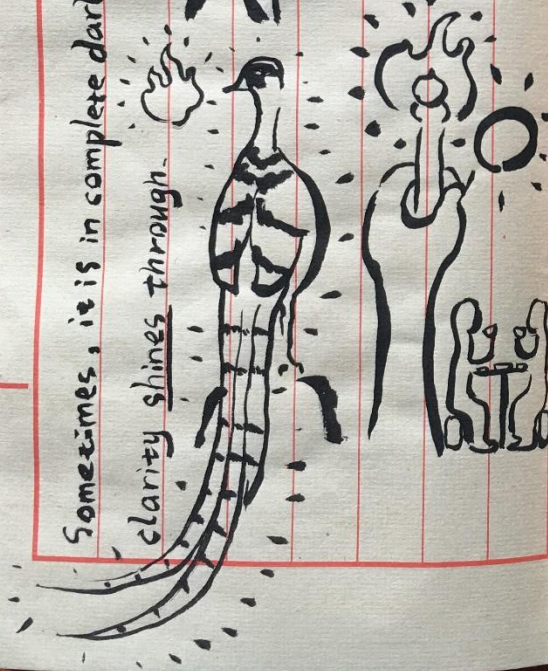


To the degree to which we judge our thoughts, we also
will judge our fellow humans. — Oct 30



Sometimes, it is in complete darkness that true clarity shines through. — Oct 8

耀



The opposite of presence is impatience. — Oct 3

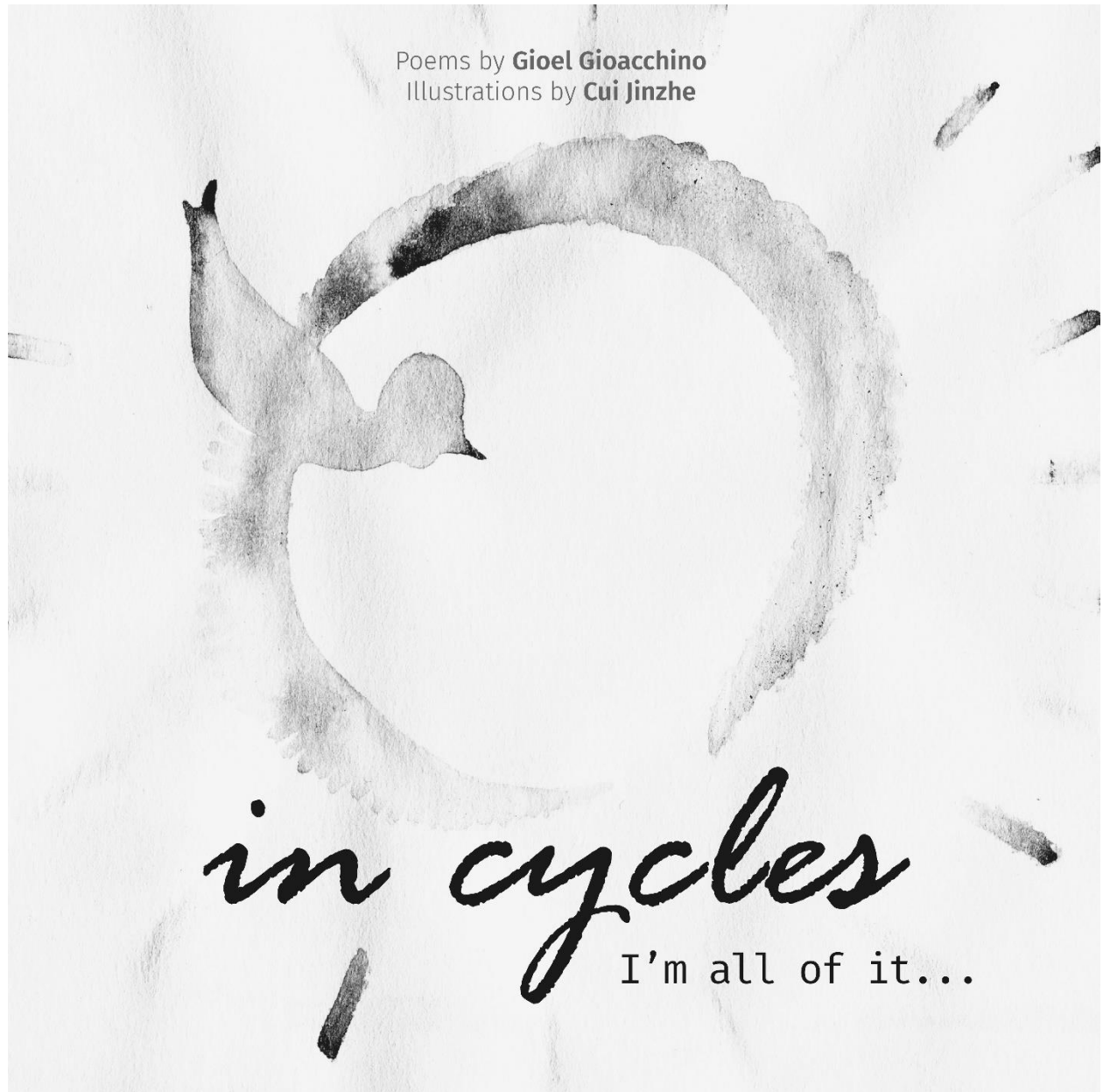
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NO.2 DRAWINGS COLLABORATED with GIOEL GIOACCHINO'S POEMS

For Gioel's Chapbook **IN CYCLES**

Here to know more about Gioel and download the whole book <https://gioelgio.com/incycles/>



Note to reader

Over the last year, I have been playing with my inner world. I have lived with a constant open invitation to witnessing myself (and letting others witness me) in my darkness, my love, my hate, and the whole humanity coded in my ancestors.

The lesson learned so far:
I am a lot more than I think I am.

I am much bigger than the various identities that I choose (or that others have chosen for me).

To recognise this, I have practiced passionately existing as me, with all the pain, stickiness, and sense of loss and wonder that comes with it.

Poetry has been a vehicle to swim along these cycles. It has served as a reminder that – as I go with the ups and downs of being me – life is always passing through.

The poems in this chapbook are each written in moments in which I glimpsed at myself being. I hope they will evoke memories in you.

I am grateful to the community of **El Juego** for inviting me in such a radically loving exploration of my inner world.

I am grateful to **Recrear** for the reminder that I can constantly recreate myself in dialogue with other people from all over the world. Amongst the people I met through Recrear is Jinzhe, the artist who illustrated this chapbook.

Jinzhe, I am in awe of the way you travel in and outside silence – your voice and traits are each time more wild, childlike, and pure.



Hold



Hold silence
for free
The night is still young
And I need to feel
how much I care.
It's soft
the becoming,
like honey,
don't need machines.



Let the words awake



I don't need to fry it
In sesame oil
And add salt, mayo, and ketchup.

I am not looking for juicy

When I say

I love you

and you give it space.

Let the words awake
Find their voice, and then blend
with the sound of the river

They might
open their wings

And fly,
Like white butterflies
Resting over rocks
shaped by the stream.
May they drink the nectar of
the purple flower

and wonder,
swim out of my mouth.

Comfortable,

Like a baby in the water.

NO.3 PAINTING COLLABORATED with SHUMAILA HEMANI'S MUSIC

Commissioned For the Cover Design of Shumaila's Album **MANNAT**

Here to know more about Shumaila and her practice <https://shumailahemani.com/mannat>

