

~Profound Experience Of Staying At Home

~PROFOUND EXPERIENCE OF STAYING AT HOME
A QUARANZINE
MAY 31st 2020
ISSUE 10



Edited by Lucy K Shaw
& Sarah Jean Alexander
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May 31st 2020

Cover by Lucy K Shaw

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Hi everyone,

Hope you're okay.

I wanted to try something different this week, what with it being the 10th issue.

Or QUARANZINE X as some people have been calling it.

QZX!!!

(To be honest, it was just me, I haven't really talked to anyone about it yet.)

My big idea was to invite people to make a self-portrait. This was at the start of the week, when things were different.

Throughout this whole project, I've kept on saying: 'It's amazing what can happen in a week!' and once again this rings true.

We stand in solidarity with everybody who is protesting for justice for George Floyd. With everybody who is working to put an end to racism, in America, and around the world. With everybody who is fighting for systemic change. Of course we do.

It's been so inspiring to see so many of you donating to bailout funds and taking to the streets this week, through the little window in my phone. I hope everyone is continuing to stay safe. Let's keep this momentum going.

Here is.... *don't say it*....

...QZX.

Talk to you next week,

Lucy

Catching Up With Mitzi in Marinduque

Kate Shaw



Do you remember Mitzi? I wrote about how I met her in the second issue of the Quaranzine. She's my friend from Marinduque in the Philippines. She helped me out when I visited her island five years ago. She tried to help me find a place to stay when I had nowhere to go, and when she couldn't find anywhere, she welcomed me into her home. I ended up staying with her and her family for three days, and they wouldn't accept anything in return.

So eight weeks ago, when Mitzi told me about what was happening in her country, that millions of people were unable to work due to the lockdown, and that without government support, so many families were struggling... I sent her some money to help her and her family.

But Mitzi spent all of the money on other people in her community... She bought rice for 30 other families. I couldn't believe it.

She inspired me to want to do more. So we [launched a campaign](#) through the Quaranzine to help provide support for her community. It felt like something we could do to help people directly.

And it worked!!!

To date, we have raised \$1,049 (!!!) and helped hundreds of people in Marinduque.

Mitzi wanted to send a message to all of you to say thank you.

And then I followed up with a few questions.

Hello, this is Mitzi. On behalf of all those families that we have reached through your donations, we want to thank Kate and all of you bigtime for your help. This really means a lot to us. Our distribution is still ongoing. We have reached more than 150 families out of 465 families in our community in rice distribution and still ongoing. I have ordered rice again to be given to more families. We have provided food for our nurses and doctors in our local hospital and will be sending them face shields and surgical masks for protection. This was all made possible because of your help. Our endless thanks to all of you. Maybe a small amount of money to you but really a big big help in my small community. May God bless your good heart. We are praying for you and your family. Let's all be safe. Much love from Marinduque, Philippines! ❤️



How are you today ? Are you still in lockdown?

I'm fine, we are on General Community Quarantine now. That means 21yrs below and 60yrs above is not allowed to go out. No more help from the government now. Work resumes only for those who can provide shuttle service to their employees. But if none, then we work from home 😊

What are you allowed to do at the moment?

We are allowed to go out only to buy essential goods. Only one person per household. In my case I do the buying because my father is a senior citizen and I have 3 kids.

What support has there been for people who can't work?

Ah, we were only given support during Enhanced Community Quarantine, that was equivalent to a lockdown. In our case here in Marinduque, we received a total of 18kgs of rice from the govt during the 2mos of lockdown. Then we switched to GCQ and no help now. 😊

AREA CLASSIFICATIONS IN THE PHILIPPINES

COVID-19 PANDEMIC RESPONSE

ENHANCED COMMUNITY QUARANTINE CRITICAL ZONE (CRZ)

No movement
regardless of age & health status

Minimal economic activity
except for utility services & critical economic sector

No transportation activity
except for utility services

Suspension of physical classes

MODIFIED ENHANCED COMMUNITY QUARANTINE CONTAINMENT ZONE (CZ)

Limited movement within zone
for essential services & work

**Operation of selected manufacturing
& processing plants up to 50% workforce**

Limited transportation services
for essential goods & services

Suspension of physical classes

GENERAL COMMUNITY QUARANTINE BUFFER ZONE (BZ)

Limited movement
to services & work within BZ and OBZ

Operation of gov't offices & industries
up to maximum of 75% workforce

Limited transportation services
to support gov't & private operations

Flexible learning arrangements

MODIFIED GENERAL COMMUNITY QUARANTINE OUTSIDE BUFFER ZONE (OBZ)

Permissive socio-economic activities
with minimum public health standards

What has been the hardest thing about the pandemic for you? What have you learned? Has anything positive come out of it?

You know what, personally, the hardest thing to cope with is the fear and worry, for the safety of my family. Money is just secondary but very important in these trying times. I've learned to just lift everyday to God. Praying that He will provide. And He will not forsake us. And this shall pass. On the positive note, we learned to give, to share, to be compassionate to our neighbors and other Filipinos. We learned to value time, freedom, friendship and family.

You went out of your way to share with your community. What inspired you to help so many people? When you could have just kept the money for yourself!

I feel blessed that we are healthy and I have work, and others don't. So giving back is all we can do now.

Hahaha because you raised that for my community, not for my personal consumption. Hehe. But seriously, it feels good to see someone smile because of a good deed. I still have money left from the donations which will pay for more rice. We don't know how long this crisis will last and it's good to provide rice for the families, even for 2-3 days. And I always tell you, it's difficult here. Especially if you

have no work. I tell you I only get paid \$15 for 8hrs work. Hehe. And laborers get \$10. And I'm aware how hard it is to work. So if I share, through your help and from donors, it's really a big big help to us.



Do you feel like your community has gotten closer because of this crisis?

We're closer thru technology. Physically, no. But we managed to get closer thru text and video calls. I managed to get in touch with my long lost friends that I haven't talked to in a long time. So with other family members. We learned to help each other out in times of need. Especially here in our community.

How do you stay positive during this time?

I always hold onto my faith.

What are you looking forward to?

You know what, I really wanted to physically attend mass for thanksgiving when this is over. And I pray that people value everything we learned during these trying times. I look forward to family gatherings. Being with friends. 😊

This week, I invited many friends of the Quaranzine to make a self-portrait.

Now, I would like to invite you to the opening of our show!

(It's here & now!)

Self-Portraits In The Last Days Of May, 2020

A Quaranzine Exhibition

May 31st, 2020

Please, try to imagine you're in a gallery space.
Spend some time with each piece.

They are presented here in the order in which I received them after sending an email on Monday.

~Profound Experience Of Staying At Home, (QZX)
is proud to present to you,
35 self-portraits from the last days of May....

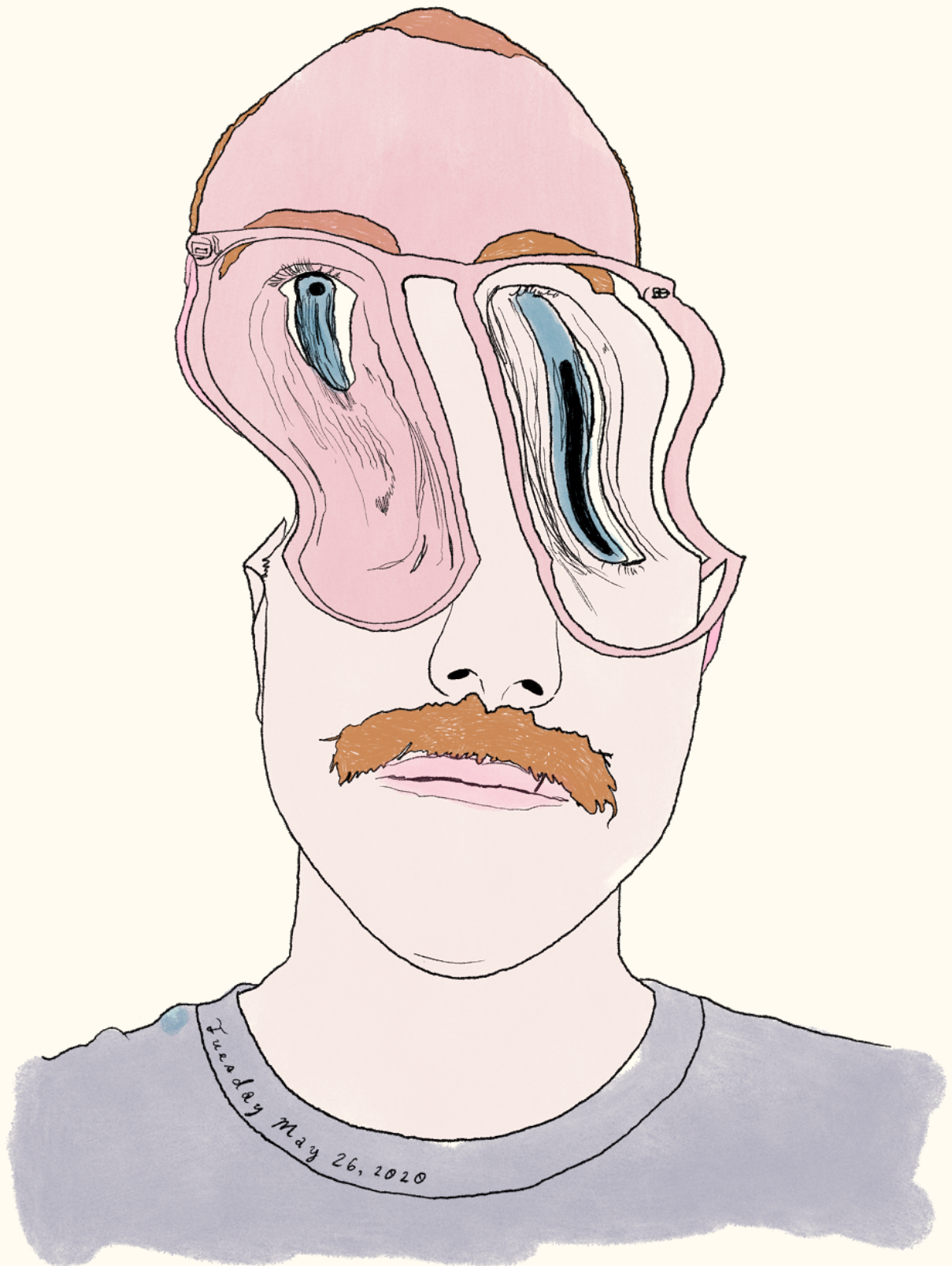
- **Rachel Hyman**, Chicago IL
- **Mark Jednaszewski**, International Waters
- **Yu Yoyo**, Chengdu, China
- **Michael Inscoe**, Brooklyn, NY
- **Francisca Matos**, Lisbon, Portugal
- **Niki Schur Narula**, Brooklyn, NY
- **Stacey Teague**, Wellington, New Zealand
- **Sarah Jean Alexander**, Brooklyn, NY
- **Jake Muilenburg**, Brooklyn, NY
- **Daniel Frears**, Wellington, New Zealand
- **Emma Ensley**, Asheville, NC
- **Crook**, Berlin, Germany
- **Jennifer Hwang**, Philadelphia, PA
- **Kendall Graham**, Austin, TX
- **Kimberly Lambright**, Brooklyn, NY
- **Maria Fernandez Beltran**, Benifallet, Spain
- **Emily Kendal Frey**, Portland, OR
- **Laurel Shimasaki**, New Orleans, LA
- **Carmen Brady**, Concordia, KS
- **Deenah Vollmer**, Los Angeles, CA
- **Jordan Debor**, Brooklyn, NY
- **Katja Perat**, St. Louis, MO
- **Ida Skovmand**, Paris, France
- **Caroline Rayner**, Northampton, MA
- **B. Bassett**, Seattle, WA
- **Jo Barchi**, Chicago, IL
- **Matt Nelson**, Portland, OR
- **May-Lan Tan**, Berlin, Germany
- **Emily Horn**, Vancouver, Canada
- **Brooke Phillips**, Brooklyn, NY
- **Constantine Frangos**, Cherry Hill, NJ
- **Kelly Xio**, Washington DC
- **Rachael Lee Nelson**, Portland, OR
- **Lucy K Shaw**, Yorkshire, England
- **Oscar d'Artois**, Yorkshire, England

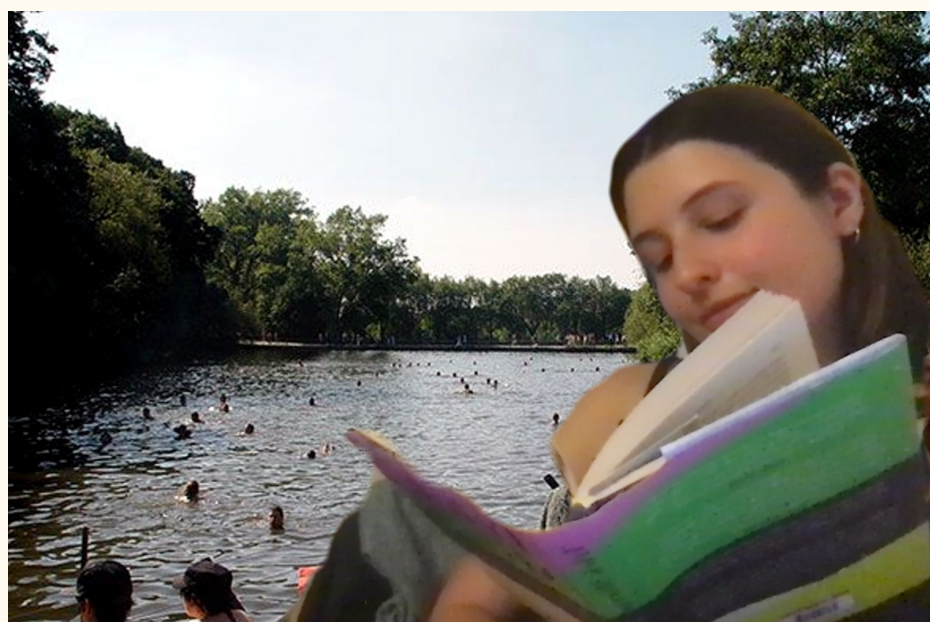
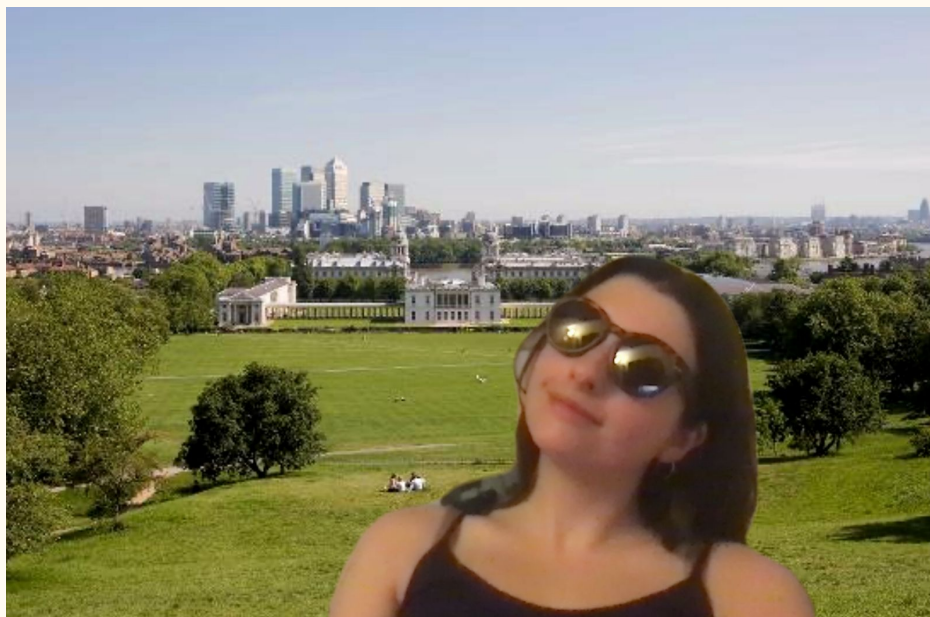






Yu Yoyo





‘where I was meant to spend the summer’

Francisca Matos



Self Portrait As Diary Entries

Stacey Teague

19/4/20

I don't fall in love quickly anymore

I'm resistant to stimulus

my hair is uncontrollable

the days and the weeks go by very fast now

I try to hold onto them

21/4/20

My face got hot from sitting in front of the heater and from crying when I watched the documentary about the occupation of Bastion Point. I cried when the police started to take people forcibly off their own land and they started to sing. They did not fight back physically, they just started to sing waiata.

Every day I read my treaty textbook and become sad and mad in my BONES and I feel my ancestors inside of me speaking to me and their pain is mine and their pain grounds me. We are the people of the land, the tangata whenua. Where is the land now

24/4

Today felt okay. I did my work and went for a walk. I like to feel the water with my hands when I walk to the beach. I didn't want to do yoga but I made myself check in with my body. I made myself a meal and did embroidery then I read in the bath. I watched Duck Butter with Rebecca on Netflix party. I'm beginning to feel okay with the routine. Will do it all again tomorrow.

27/4

I was spitting in my dream and in real life I spit onto my pillow and then sleepily sucked it back up

I only feel real when I'm by the water and amongst the trees

It's getting colder and I don't like that, actually

Tried to stop and feel but I didn't like it

6/5

Something sharp inside me today

All I do is walk around and say oh no oh no

7/5

I wish that everyone was required to read The Story of a Treaty. It would give people more understanding and compassion towards Māori and the issues that we are facing today. People blame Māori for high rates of incarceration, drug dependency, teenage pregnancy, gang association, and domestic and child abuse. They don't say anything about the root cause of these statistics, which is colonisation. Many people's knowledge of our history is white-washed. Māori were slowly removed from their own land, very often by coercion and for no or very little money. Pākehā viewed them as savages and stripped them of their language and culture. They were made to assimilate to a flawed British society, but they were not viewed as their equals. Europeans had very little regard for Māori and this sentiment remains deeply embedded in NZ culture, no matter how much we are trying to change that. To think that NZ has the best relationship to its indigenous people in the world is eye-opening. You can see why Māori are angry, and why they are full of sorrow for everything that was done and continues to be done to our people. We feel the pain of our tūpuna and carry it with us. You can't expect people to be kicked off their land, stripped of their language and culture, be persecuted and relegated to a lower class and not expect the consequences that we see today. It is our responsibility as New Zealanders to make steps towards positive change for Māori.

13/05

There are some things that are not on fire
But we don't think about those
Reading a book in the bath while eating a piece of fruit
Lemon cream
Snow on mountains in the distance
Moustachioed cat seen sitting on the steps on your walk
Computer screen of a show you like
Skyping friends with filters, you: pizza, me: croc on head with toe sticking out
The kids in black and white smiling
Dog print on a dress
Homer Simpson smiling politely

16/5

Lately at the end of my bath, I drain out the water while still lying down inside, the water presses my body down and it feels like I'm falling in a dream, it makes me dizzy and heavy

My mind goes blank whenever I open this document, it goes blank all the time

19/5

Nothing in my brain brain

But everything

Wake up hot and full of poems

21/5

Can't remember most things in my life except when someone has made a perfectly timed Simpsons reference in my presence

26/5

Have to make a self-portrait but scared of what I think of myself

Turns out it's this



Sarah Jean Alexander



Jake Muilenburg

Self-Portrayed In The Last Days Of May

Daniel Frears

This is being typed up on the 28th of May and I take a large dollop of solace in the fact that there is a 28 (or two) in this sentence, due to a lost friend and many moons of love that the number has brought me.

I like to operate without a distinct purpose most of the time but it feels right to steer this in the pointed direction of DESIRE and how powerful it can be.

On this page is a phrenological-type sketch that I did, and the requisite letters making up the aforementioned word have been jammed in.

Below that is a grainy webcam photo taken of a photo on my phone screen of the side of my head, which serves as proof of my profile.... we seem to be looking at each other.

Anyhow..

Any semblance of warmth is fleeting here in Wellington, as we creep towards those dark months and I was overjoyed and shocked to happen by a completely calm and sun drenched sanctuary this afternoon.

I sat down with my back to the stone, the sun facing me head on and in the absence of my phone I removed my wallet and the three small photographs that reside within.

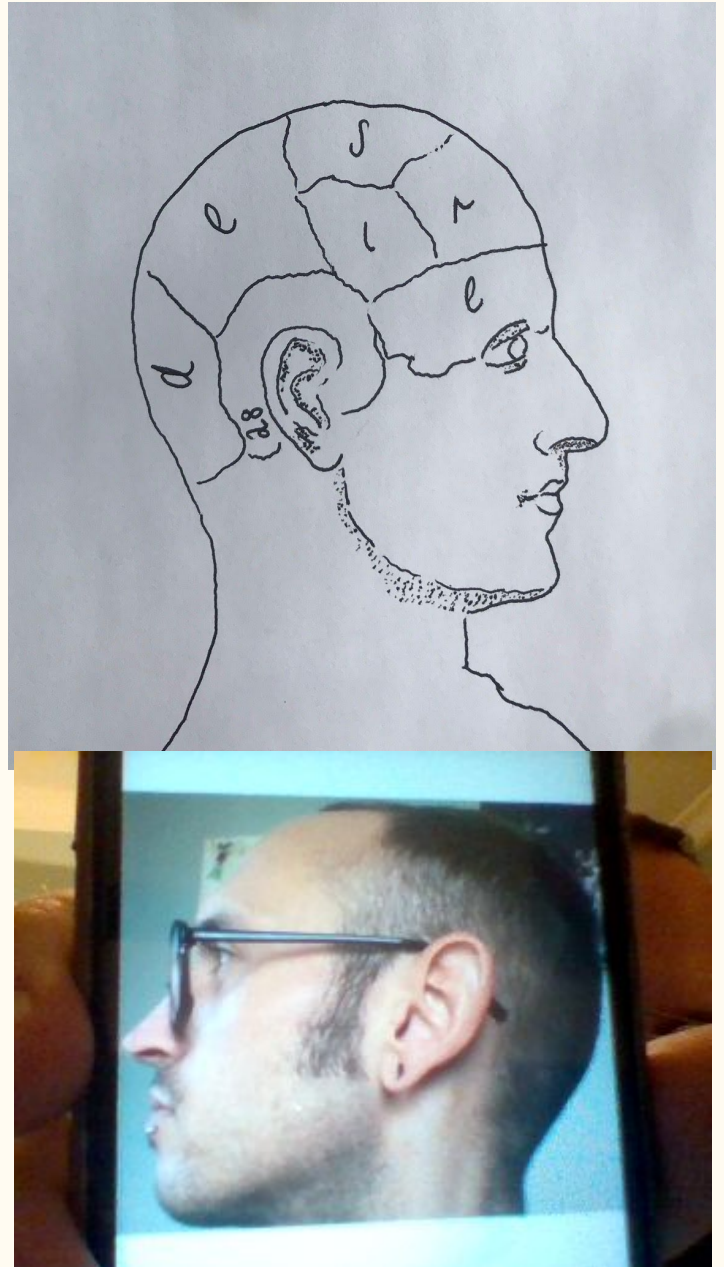
I only looked at one of them and I exaggerate not when I say that I spent what must've been a solid ten minutes staring at, studying and feeling the waves come from that passport photo/past face.

It was desire, alright.

It was the inexplicable and the undeniable and the knowing that nothing was going to equal or surpass and it was the asking of whether to act as irrationally as I know I have wanted to for such a long ol' time, but haven't.

It was desire.

Alright.





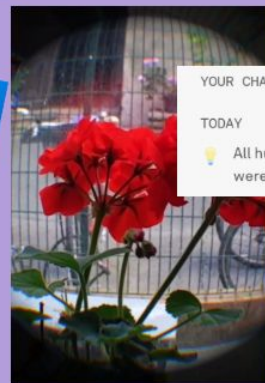
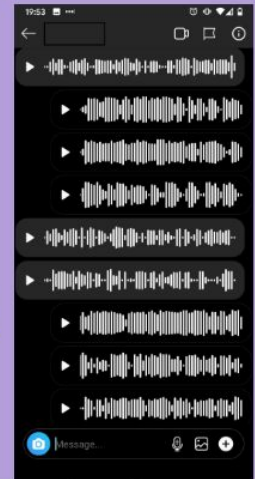
Emma Ensley

Here are my Google searches from this month. They are listed in order from last to first.

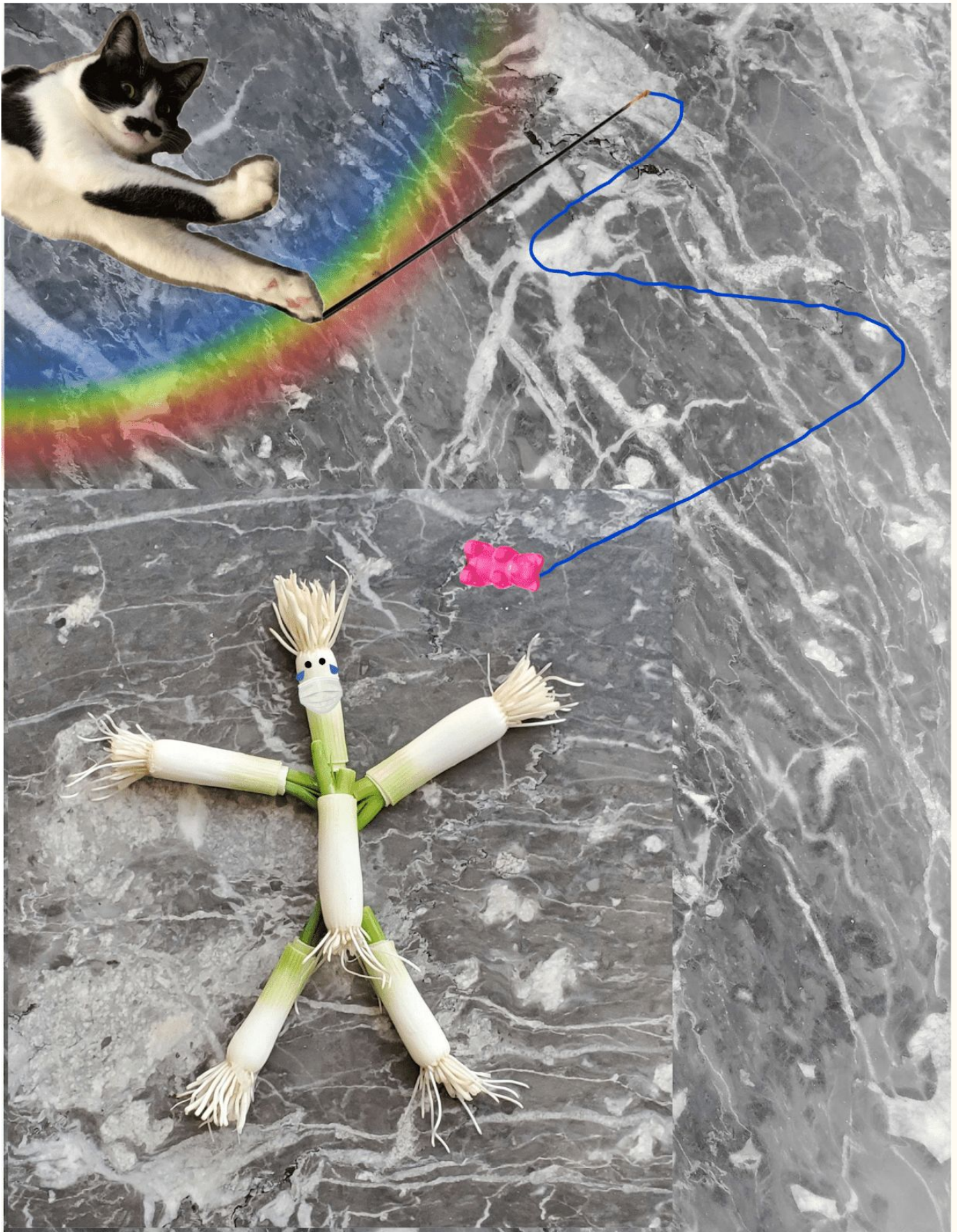


1. paul mescal
2. all hands on deck tinashe acapella
3. weta bugs
4. time now est
5. hominids
6. 63-29
7. bruce matilda
8. what makes french house
9. les maîtres du temps streaming
10. moebius
11. lascaux
12. time now la
13. oberon and the mermaid
14. time now est
15. metronome online
16. how to create a digital signature
17. birthday zoom background
18. liquid font
19. beautiful old tombstones
20. laundromat near me
21. buy washing machine
22. how to search washing machines by height
23. handbook of terror management theory
24. when does artemis fowl come out
25. library genesis
26. covid 19 cases
27. what happened to adrien brody
28. what are the benefits of spirulina
29. how to use probiotics
30. 2 fl oz in ml
31. is the ordinary toner hydrating
32. washing machine height reduction kit
33. population of germany
34. population of sweden

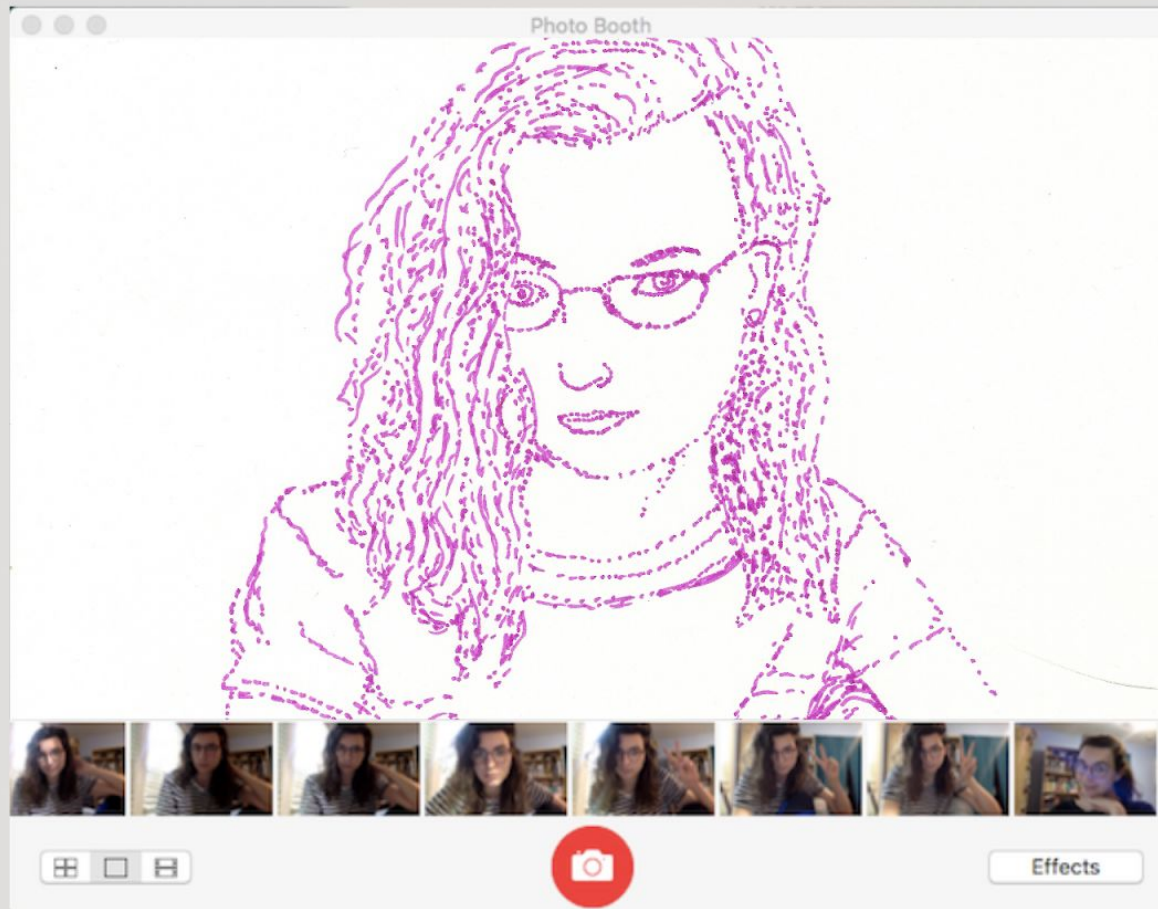
may 2020 CROOK starter pack



35. covid 19 cases
36. covid 19 deaths per capita
37. define litote
38. how much do fresh flowers cost
39. washing machine
40. can you grow heather indoors
41. ryan sheckler
42. coronavirus cases per capita
43. coronavirus cases by country
44. sars
45. 4lbs in kg
46. best goosebumps covers
47. fancy tombstones
48. matthew broderick murderer
49. bon appetit chicken stock
50. why don't people grow flowers indoors
51. why is vimeo so slow
52. fantastic fungi
53. buffy
54. future art ecosystems serpentine
55. how to make gravy without stock
56. fetch the bolt cutters
57. covid 19 deaths per capita
58. uses for oakmoss
59. is oakmoss edible
60. sicko mode
61. 25ft to metres
62. covid 19 deaths
63. freshwater otter
64. what kind of drill to use on apartment walls
65. pirates of the caribbean
66. covid 19 deaths
67. why can't i access the internet after i put my laptop to sleep
68. how to grow lavender indoors
69. are all screw in lightbulbs the same



Jennifer Hwang



Kendall Graham

INDOOR WORLD



May 2020 was sleeping pills and night baths. Not eating and eating everything. I ordered clothes. I didn't want to ride my bike to Red Hook, and I didn't. Was it the end? I made desserts. I saw one person, he came over a few nights a week. His beard grew. I said, "You are closer to me than most people. Haha literally." I was not the type of person to leave Brooklyn, and I didn't. The light in my apartment was radiating. Shimmering. All the dumb things gods do.

Kimberly Lambright



A Scorpio Writer in The Last Days of May, 2020

Dear friend, I am not sure if I am ready to go back to normal just yet. I thought I was ready, I always think I am but then time starts going really fast again and I panic. I think you must be used to this non-sense of mine by now. I am so sorry. Also I have been writing a lot. I am not sure if I am saying much but I am writing a lot and that's good for me. I will show it to you someday, I promise. When I am ready or when I feel like it's finished.

Anyway, I can't tell you about what I am writing these days but I can tell you about what has made me happy lately: I have seen Laia and Rita, I have been reading a lot, I have started listening to Lola Marsh, Lorde is about to come back with brand new -and surely great- music, Harry Styles has released a new music video and also the walks next to the river with my dog continue to help me clear my head. I think it's a good start. I am going to take one step at a time.

Okay, that's it. I don't want to make this update too long.

I tried to write a self-portrait but I told you about how I deal with stuff and about whatever makes me happy. That's sort of the same, right?

PS. I dyed my hair red, by the way. I feel a little more brave. You may think it's stupid. I don't. I feel scared but I feel brave.

Maria Fernandez Beltran

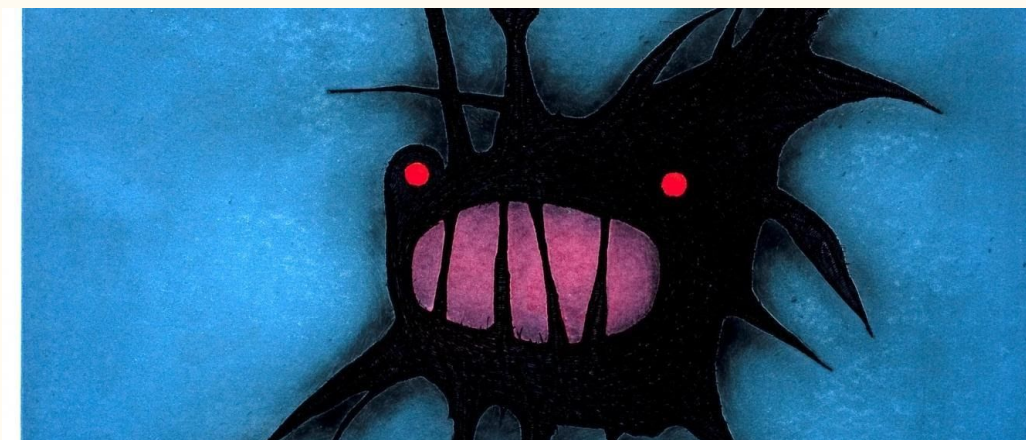


Self Portrait
May 2020

Laurel Shimasaki

1. 40.8 million people lost their jobs in these past ten weeks and I'm one of them. In America, that means 40.8 million people lost part of their identity. If I'm not a barista/bartender, what am I?
2. In quarantine I learned that my boyfriend doesn't think our cat is self-aware. By "self-aware" he means the cat does not know what he looks like. Knowing what you look like is a dumb measure of self-awareness. People know what they look like but sometimes we behave in unself-aware ways.
3. People enjoy putting their pets in front of a mirror and saying: see? The cat doesn't know it's him! But have they considered that the cat just doesn't care? Why is knowing what you look like an important measure of anything?
4. I have looked in a mirror before and been surprised. The reflection showed me as prettier than the image of myself I carry around in my head. I was pleased but figured it was a fluke. I did not update the profile picture of myself in my head based off of this new hot self.
5. Infants are interested in their reflection, but psychologists say the infant views that as socialization, not an encounter with themselves. I write in my journal and it feels like a form of socialization, although I'm talking to myself. I don't always like what I have to say.
6. I think this is part of what is hard for people, all of the encountering themselves we've had to do in isolation. Then again, I'm shitty to think that. It's like: *I practice self reflection by journaling and other people find it too hard to sit with themselves.* That's an example of a thing I say that I don't like.
7. I thought it would be hard for me to be out of work because when I have free time, I'm liable to have an existential crisis for fun. My job forces me to be more extroverted. Over the years I built up a work persona. She is hospitable, not the hostile self I often feel myself harboring. She is part of my identity, but not my complete self.
8. I hate pictures of myself, so instead I write things like this. It's as ephemeral as a picture because while I feel this way as I'm writing, by next year I will probably think differently. Identity is always changing. Keeping track of it in writing is a time capsule. I have a friend who says he does not keep a diary because he doesn't want a record of how stupid he was.
9. Beyond appearances and thoughts, what are other ways of defining your identity? At the end of *Daylight*, the last track on *Lover*, Taylor Swift's most recent album, Swift leaves a spoken voice memo saying *I want to be defined by the things that I love. Not the things I hate, not the things I'm afraid of, the things that haunt me in the middle of the night. I just think that...you are what you love.* In that spirit, here are some things I have loved while in quarantine:

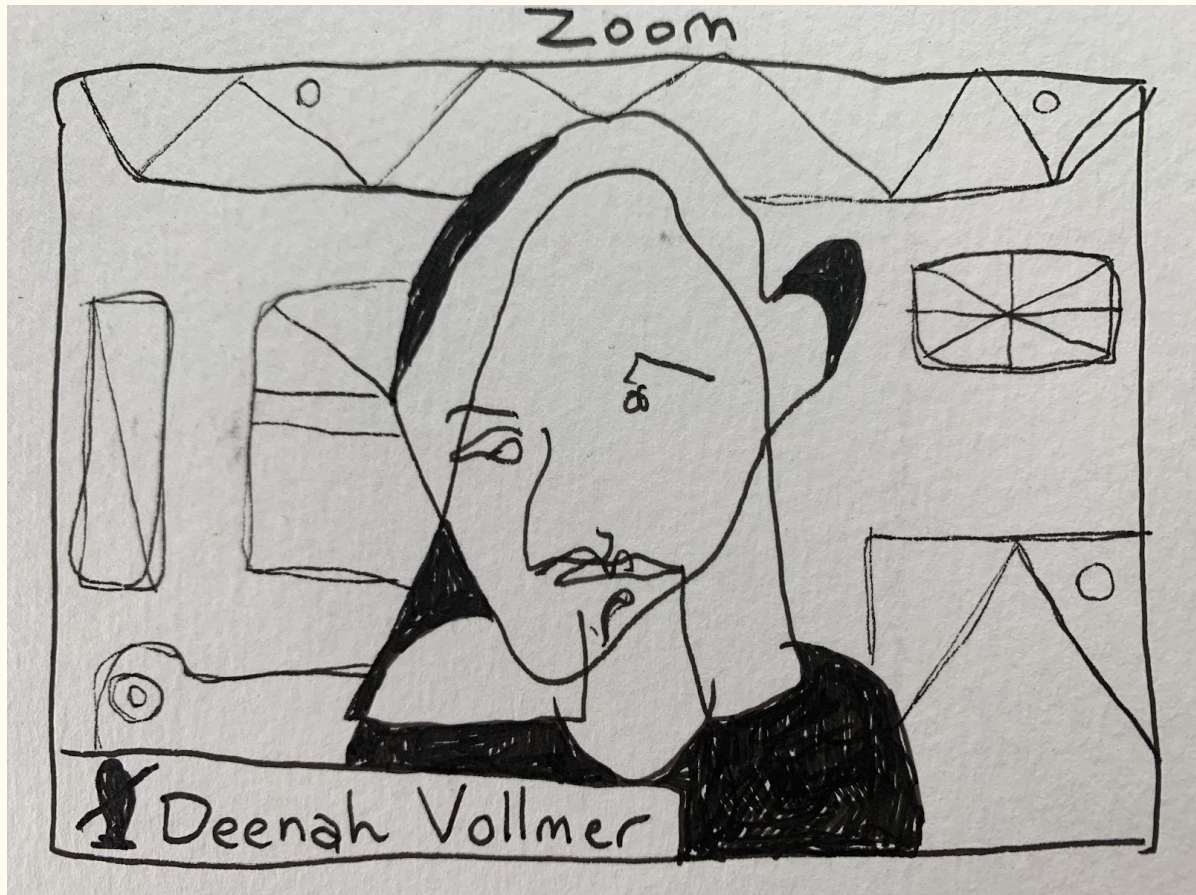
- ◆ Taylor Swift's *One World: Together at Home* emotional performance of *Soon You'll Get Better*, the lily pads on the peach sea that is her wall, and whatever effect she used to make the video look smudgy & impressionistic.
- ◆ *Shirkers*, Sandi Tan's documentary had it all: punk joy, complicated friendships, artistic ambition, grappling with your own flaws, betrayal, wrecked dreams, how you move on. It left me mad, sad, thinking about my own experience with a bad mentor. It also left me inspired by Tan's artistic resilience, and in awe of how she entirely remixed a project from her past.
- ◆ Jane Campion & Gerard Lee's *Top of the Lake*.
- ◆ *Good One* the podcast hosted by Jesse David Fox. Turns out it's fascinating to hear how jokes are constructed.
- ◆ *My Life as an Animal* by Laurie Stone, a collection of stories that push the boundaries of what narrative can make stories can look like.
- ◆ Maria Bamford's *Weakness is the Brand*.
- ◆ Sergio Gonzales-Tornero's Abstract Animal Portraits, particularly *Fish*.

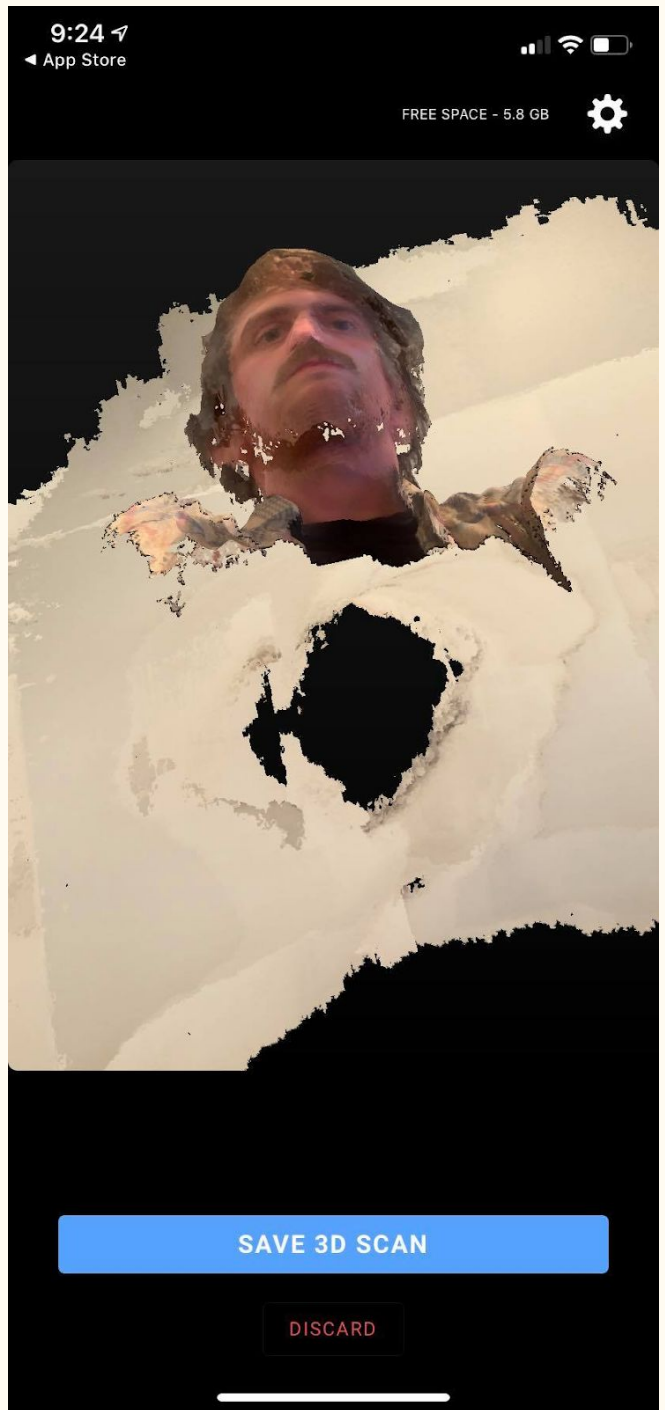


10. I want my self portrait to encapsulate the things that I've discovered and loved during this weird, bad time we are living through. As Yayoi Kusama wrote in her letter to Georgia O'Keeffe: *I have only seen one of your paintings, Black Iris. It gave me a strong impression. I felt that I had in me something which seemed very related to what lay at the bottom of Black Iris.* The affinity I feel with the things I love right now does shape my identity in some way, and in a way that is infinitely more fun to talk about than the usual ways we talk about identity, like what work you do for a living.



Carmen Brady







Self-Portrait In The Last Days Of May, 2020

Abs

Katja Perat

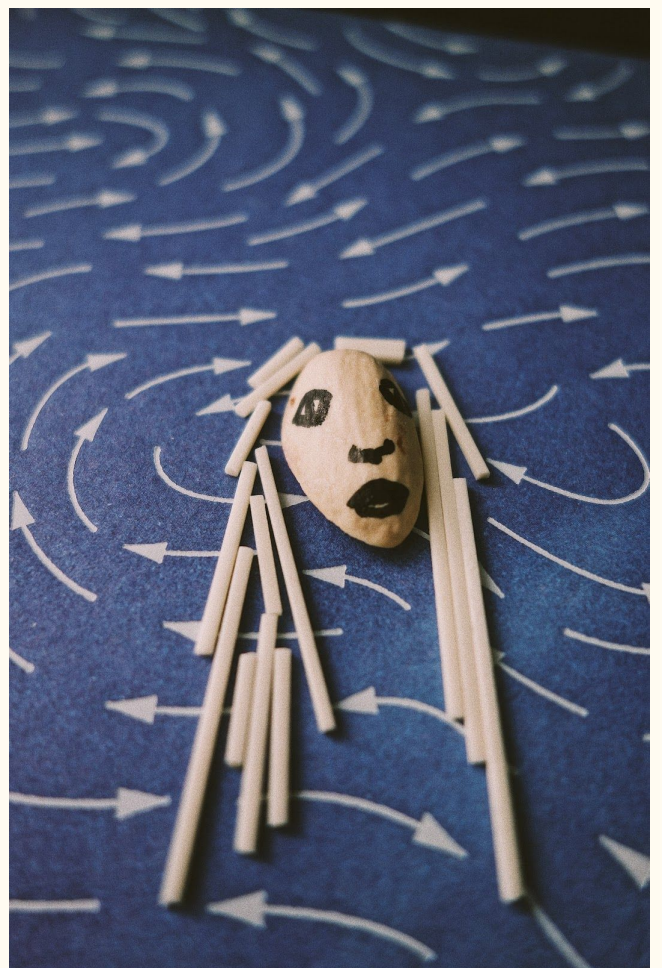
There is a photo of me that will never see the light of Instagram. It's a photo in which I'm showing a friend how during the many months of quarantining I – somehow unexpectedly – developed abs. It is also a photo that proves that I, in spite of my newly gained physical fitness, remain fat. That is to say, repetitive physical labor I utilized to sedate my anxieties about the world about to end did make me gain muscle. But those muscles did very little to change how my body exists in space and much less to change how I interpret its existence. This is what I look like in the last days of May 2020: simultaneously fit *and* fat, the way several websites concerned with healthy lifestyles will claim you're not supposed to look. The empowered way to talk about this would be to say my body and this photo serve as proof that in fitness, much like elsewhere in life, meritocracy is a lie designed to shelter the privileged. But I mostly don't feel empowered, just fat.

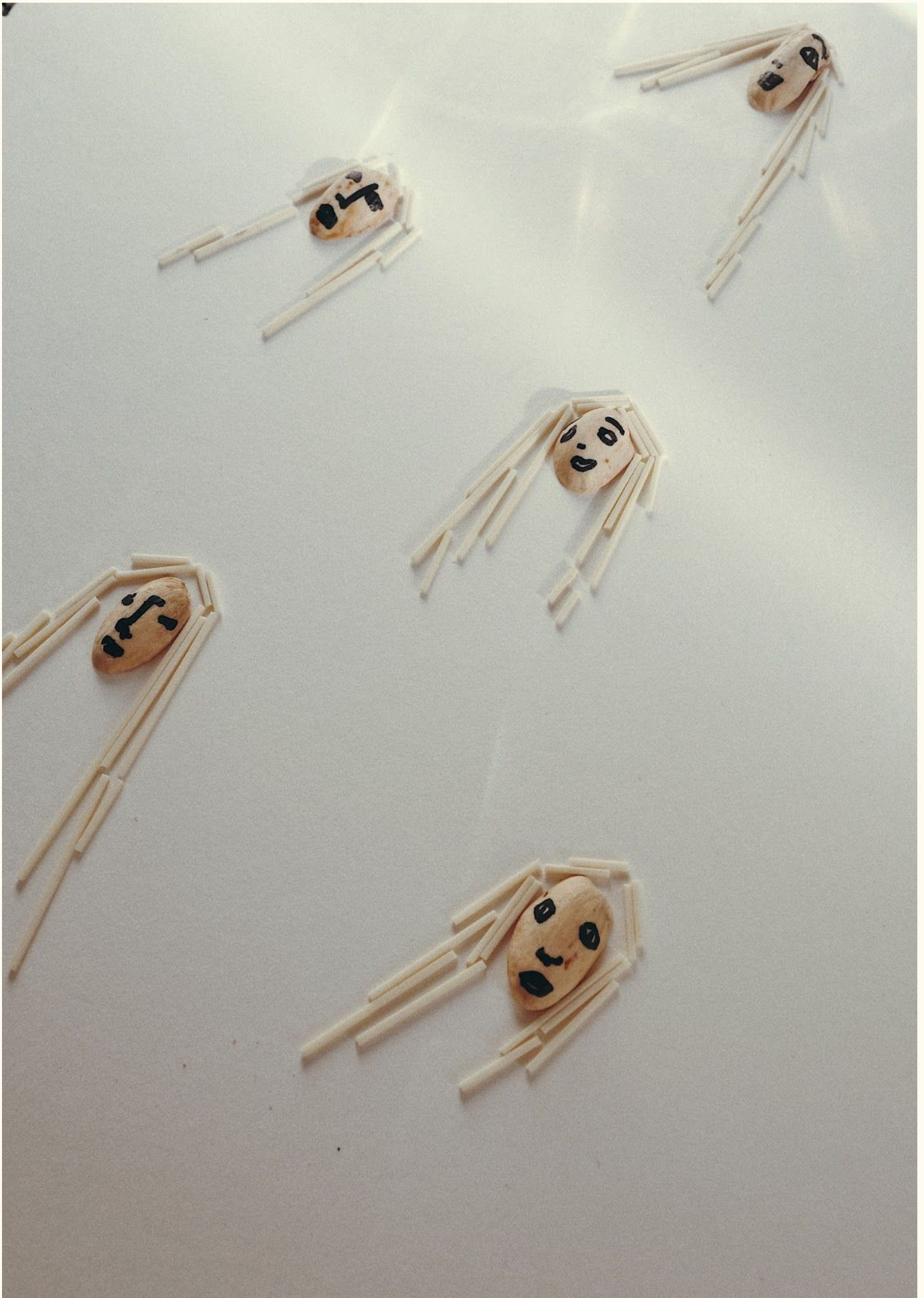
I still find it surprising vanity has never been a motivational force strong enough to manipulate me into exercising. Entering the regimented world of figure skating at the age of five and exiting at the dawn of my teens when I was informed no amount of work would ever compensate for my height, my relationship to sport was always extremely convoluted. For the longest time the decision to avoid physical activity felt like a liberation and being fat didn't matter because if you were once a female athlete, being thin *enough* was not an attainable goal anyway. That is to say – I could not, cannot be manipulated into exercising. This is the space where my freedom lies. What I did not expect is that all of a sudden, I am going to start *wanting* it. And it won't be because of aging or fear of death, it will be because following clear instructions about what to do with my body will feel like the most soothing thing I can think of.

I do yoga daily. I do kettlebell exercises several times a week. I'm trying to condition myself into running my first 5K. I don't do any of these things for the looks. But I still look at myself. The cellulite on my legs in downward-facing dog. The curl my hair makes along the left side of my face during Zoom meetings and Facetime conversations with friends. The curve of my waist in the mirror that refuses to alter. If I said I didn't begin to exercise out of vanity, I did not say I was not vain. I have many visions of myself as a hot person. Some overlap with reality. Many are conditioned on being thin.

A couple of weeks into the deep quarantine time I inflicted some tie-dye bleaching on my hair. I want it to serve as a metonym for how I want to handle my desire from now on, not willing to surrender to other people's visions of what I am supposed to want anymore. I want it to stand as proof of my newly gained ability to feel entitled to wanting. But a weird, disfeatured voice at the back of my head still insists wanting is for hot people. The rest of us should be content with getting.

At a Covid19 antibody testing my vitals are taken. My pulse, my blood pressure, my blood have never been this perfect. In the middle of a pandemic, I find myself the healthiest I have ever been. My body is now split in two – on the inside, a clockwork mechanism. On the outside, a girl who will never be thin enough. *What is enough?* my psychoanalyst asked me once. More than a year later I still don't know how to answer that question.







Pistachio Selfies
Ida Skovmand



PLAYLIST

WHERE THE DAYS TURN TO WEEKS IN THE MONTHS OF THE YEAR

ten songs for ten weeks

Created by Caroline Rayner • 10 songs, 38 min

PLAY

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	TITLE	ARTIST	ALBUM
♡	Roll For Damage	joyride!	Joyride!
♡	Long Wave	Bonny Doon	Longwave
♡	Nothing Nice	Radiator Hospital	Play the Songs You Like
♡	The Well	Smog	A River Ain't Too Muc...
♡	I Lost It	Lucinda Williams	Car Wheels On A Gra...
♡	County Line	Cass McCombs	Wit's End
♡	War	Waxahatchee	Saint Cloud
♡	Take Me Home, Country Roads	Mountain Man	Sings John Denver
♡	Anyway	Swearin'	Fall into the Sun
♡	We Could Be Looking For The Same Thing	Silver Jews	Lookout Mountain, Lo...

Where The Days Turn To Weeks In The Months Of The Year

Caroline Rayner

Conversation with a painter found on a fetish forum on the occasion of commissioning a portrait via the website's chat box.

Jo Barchi

Uncutpainter87: *So are these pictures you sent current? Any new tattoos or anything?*

JB96: *uh not really lol. I just felt like those were good starts. No new tattoos but my hair is way way longer. It's still the same strawberry dirty blonde, but it's in these big crashing waves pushed back now. Kind of a faggy Dawson's Creek vibe.*

Uncutpainter87: *No stick and pokes?*

JB96: *nah, I have an embarrassingly low pain tolerance and the repeated stabbing makes it unbearable lol*

UNCUTPAINTER87: *good to know about the pain tolerance ;)*

JB96: *lol*

UNCUTPAINTER87: *so do you have an outfit and pose in mind? How do you want to position yourself?*

JB96: *I'm thinking these olive green carpenter pants I just bought, I've been wearing them every day. And maybe a like band t shirt with the sleeves cut off, like a limp wrist shirt maybe? Or like a sheer white blouse. I want it to feel kind of every day.*

JB96: *as for a pose. I'm thinking just sitting up straight ish in a chair in my living room. We have this great blue and green rug in my new living room that I feel like could be really gorgeous in the painting. I think a slight slouch in my shoulders would be uh, "realistic." I guess I'm interested in realism now? Or always have been. Lol.*

UNCUTPAINTER87: *I like the sitting and the pants idea. What if we tried it shirtless. Legs spread open. Maybe a jockstrap's strap visible in the back? That could be hot and fun.*

JB96: *hm. That does sound really hot. I don't own a jock, but I guess I could just pretty easily buy one online.*

UNCUTPAINTER87: *yea it def sounds hot to me hahaha. You should buy one. Especially with you having longer hair.*

UNCUTPAINTER87: *does the hair make you look even younger? Do you have any facial hair? Or body hair?*

JB96: *I guess the hair probably makes me look younger. I haven't really thought about it that much haha. I don't have facial hair right now and would shave it before the picture. I didn't shave for two weeks this month and I started to feel insane. It's so weird to see your face and just immediately think depression, ya know?*

UNCUTPAINTER87: *uh not really hahah*

JB96: *haha anyways yeah I have some light body hair. Mainly just a dark treasure trail and armpit hair, but the trail has started going further and further up my chest. I finally bought a nose hair trimmer this month which like. Changed my life.*

UNCUTPAINTER87: *hahah good nose hair is so gross. And sounds pretty hot. You should attach some shirtless reference pictures so I can get an idea for what the light will look like with your body hair and what paints I'll need ;)*

JB96: *I haven't really taken any shirtless pictures this month but I'll try and take some. I still like the shirt idea. I just got a new limp wrist shirt with a guy blowing another guy on the front that I think would look so hot.*

UNCUTPAINTER87: *haha you sound like a big limp wrist fan. I saw them in like 02'. It was sick.*

JB96: *oh lol uh. I actually don't really listen to them. I guess I'm a poser. I love their lyrics but hate that I can't hear them. They rule tho. And their shirts are fucking sick.*

UNCUTPAINTER87: *oh...*

UNCUTPAINTER87: *so maybe shirtless is better then haha ;)*

JB96: *Guess you're right lol. Maybe this will inspire me to finally start working out. I've always meant to but I'd love to look ripped in the painting. Tastefully ripped. I guess toned? I was fucking this guy before the pandemic but I dumped him. Honestly he fucked me so hard I was developing abs.*

UNCUTPAINTER87: *that's so hot. So you're single?*

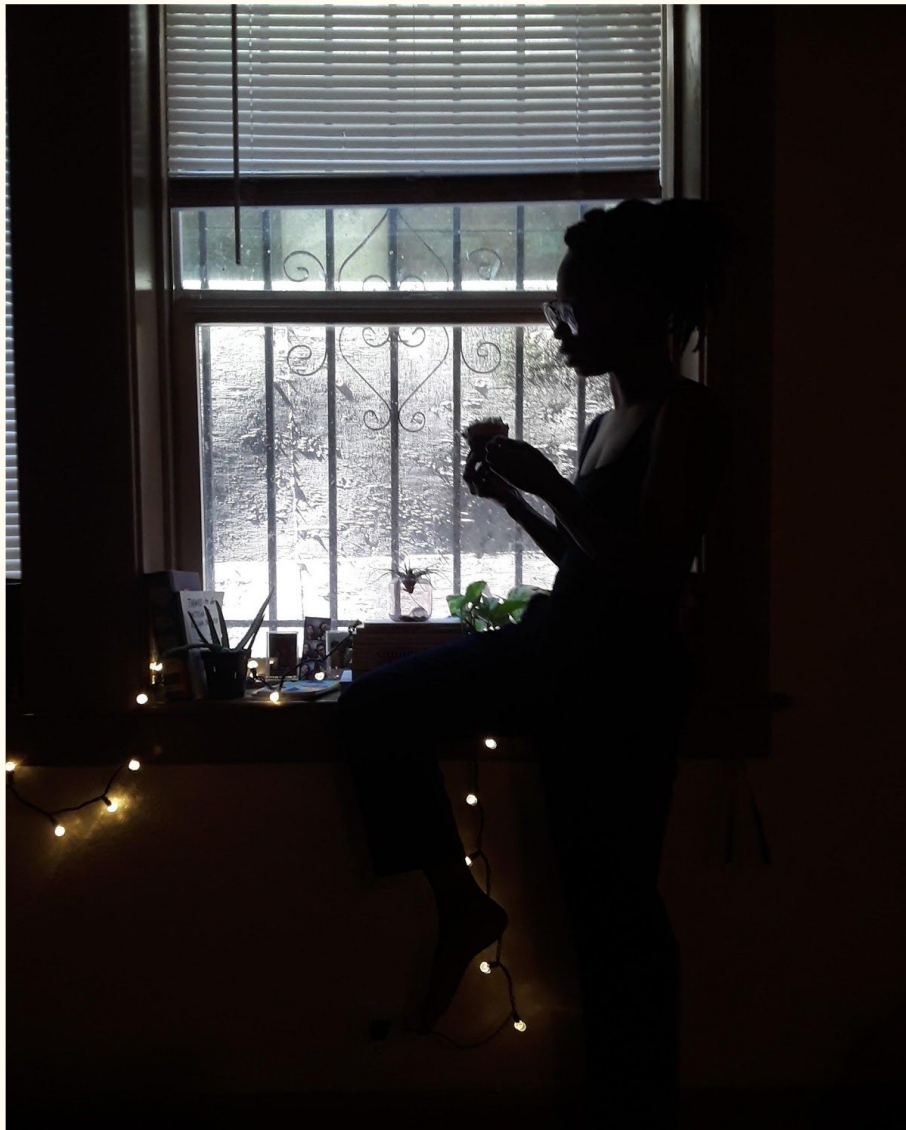
JB96: *yeah I'm finally single and without a crush for the first time in a year. It's just been one after another. Maybe we could signal that somehow in the painting? Put the plant he gave me in it at my feet or by my head maybe?*

UNCUTPAINTER87: *the plant could be cool or it could be kinda instagramfag. We'll see lol. So you liked getting fucked that hard?*

JB96: *I did with him, it felt like someone was loving me till the edge of myself. That doesn't make sense idk. It feels good to be wanted lol. It feels good to when someone wants to fuck you into nothing I guess.*

UNCUTPAINTER87: *hot.*

JB96: *Have you ever had to reach out and touch someone you were painting? Like did you ever just become so overcome that you had to? Have you ever lost control? God I hope so.*



a cement wall view, a chocolate cupcake, 3pm and sunny

myself

adjusted to the darkness

just as the sun decides to stick around

is it only the low income apartments
that lack balconies?

I must travel for warmth
for signs of spring and summer

in my hometown, they are ready to worship

but i am far from the south

I thank my god for liquor stores

B. Bassett

Exercise: Identifying Your Healing Fantasy and Role-Self

You'll need two pieces of paper for this exercise. At the top, title one "Healing Fantasy" and the other "Role-Self."

This first part of this exercise will help you explore and identify your own healing fantasy. At the top of your "Healing Fantasy" page, copy and complete the following sentences. Don't think about it too much; just write down what immediately comes to you.

I wish other people were more interested in me.

Why is it so hard for people to see me?

For a change, I would love someone to treat me like I was smart.

Maybe one of these days I'll find someone who will love me.

In an ideal world with good people, other people would love everyone.

Now we'll use a similar process to help you discover your role-self. On your "Role-Self" page, copy and complete the following sentences, again writing down the first thing that comes to mind.

I try hard to be competent, hard-working, w/o needs.

The main reason people like me is because I listen.

Other people don't appreciate how much I care.

I always have to be the one who talks to the other lonely.

I've tried to be the kind of person who is open to others.



May-Lan Tan

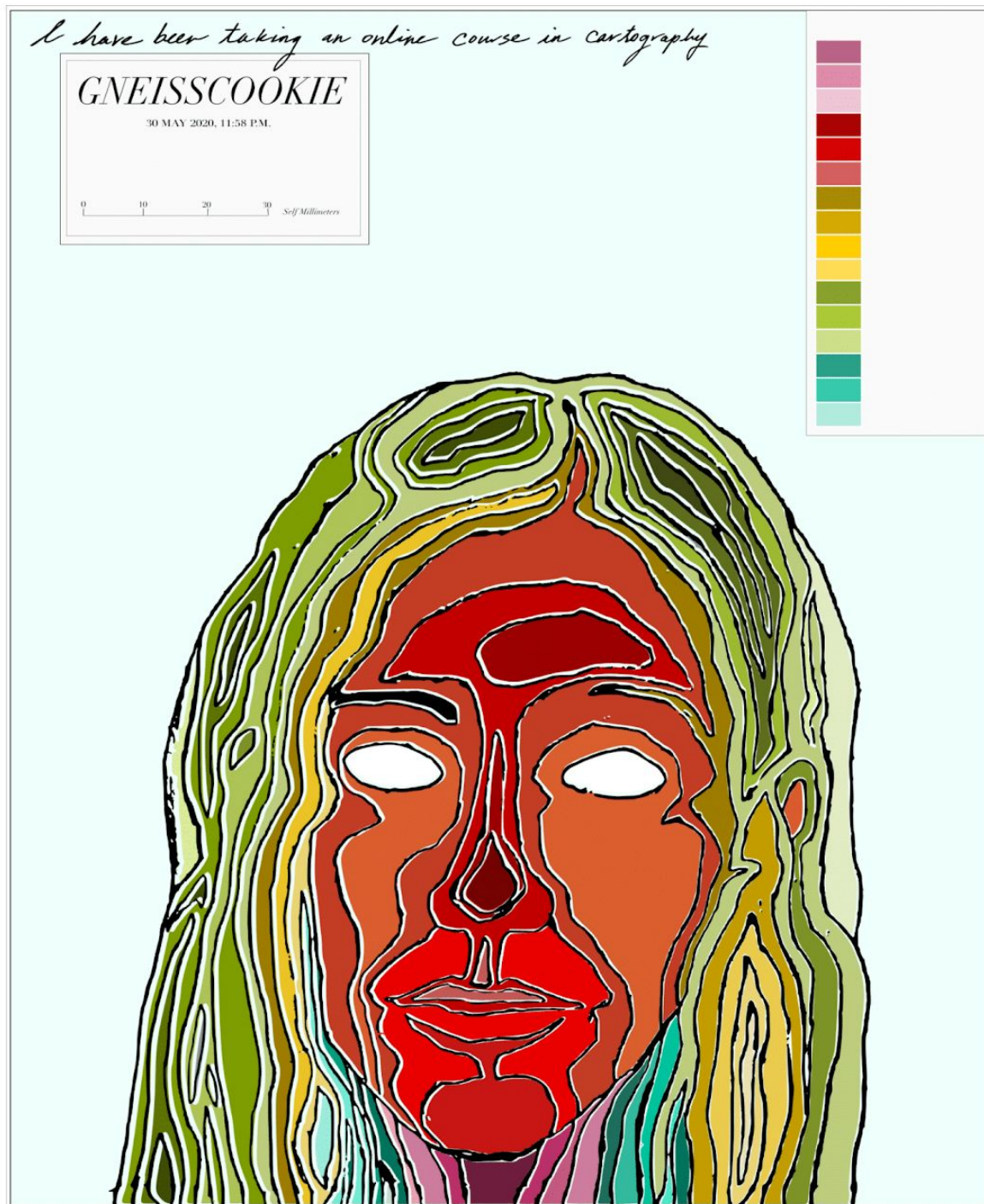


"AS OF WEDNESDAY AFTERNOON, THE HIGHLY INFECTIOUS VIRAL DISEASE HAS TAKEN MORE THAN 100,000 LIVES NATIONWIDE."



Welna, David. "We All Feel At Risk: 100,000 People Dead From COVID-19 In The U.S." NPR, 27 May 2020, www.npr.org/2020/05/27/860508864/we-all-feel-at-risk-100-000-people-dead-from-covid-19-in-the-u.s. Accessed 29 May 2020.

C. Frangos
2020



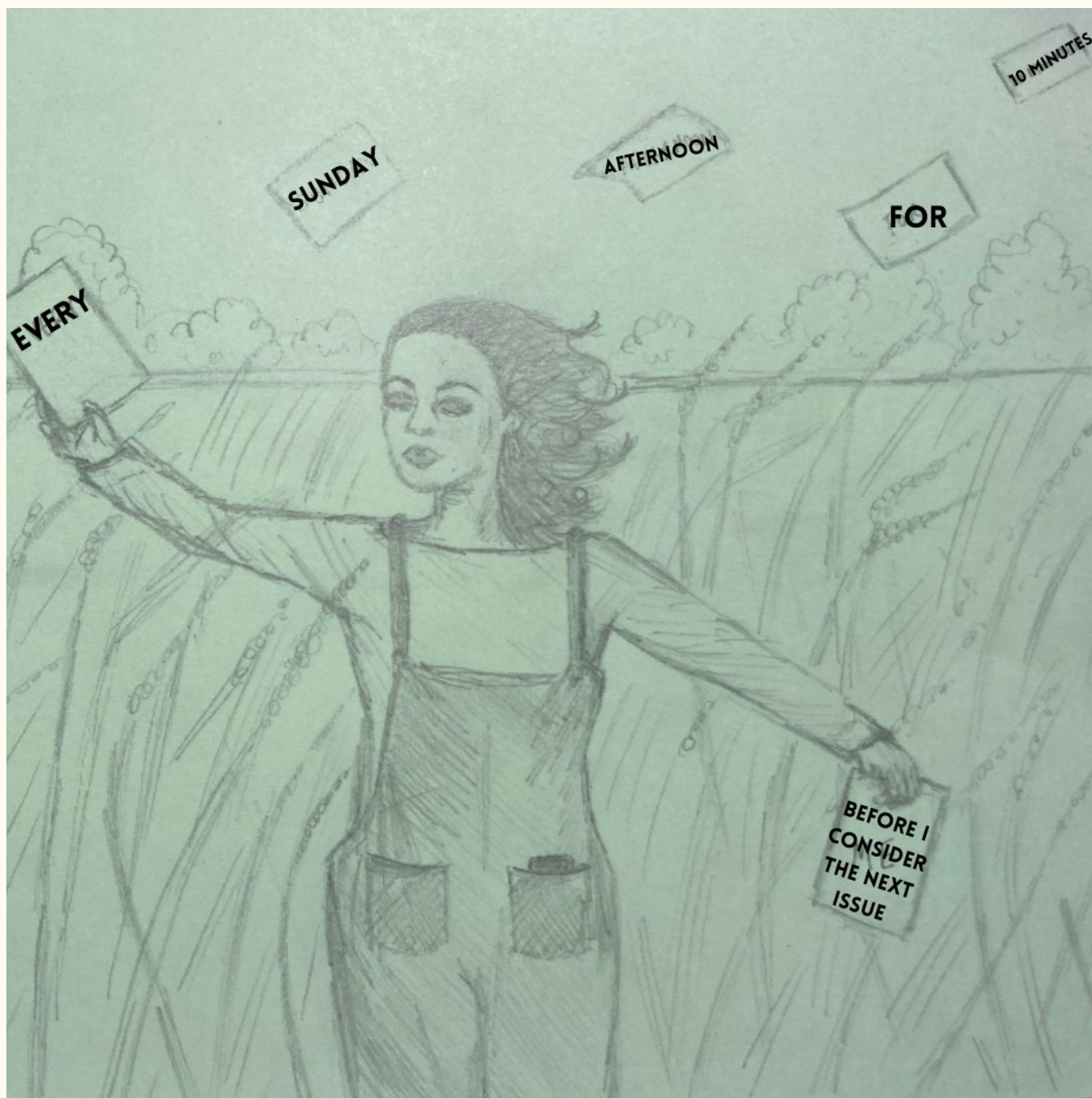


I haven't slept well in weeks and I guess mortality is all that I've thought about on the "frontline" of the intersection of class, race and public health. I am always worried about what it means to give exemplary customer service. Am I available, smiling? Sometimes. It's a lot, I find myself saying to friends, sorry, I don't know what to say or sorry, I've been talking all day and I'm tired and can't think straight. So today I ask every exchange to think about mortality with me, I'm here, hourly, not for a good time and not for a long time.

Kelly Xio



Rachael Lee Nelson



Lucy K Shaw



SELF-PORTRAIT AS PILE OF SOURDOUGH

a member of my quaranpod

keeps accusing me of having
'body dysformia'

which it if is what I imagine it is

(what happens when u sit for so long in one spot
u leave the state of matter
& ascend into ethereality)



is not true, sadly

instead, i seem to have
half-evolved
half-regressed
to a kind of state
of depressed-but-make-it-cottagecore
adolescence

Oscar d'Artois

***Imagine you're in a gift shop now...**

a giftshop that only sells....

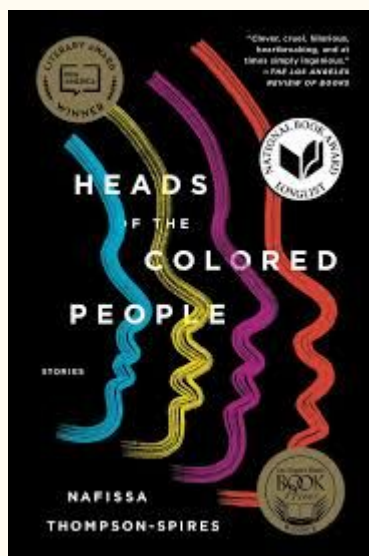
bags of rice

and bailouts*

Lapsed Librarian

On Nafissa Thompson-Spires's Heads of the Colored People...

Matt Nelson



If I was going to teach tomorrow, regardless of what class it was--math, science, history, or english--I'd bring in the first story from this collection, "Heads of the Colored People: Four Fancy Sketches, Two Chalk Outlines, and No Apology."

To read the night sky, it's critical to know where you are, especially when you're away from where you usually lay your head. The same goes for a book; it can only help to know the names of its stars. Here below are some of the referenced, the texts I'd bring in to talk about them, and the quotes from the story from which (or near) they appear. What follows isn't that profound, but I feel like my voice can be used at this moment to point to some stars. I just really want you to read this book so we can talk about it. There's even a reading group question guide in the back! If you've read it, or want to read it, I'll totally go through those questions with you. As always, email me abigwindmattnelson@gmail.com

Quote from Text	Resource
"The people who watched and filmed and circulated the scene from inside one of the lobbies of the convention center said it was just like Naruto v. Pain, only with two black guys, so you couldn't tell if either one was the hero."	Especially if I was teaching a high school class, I'd show a clip of " Naruto Vs Pain ," and try to explain some of the backstory, the Animal path and the Six-Tails, and how that connects to two men fighting and how there is safety in viewing from inside dominant culture.
"But you'd be wrong on all counts, as Riley was straight, and he dated widely among black women, and he was neither in denial, nor on the down-low, nor, like John Mayer, equal opportunity and United Colors of Benetton in life but as separate as the fingers on the hand in sex, nor like Frederick Douglass or many other working on black rights in public and going home to a white wife (and there is no judgement against Douglass here, just facts for the sake of descriptive clarity). Riley liked black women, both their blackness and womanness and the overlap between those constructs."	Or I could talk about the John Mayer interview where he "intellectually" uses the n-word (without showing the article, but examining the reconciliation of a white man), some of the United Colors of Benetton ads , or pretty much any Frederick Douglass speech . There's also the idea of intersectionality that's presented at the bottom of the quote, how black and female overlap, so I'd add Kimberlé Crenshaw into the conversation to question the intersections of the other characters' identity markers.
"In Kevan's collection, there would be, as in Ethiop's original, Phyllis Wheatley, Nat	Or I could find scholarly articles about William Wilson and James McCune Smith

Turner, and a doctor, but he would update his favorite sketch, 'Picture 26,' of the 'colored youth' who was 'surrounded by abject wretchedness' to reflect a sort of current abjection. To these he would add a superhero for Penny and a collage of the black men (and women, he would concede, with some coaxing later from Paris Larking) who had been killed by police and other brutalities."

Found throughout...

"and what is a sketch but a chalk outline done in pencil or words? And what is a black network narrative but the story of one degree of separation, of sketching the same pain over and over, wading through so much flesh trying to draw new conclusions, knowing that wishing would not make them so?"

and Jane Rustic (aka [Frances Ellen Watkins Harper](#)) detailing the experience of entering art galleries and museums and not seeing anything, person or art, that looks what you look like. We could go into a history of gatekeeping or VIDA counts or racism within the art/media world.

Or [The Bluest Eye](#).

Or [Invisible Man](#).

Or [Disgruntled](#).

Or [Bestiary: Poems](#).

Or "[Say My Name](#)."

Finally, most importantly, I would share articles detailing [the murder of black people by police](#) in whatever city I was teaching in. Seattle, Portland, LA, NY, SF, DC, Minneapolis, Louisville, St. Louis, Baltimore, Chicago, Philadelphia, Cleveland, Boston, Austin, New Orleans, Houston, Pittsburgh, Nashville, Reno, Oklahoma City, Santa Ana, Scottsdale, Madison, Las Vegas, Spokane, Orlando, Kansas City, Phoenix, Albuquerque, Riverside, Long Beach, Anaheim, Dallas, Newark, Omaha, Charlotte, Oakland, Detroit, Raleigh, Milwaukee, San Diego, Dever, Fresno, Anchorage.

That's all for this week!

Thank you so much for reading!!



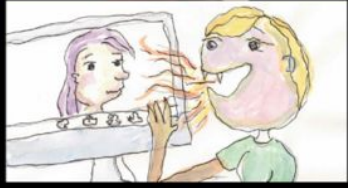
We'll be back next Sunday with a new issue.

Don't forget to
follow us on instagram
if you want to!

And if you want to contribute something to a forthcoming issue...
Email me: profoundexperience@gmail.com

Stay safe!!!





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