



# BERLINIB

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2024/C September October  
November December 2024

Cover model for our BERLiNiB 2024/C issue is fashion model Michelle Rodum with co-stylist Lana

## 2024/C BERLiNiB



ISSN 2535-602X

**PREVIEW**

BERLiNiB 2024/C

**BERLiNiB:** Made in places with gorgeous models, outfits, and perhaps also weather via, among other things, **Being, Liberation** and **Nibbling**. A concept by Aristo Tacoma alias S.R. Weber.  
ISSN 2535-602X  
**Formal production adress:** Yoga4d Reusch, Sorumsgate 9, 2000 Lillestrom, Norway  
Produced also in Greece.

When we make a magazine, we start the layout from scratch and add the tag, "PREVIEW" in a blue note on the left side of this editorial page.

The sequence of the editorials inside the magazine is more or less determined by when they are made. All can watch the transmutation of the preview into the completed published online magazine. All editorial photos are made for or by the magazine, & shown after agreement with model.

At the time of its publication (for publication times, confer website) all content is in place. It is only at this time that the "PUBLISHED" stamp will appear on the left of this page, and published online magazines goes to archives with ISSN number and are always available in unchanged form. Each text and each photo in every photo editorial, as well as the fashion art showing trends of this season, are original material made for this issue by BERLiNiB. Copyrights: Fashion bloggers can reblog images with suitable acknowledgements to

magazine, models and photographers, confer the DIRECTORY section at our website for more info. All content can be accessed with both large screens such as on a PC, and through small screens such as on a phone.



Talented folks and fashionistas who wish to work with us, please contact us. We are always open to hearing from models, writers, photographers, stylists, make-up

artists, set designers, fashion designers, advertisers, and other enthusiastic creatives who wish to contribute by quality direct communication. We have decided to go entirely for 'digital paper' which includes

PDF. With top of the line equipment, and the great taste and creative skills of our contributors, we create excellent results within this frame.

**Aristo Tacoma**

In iB: founding editor; and often stylist and photographer

BERLiNiB is financed by advertisements and sponsoring. All issues are available for free as quality PDFs, viewed eg with Adobe PDF Reader, at [berlinib.com](http://berlinib.com), and also as jpg of pages at associated websites for the Norwegian company Yoga4d von Reusch Gamemakers.

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We try to include ads which resonate with the content of the magazines. Ads need to look like they are ads

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### **Technology includes:**

All best camera brands, with a 'use the force' attitude to focusing; open source including: Ubuntu, Gimp--though not for touch-up's, photos are real, LibreOffice, FontLibrary.org, Micro editor also at Android, and, as a our own creative tools, the G15 PMN platform is also used for writing, programming, and drawing.

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**Fashion  
Models  
in BERLINiB  
editorials  
in this  
issue**

BERLINiB is at berlinib dot com, which refers to industrialbabes dot com, and published only on the "digital paper" format PDF. This opens elegantly in Adobe PDF reader on a phone eg with the Edge browser, and at any typical large screen computer. The magazine comes three times pr year. Page numbers refers to A3 pages.

**Age:**  
Before the onset of covid19 in 2020, this magazine featured only women in late teens & older. As an article in 2021/B explained, several fashion magazines incl. us, switched at this point to feature also many of the youngest models, but in a manner consistent with eg the 'family-friendly' rules of such as social media, and in a way that continues to relate also to the fashion of those in the late teens & older.

**Cover  
model:  
Michelle  
Rodum**  
at  
@michelle  
rodum  
**page 6**  
[Norway]

[preview of a  
part of this  
Magazine for  
September-  
December 2024]

**Brilynn  
Hart**  
at  
@brilynn  
hart  
**page 45**  
[USA]

**Kayla  
Elise**  
at  
@kaylae2010  
**page 80**  
[USA]

All photos,  
text articles,  
& season-oriented  
fashion art  
are **Original**  
material made  
by/for BERLINiB &  
for the youngest  
with parental  
consent

**Themes of  
beauty,  
style and  
fashion  
in this  
magazine  
include:**

**FW24/25  
Fashion art  
by Yun  
for BERLINiB  
page 4**

**Articles on  
designers  
and fashion  
trends  
[to come]**

**Coffee  
recipe  
#41825**

**..and towards  
the  
completion of  
each number:  
Our  
lighthearted  
TNS section**



**Enter..**  
the  
particular  
type of  
elegance  
and  
style of  
FW24/25

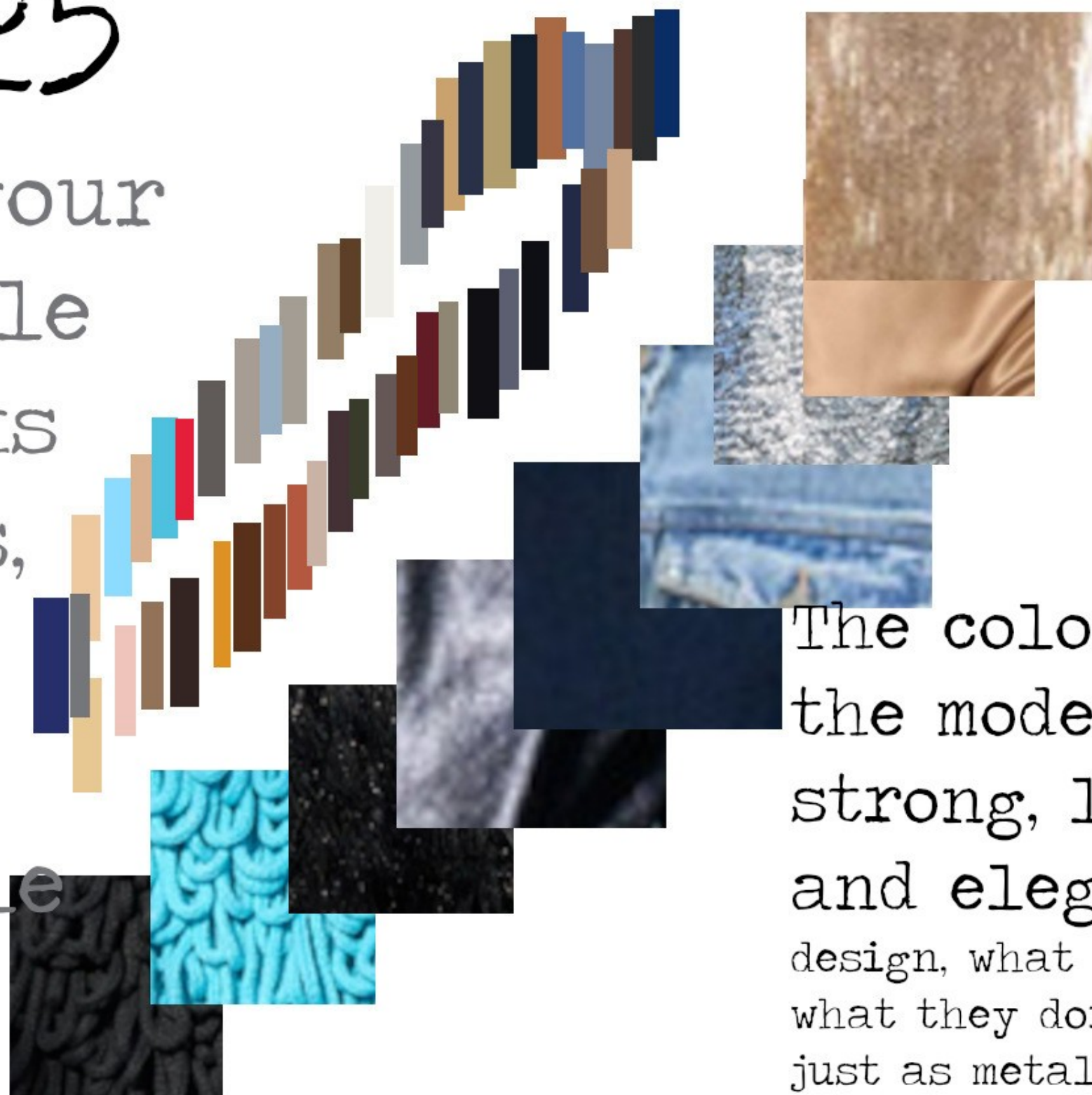


For BERLiNiB by  
Yun Studio @Ltzyun  
lydiaalee0920@gmail.com

A handwritten signature in black ink, appearing to read 'Lydia Lee'.

# FW2425

guide to your  
fashionable  
color picks  
& fabrics,  
garments,  
clothes  
and textile  
types



The colors are easy:  
the models are  
strong, lean, fit,  
and elegant; the clothes  
design, what they conceal and  
what they don't conceal, are  
just as metallic, entangled,  
convoluted and nonsymmetrical  
as the typical world news in  
2024

<<.. esse est percipi ..>>  
To be is to be perceived.

--A Treatise concerning the  
Principles of Human Knowledge,  
London, 1710, by George Berkeley,  
Fellow of Trinity College,  
Dublin

Perceiving  
a new  
Cover model Michelle  
Rodum shows us blue-bite  
essences of Fw2425



<<[..] the supposition of  
external bodies  
is not necessary for the  
producing [of] our ideas [..]"  
--A Treatise concerning the  
Principles of Human Knowledge,  
London, 1710, by George Berkeley,  
Fellow of Trinity-College,  
Dublin





Cover fashion  
model for  
BERLiNiB 2024/C  
is **Michelle  
Rodum**,  
@michelle\_rodum,

photographed by  
Aristo Tacoma,  
also stylist.  
Co-stylist:  
Svetlana Jouini,  
@svetlanajouini

Contributions to  
styling by the  
model herself.  
Also featured in  
the cover  
editorial,

model Svetlana  
Jouini.  
MUA, hair styling  
by Svetlana  
Jouini,

Studio S Style,  
Kierulfgate,  
Lillestrom,  
Norway,  
@studiosstyle and  
@svetlanajouini.

Locations include  
Meierikvartalet,  
Lillestrom, Norway,  
and Studio S Style,  
Lillestrom.  
Brands in editorial  
include: Cubus, HM,  
Zara;  
dressing gown: Kid  
Interior,  
@kidinterior;  
drinking glass:  
Holmegaard Design,  
@holmegaard\_design;  
reclining chair:  
Hjort Knudsen,  
@hjortknudsenfurniture,  
Sofa, tables:  
Skeidar,  
@skeidarnorge,  
with thanks to Ms  
Nafisa Tariq.  
Apartment design:  
www.bundegruppen.no,  
with thanks to Ms  
Kristin Sovde;  
Dnb Eiendom,  
@dnbeiendom  
with thanks to Ms  
Malin Bruer.

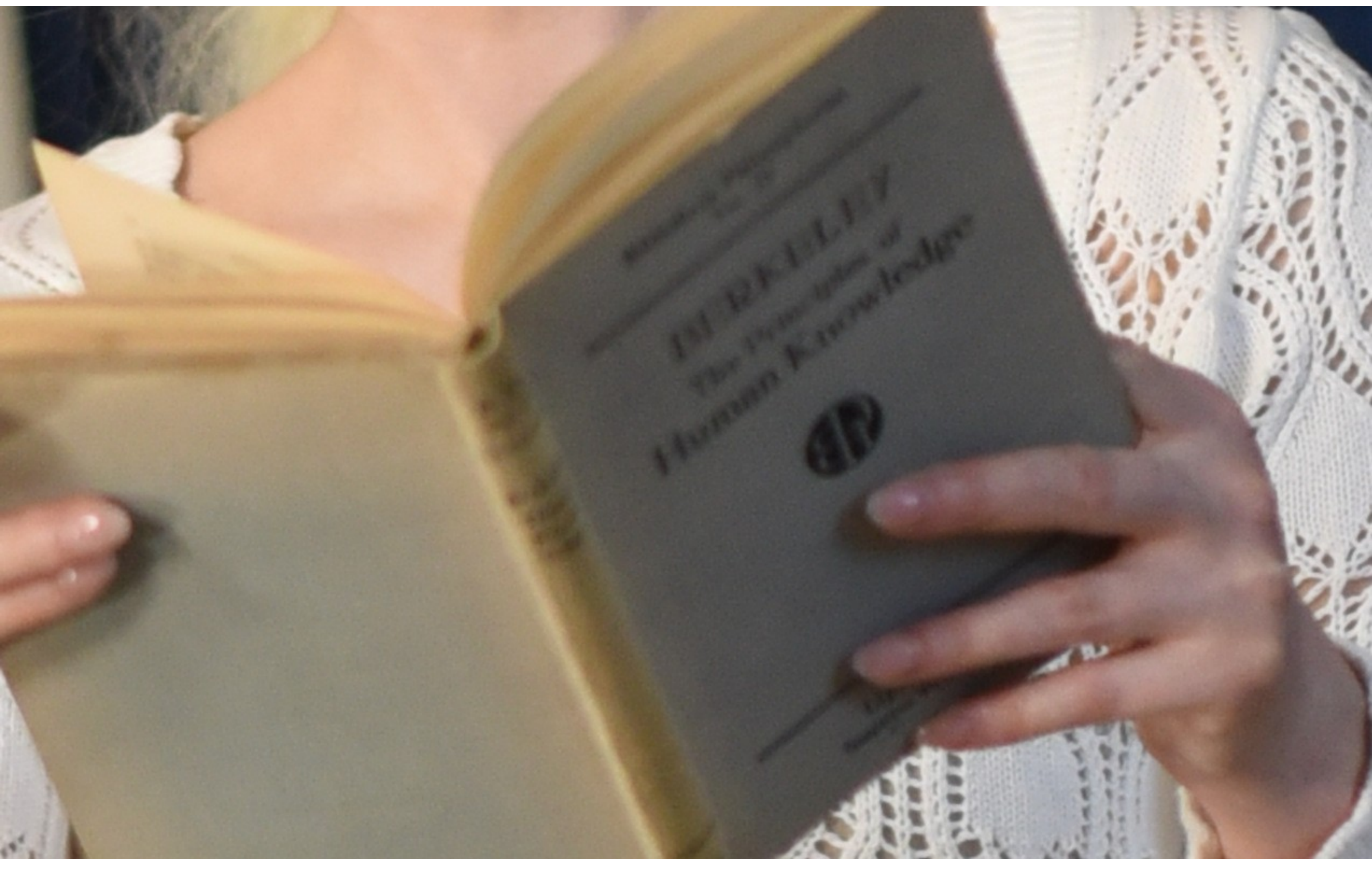
TV in background of  
cover editorial  
featured Fashion TV,  
@fashiontv



<<No  
consumo  
drogas. Yo  
soy  
drogas>>  
--Salvador  
Dali, A la  
conquista  
de lo  
irracional







THE LIMITS OF  
HUMAN KNOWLEDGE























<<[.] it was all very well to say "Drink me," but the wise little Alice was not going to do that in a hurry. "No, I'll look first," she said, "and see whether it's marked 'poison' or not.">>

Alice in Wonderland,  
1865, (and Through the  
Looking-Glass, 1867)  
by Lewis Carroll,  
Mathematical lecturer  
at  
Christ Church College,  
Oxford University















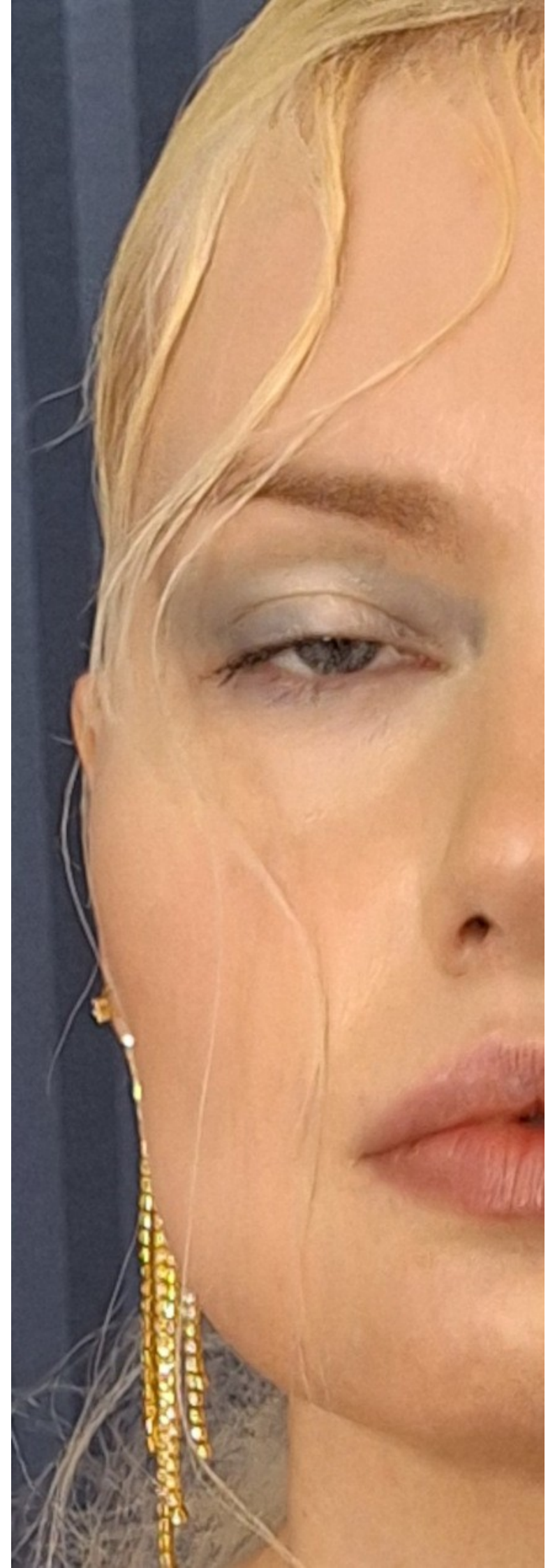








Award-winning  
MUA and  
stylist  
Svetlana Jouini  
with extra  
hair styling  
touches on our  
cover model  
Michelle







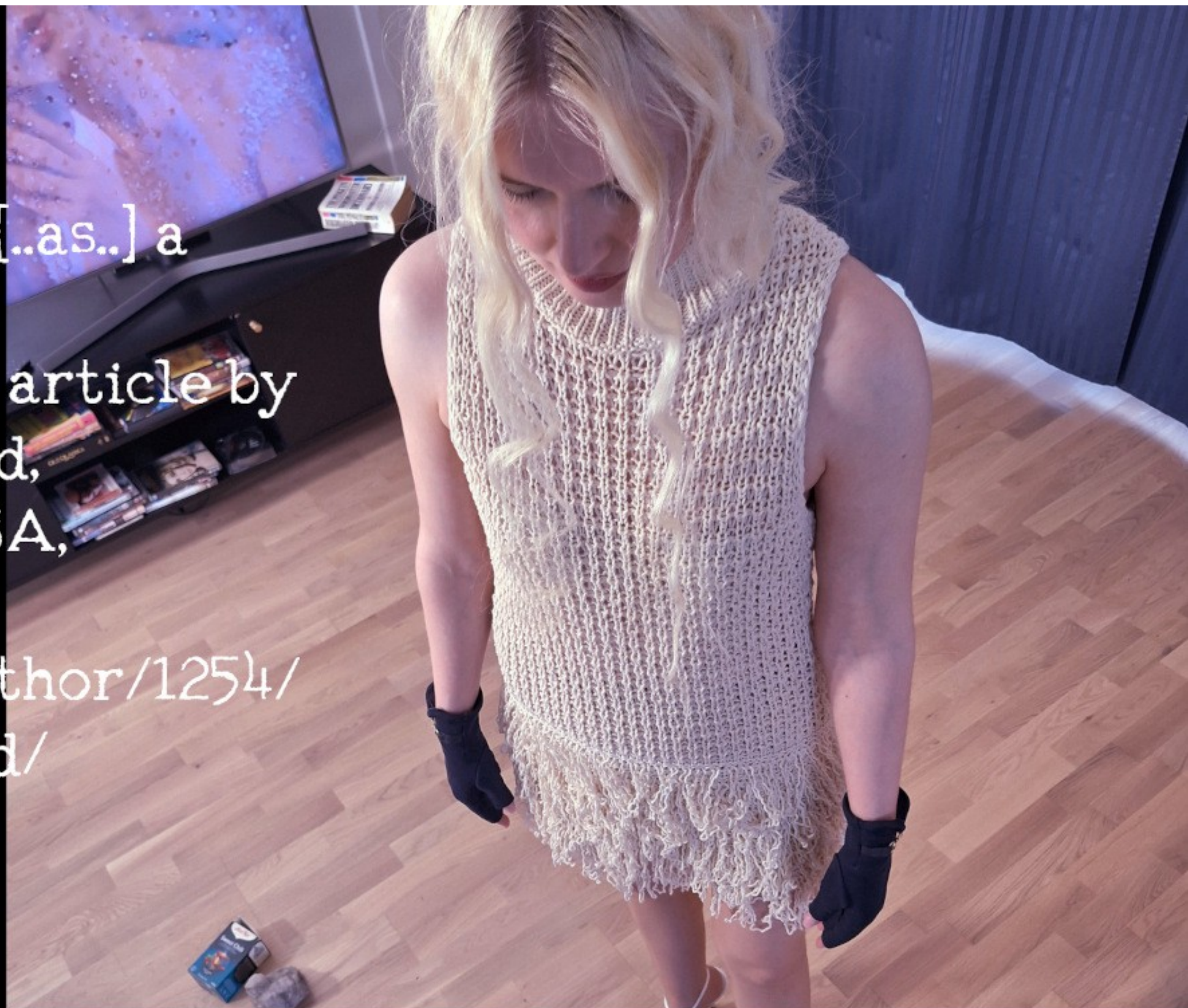








<<idea of rebirth [..as..] a  
phoenix rising ..>>  
--from a FW2425 article by  
Veronique Hyland,  
Elle Magazine, USA,  
Summer 2024,  
[www.elle.com/author/1254/  
veronique-hyland/](http://www.elle.com/author/1254/veronique-hyland/)















«The [blueberries] don't taste the same. [...]»  
«I suppose that is a function of the environment  
you ate them in, instead of a food

synthesi-  
zer  
issue.»

--from the award-winning season 1 of Star Trek:  
Discovery by Netflix, 2017, starring Sonequa Martin-  
Green, Jason Isaacs, Shazad Latif, Anthony Rapp, and  
Mary Wiseman

«An American physicist, David Bohm, devised a radical alternative at midcentury, visualizing "pilot waves" that guide every particle, an attempt to eliminate the wave-particle duality. For a long time, he was mainly lambasted or ignored, but variants of the Bohmian interpretation have supporters today.»

--New York Times,  
book review--      What is Real? The  
Unfinished  
Quest for the Meaning of Quantum  
Physics,  
Adam Becker, John Murray Publishers  
Ltd, 2018, UK  
--[www.nytimes.com/2018/05/08/books/  
review/adam-becker-what-is-real.html](http://www.nytimes.com/2018/05/08/books/review/adam-becker-what-is-real.html)





# Coffee recipe #41825

A daily work-coffee that is tasty and healthy in a nonfanatical way, and which requires hardly any equipment, thought or time to make

Text Aristo Tacoma

Though I've enjoyed coffee all over the place--indeed sometimes seeing it as the chief reason why I get anything done at all--the only times I have

been given the coffee I really want is when I have provided pretty detailed instructions to the barista, or done it myself.

The 'burned' taste of espresso is fascinating but mostly everybody knows these days that it can contribute to toxic colestrol levels, just as unfiltered turkish coffee can. Filtered coffee and instant coffee are both better in this regard. Comparing instant and filtered coffee for health benefits, there are some minute advantages of each relative to the other, but at one particular potent point instant coffee wins: it is less acid. In other words, for a lover of caffeine, if one can twerk instant coffee to serve one's need for good taste, one can indulge much more in it without getting digestion issues.

To protect teeth, and further balance acidity, it is customary to add some milk; but the sort of cow milk suitable for coffee contains lactose

and that's a heavy thing to digest in quantities and for a significant proportion of humanity, impossible to digest. It is also not a health benefit to get protein inside a drink that is meant to be taken in quantities between the meals as that would only complicate digestion. So, in general, the lower the often misused idea of

'nutrition value', the better the milk-type for the coffee.

In all these regards, Oatly or other equally well-made oat-based milks is a clear winner imao. But the coffee-making as a whole must be done right.

One more thing--often overlooked when one scans the net for the ways to make healthy

coffee-- is that on this planet of billions of people, both water and other ingredients that we use to make coffee is often characterised by unwanted micro-organisms. Here, instant coffee can be a clear winner--both because the coffee has been processed more (which, as far as micro-organisms go, is exactly what we want), but also

because its exposure to freshly cooked water is incomparatively stronger. In filtered coffee, the water cool on its way through the coffee. In making instant coffee this way, you burn away the micro-organisms.

@1 Cook water, wait, and give it another cook--that is the minimum

amount of extra cooking any non-hysterical person should put into the coffee when time and energy consumptions permit. [Government recommendation eg in Australia is that water should be cooked at least one minute; but by far most micro-organisms are destroyed simply by the act of achieving a second of boil. For those who want the water more absolutely cleared of micro-organisms, scientists say that 20 minutes of cooking is necessary.]

@2 Add it to a cup that contains a little instant coffee--may favourite is Nescafe Gold--and have (microscopic amounts if you don't like it, and macroscopic amounts if you're from the Southwestern coast of India) hot chili powder into it, and some --little or much--cardamom. Chili tones and adds to the not insignificant amount of antioxidants in instant coffee. Add the water, as Douglas Adams would, while it is boiling and not after it is boiled. Fill the cup up half-ways.

@3 Put the water back on, so it re-boils.

@4 Shake the barist edition oat milk and pour a bit into the cup.

@5 Pour boiling water on top of the now cuppochino-colored mix.

The instant coffee powder got purifying boiling water on it, so it dissolves perfectly; secondly, the oat-milk gets its own supply of boiling water directly into it, so as to contribute to the cleansing of it.



Fashion model Brilynn Hart



**Essence  
of a Model**



## Essence of a Model

Fashion model is  
Brilynn Hart at  
@brilynnhart

Fashion  
photographer is  
Abi Hart at  
@hartsong\_studi  
os

MUA, hair  
styling by  
Brilynn Hart  
Stylist is Abi  
Hart at  
@hartsong\_studi  
os

Contributing  
stylist is  
Mariter Torres  
at  
@danielajayfash  
ion.

Fashion brands  
in editorial  
include:

Molly Bracken  
@mollybracken\_o  
fficial

Molly Bracken  
Girl  
@mollybrackengi  
rl

Lili Sidonio  
@lilисidonio\_of  
ficial

Zara @zara

Converse  
@converse

Louis Vuitton  
@louisvuitton

Fossil @fossil

Banana Republic  
@bananarepublic

Steve Madden  
@stevemadden

Kendra Scott  
@kendrascott

General styling  
advisor: Aristo  
Tacoma





Women ' s  
Wear  
Daily,  
1966

" [ . . ]  
the  
woman  
today  
has  
bones . "  
Yves  
Saint  
Laurent  
in





"I'm happy to be copied,  
otherwise I wouldn't be  
doing my job well."  
Yves Saint Laurent in  
Women's Wear Daily, 1998



<<The name Brilynn is a variant of the more commonly seen name, Brynn. [..] traditionally associated with Wales, [where it means] hill or mound. [This] reinforces a sense of strength and stability. Brilynn [means] resilience, groundedness, and the ability to overcome challenges.>>

--  
[www.letslearnslang.com/origin-of-the-name-brilynn/](http://www.letslearnslang.com/origin-of-the-name-brilynn/)









<<(..) you have to  
start to be great.>>  
--author and  
motivational speaker  
Hilary Hinton "Zig"  
Ziglar























































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# Strut Your Stuff the FW2425 way



Fashion  
model Kayla  
Elise



Fashion model is  
Kayla Elise,  
at @kaylae2010,  
fashion  
photographer and  
stylist is  
Kristen,  
at  
@kristen.s.photo.  
Contributing  
stylists are  
Kayla Elise,  
at @kaylae2010,  
and Mariter  
Torres at  
@danielajayfashio  
n.  
Fashion brands in  
editorial:  
Molly Bracken  
@mollybracken\_off  
icial  
Lili Sidonio  
@lilисidonio\_offi  
cial  
NY&Co  
@nyandcompany  
Genleck @genleck

Lululemon  
@lululemon  
Brandy Melville  
@brandymelville  
H&M @hm  
Elizabeth  
Cordelia  
@Elizabethcordeli  
aclothing  
Location: USA  
General styling  
advisor: Aristo  
Tacoma







<<(..)  
upcycling  
and  
mending  
inspiring  
new  
aesthetics  
that  
bridge  
the gap  
between  
casual  
and  
sophistica  
ted.>>

--part of  
a  
prediction  
of FW2425

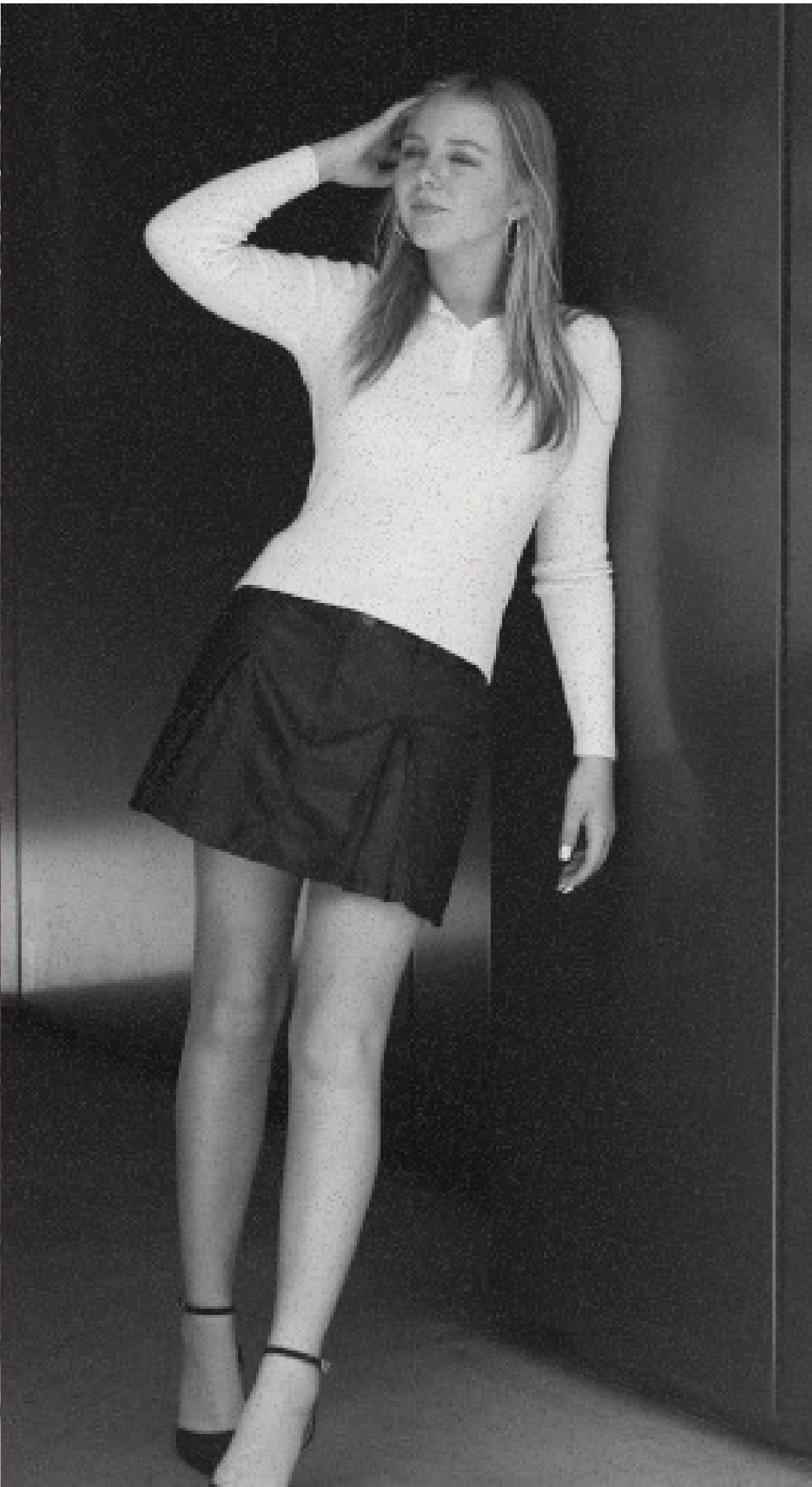
trends at  
[www.apparelnews.net](http://www.apparelnews.net)



<<Knowing demands the  
organ fitted to the  
object (..) >>  
--greek philospher  
Plotinus,  
from his 5th  
Ennead,  
3rd century  
CE,  
trans.  
by  
S.MacKenna  
& B.S.Page

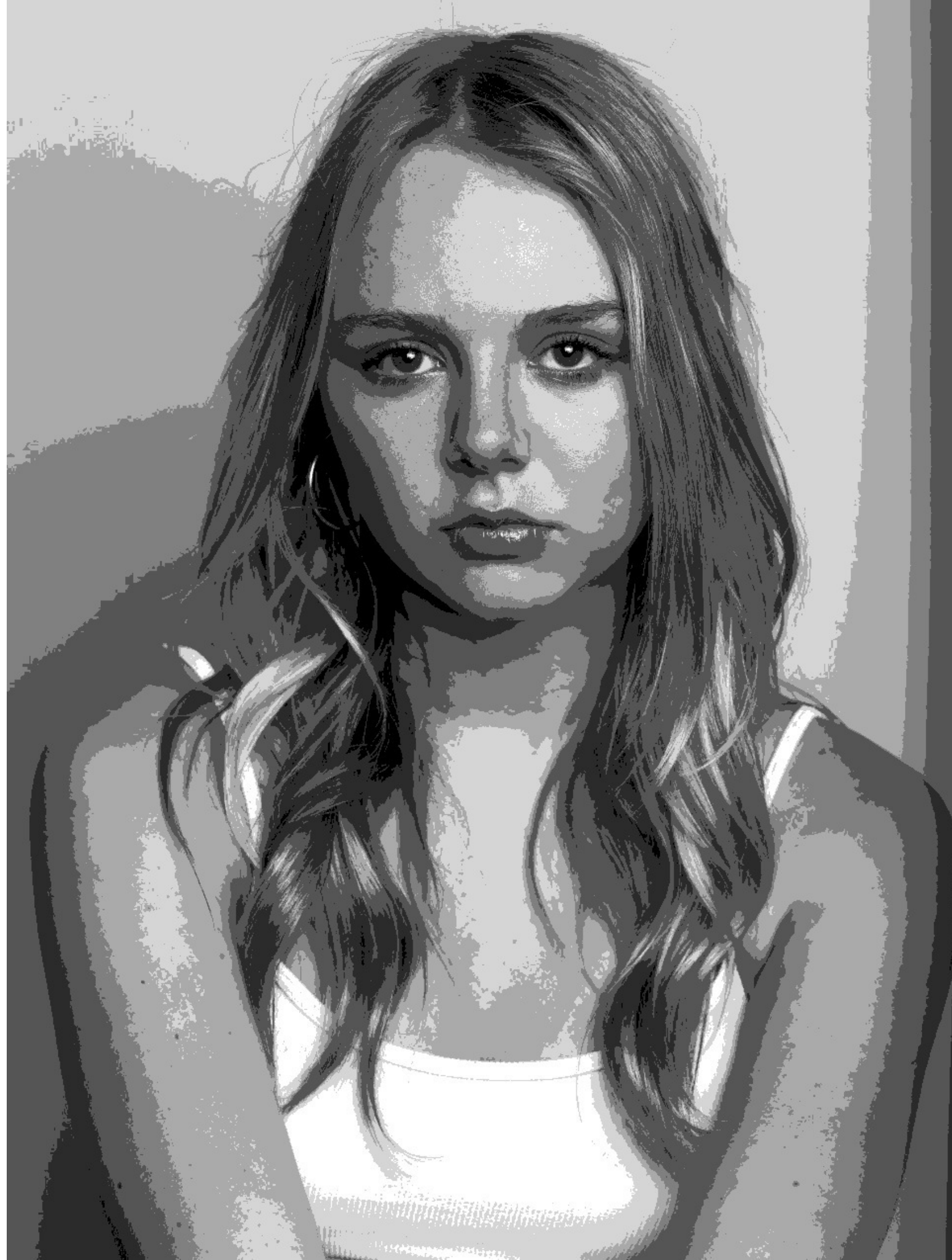




































THIS IS A  
PREVIEW OF  
SOME PARTS  
OF THE  
MAGAZINE;  
MORE TO  
COME! :)



























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PREVIEW OF  
SOME PARTS  
OF THE  
MAGAZINE;  
MORE TO  
COME! :)

























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MORE TO  
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# OMG!

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# EDITORIAL POLICY COMMENT

## Freedom from "AI"; authentic ity of photos

[IT HAS BEEN THE POLICY OF BERLINIB SINCE ITS INCEPTION IN 2019 NOT TO ENGAGE IN ANY 'TOUCH-UPS' OF ANY PHOTOS; WHEN ANY PIXELS ARE COLOR-TONED, THE PROCEDURE IS APPLIED UNIFORMLY ON THE WHOLE PHOTO OR AN OBVIOUS RECTANGULAR MARKED AREA IN IT, NOT SUCH AS TO CHANGE SHAPES OR HIGHLIGHT AREAS]

When you beautify your face by a bit of make-up, or so, you are still in real reality. When somebody photographs you right after, you are still in real reality, and the photograph reflects that real reality--supposing there are no 'filters', no touch-up, no automatic fixing along the lines some video-oriented social media platforms impose on their users. The photo reflects you, and reality, in all its infinity. Now it may not be a great photo, or not all parts of it may be great. So you take more photos, vary

this, vary that, more light, different light, different angle; you do the obvious little modifications that does not rob the photo of its authenticity--brightness, contrast, overall color tone, and such. You crop the photo. And if you are a fashion photographer, you do so for dozens of photos, out of, say, a thousand.

Now with what right do I say that there is an infinity about such a photo? Before I justify that claim, let me justify a much easier-to-justify claim, namely that there is a finiteness to all computer algorithms--whether in our phones or, through the so-called internet 'cloud', in a computer owned by somebody else. Why is it so that anything shifted around by an algorithm--a filter, a touch-up procedure--such as Photoshop is full of--becomes 'finite'? Because the digital is just that: finite. An algorithm is a set of rules, a finite set of rules, for shifting data around, digital data.

Before the algorithm, the photo reflected reality, and reality is beyond the digital, beyond the finite. But once an algorithm has 'touched it up', it has done something at once drastic and subtle, at once serious and nearly invisible, namely to rob the relationship between the photo and reality of any existence.

Some would argue, isn't that fine? A little escape is healthy. And I totally agree: a little escape is healthy; it may even keep the doctor away. So you switch on a game, or a scifi movie, or another fantasy

movie or movie made with a more realistic tone, or you read a novel, or a set of short stories--and in all these cases you indulge to perhaps sweetly 'escape' reality a little bit; and the mind may feel relieved. But if you close the book, or turn off the game, or switch off the movie, and you are no longer certain whether you are in the game or in reality, it is no longer an escape, but a mind-condition that in its mildest cases are called 'confusion' and in more severe cases lead to apathy or depression.

So the context of the 'fake' situation--the indulgence into the 'lies' of a good novel, or the 'realistic' illusion of a game, is good when the context is clear and when you can step into the context just as you step into a bath, and step out again and get your clothes back on again and move into reality again, refreshed.

Now reality is infinite, I claimed. And a photograph that hasn't been messed with by an algorithm has, if not its own infinity, at the very least a reflection of this infinity. This infinity is something we in a way take for granted as we gain consciousness as kids: we regard the world around us as flowing on with an interconnectedness that is beyond any fixed rule-book. Now a philosopher may come around and argue, say, at high school level, that this complex, infinity-looking reality may in fact be an expression of something humanity may one day discover to be more digital than what is until now understood. So may it be. Yet, as far as we know, the

play and dance of light and water and fire and earth and air and body and mind and trees and birds and animals and history and machines and money are all parts of a cosmos which is completely beyond the finite--in other words, it is infinite.

And why does that matter? Because once the world is experienced as a whole, once our lives are experienced as flowing whole in movement, into which we seek to connect some causes with some effects, by being, as it were, modest relative to reality, to truth, we come to be more and more able to navigate this life. It is a fool's mission to dismiss truth or brand it as the name of one's own program, ideology or software platform. It is by the hard-to-achieve scientific humility relative to the world of experience, also subjective and felt direct experience, that we gradually come to chisel out some hard-won truths, and from these we may more and more masterfully accomplish what we aim at, and what we aim at may be more in tune with reality than what it otherwise would have been.

When we appreciate the infinity of reality, we also appreciate that the mindfulness we are given as infants, and which evolve with us, has the stamp of this infinity itself. And that is the natural. Natural = infinite. In contrast to all this is that (fairly paradoxical) term, 'Artificial Intelligence' or 'AI' (which is paradoxical for, as we have just seen, intelligence relies on the infinite while artificial here refers to the digital

which is pr definition finite).

So it follows that, obviously, all forms of 'AI' should be neither used nor further developed by anyone, given a moral attitude; now this morality is not necessarily fitting with the commercial agendas of technological companies or the supervisory agendas of certain types of governments, left or right, --but there it goes. And in order to loosen up, can there be any role for the so-called, 'AI fake' (which is an unnecessary expansion of the term 'AI', since the 'A' stands for 'artificial' which in praxis means 'fake').

And, yes, of course. But only when it is called such, and when one doesn't have the risk of the snake of AI to escape the obvious cage

connection with the infinity of reality, which means it looses connection with itself.

"Do you see humanity as having a good future? Are you an optimist?" The question is upon us all who read the news, characterized not just by AI but by wars started by politicians who are afraid of loosing their jobs, and a society characterized by technology that gives power to some on the expense of giving such power to a proportion of humanity.

The only possible approach to answering such a giant question, I think, is by means of intuition,--ie, a leap of that intelligence inside which is deeper than reasoning and beyond mere guessing, which springs from the infinity we are born with in relationship to this



Recurring comment

it must be put into, for humanity to have technology serve itself rather than the other way around. The 'AI fake' can show us a pathway to more imaginative fashions; to new scifi stories; to new ways of bridging what seems unbridge-able in reality. A small doses, the 'AI fake' can contribute with a dash of creativity. Too much of it, and the mind looses

reality. Humbly, by this intuition, I find, having long quested into it: for sure, yes. All will work out nicely--"AI" is just an infatuation-with-the-artificial phase we're going through. The future is not as mapped by statistics. The quantum leaps of history are before us (and I don't mean "quantum computers").

Aristo Tacoma

# Video s and photo s, brain and being

Have you ever encountered a photo that made you feel that something just 'solved

itself'? Something that took you out of stress, gave you leisure, a sense of all making suddenly more sense. A moment of stillness--but of the ripe, creative kind. So a photo, like a painting, or a drawing, or a fantastic piece of music, can be like a meditation--a holiday of the mind, taking place perhaps while in the midst of other things.

A sudden moment of clarity, real clarity, a sense of overview--insight--awakening to your own natural intelligence--these things typically go together with what the brain scientists talk of as 'coherence' between the various parts of the brain, and the various forms of activities--waves, whatever--that the brain radiates. A form of synchrony--or "symphony", if you wish to be poetic. The turmoil-like stress-fluctuations that criss-cross the brain in a mildly frustrated mode may change and the mode of the brain may be more holistic: and at such times, there is, as psychologists report, have I read, a tendency for learning to take place faster, for insights to go deeper, and positive changes have a more easy time to take place.

This 'change of mode' is something that it seems children, when happy and laughing and playing and learning seem to dabble in quite a lot esp. before puberty, while to adults it is, typically--statistically--a more rare phenomenon--although not at all impossible. It is just somewhat more demanding.

And let us note that the 'change of mode' is not a

mere 'change of emotion'. It is not a mere switch of mildly or strongly negative emotions to positive ones. Not that such a switch is meaningless. It is just that it is something very different.

The change of mode from what we can call a mildly or not-so-mildly frustrated sense of being to one in which (as also A. Maslow called it, in his philosophy) there is a 'sense of abundance'--an "abundance mode"--in contrast to the "deficiency mode"--is more than change of feeling, more than change of perspective or 'gestalt'; it is a deeper and more profound alteration of the sense of existence, --a sense of transformation of consciousness-- although such words might seem pompous or even meaningless. But whatever words we may use here, it is not a mere flip of one emotion for another.

The flipping of emotion can be triggered by many things, and one of the most effective emotion-flippers that, so far in the technological evolution of human society, we --ie, humanity--have come up with, is that of the video-- or movie-with-sound--especially when this is fairly new, has some surprising elements or features about it, and triggers straight into something you already were at least a little bit emotional about. So a video can flip emotions --and indeed many other things can do so, but a video can be massively reproduced in this society and so flip rather massively the emotions of a multitude. And indeed this is at the foundation for much buying-action or at

least a hopefulness on behalf of the advertisement industry that they have a way to efficiently hypnotise at least a portion of the buying behaviour of a portion of humanity that way.

Videos, despite their obvious aptness in triggering emotions, may not be as efficient when it comes to the change of 'mode' of mind; the movement from a more frustrated sense of existence to one in which an overview and a more sanguine sense of existence is felt. For that, the more meditative approach, less full of the fast-and-somewhat-surprising triggers of emotion and more so that it brings together that which in some way may have been 'torn apart' in consciousness. Not so as to say that 'everything is positive', but rather so that the grounds for frustration seems to fall away while grounds for a more relaxed, more leisurely sense of cheerfulness--and even dance--can emerge. This sense of dance and wholeness can arise in many ways, and sometimes may be impossible due to life circumstances for a long time--but typically, what is required is a meditative presence of something of really high quality--or what is experienced as having such high quality.

If you at all dabble in brain research--a very valuable thing to do, for anyone, in my opinion--you won't have to look long to find articles like the following. The very respectable "Nature" scientific journal published, for instance, in July 2020, the following article by Daniel C. Richardson et al: "Engagement in video and audio narratives: contrasting self-report and physiological measures". In this, listening to a story were shown to have deeper physiological effects on a person than watching a video. And in another study, reading a story was found to be much similar to listening to a story as far as brain activity goes. In sum, less is more, when it comes to brain activation.

Now if it is the case that one read story can say more than one videographed story, it may also be that one gorgeous photograph can say more than a video over the same. A video, whatever it is called, is a succession of quick flashes of still photos, as we know--and it takes at least 25 of them per second to give the retina of the human being an experience of 'fluid' movement; and the sense of there being a little bit of realness to it is enhanced

by appropriate sound. Now this juxtaposition of images is in a sense an appeal to emotion to see things in a certain way: but it is also a signal to the brain to lay off any attempt to go deeply into any photo, for it is soon to be replaced with another one, then with another one, then with another one--as if the source of these images were uncertain of self, and as if it is on a pathway of escape --whether or not a joystick or something similar to that can 'interact' with the sequence. It is still a sequence that is more or less 'thrown' at the person. And so it passifies the person. The person may not quite believe in this passification,--but this may be a confusion as to just what sort of response it's about. The emotion the video, the movie, the 'reel', the 'animated' story or '3d game' or 'meta game' or whatever we call it conjures up may be real enough, and lead to intense action. And yet the brain may be rather passive, --consciousness rather unaffected.

Not so with a gorgeous photo.

A gorgeous photo, as a great piece of art, the fantastic painting or drawing, or a whole landscape, or a piece of music (and in rare cases where the videogrammer has an experience of wholeness and finds the means to convey it) can do something that a video rarely can: to change your feeling of the whole of life, not just a bit of it.



may do it mathematically well, they may be rather



Recurring  
comment

## COMMENT

### On the hidden ocean

Aristo Tacoma

As one who has grown up with science on all sides, so to speak,--near a university and with university folks often in the house--I know only too well that many scientific studies are characterized by an eagerness on behalf of the scientists to interpret results in a certain direction: they

cautious in drawing conclusions, but the whole ship, so to speak, of interpretation is typically weighing many tons and may not reflect nearly all nuances.

I say this because, as far as I can tell, scientific research on human sexuality has scarcely begun. This is echoed in culture, which, though sexuality dominates from the sides, so to speak, it has not a serious stamp on itself, whether in science or in society. Add to that the condemnations of sexualitty rampant in many cultures, whether religously based or founded on more secular or political ideas.

There is a way in which sexuality and intelligent creativity belong together, and, as far as I can tell, has

always done so, in ways which are subtle and complex and which rarely are talked about in rarified and adequate terms. Of course, many who have read their Freud etc have said things that give a flavour of credibiliity to sexuality in this or that way. For instance, they may have suggested that such and such person—perhaps Picasso, Dali--'channeled their sexual energy or libido'. So, there, at least, sexuality has got some reputation--'energy'. But energy is also adrenaline, electricity, caffeine – and **oil**. Energy is not necessarily subtle.

Even in cultures that to some extent honor sexuality as divine, such as in the tantra/chakra traditions, there is still a tendency to say: sexuality is an animal instinct, and lower than the golden impulses of the compassionate heart. It is the raw, sometimes aggressive force that also has procreation as part of itself. Now there is no denying that some forms of testosterone-driven action can have an aggressive slant or even involve killing; nor is there any denying in that procreation can be, and in fortunate circumstances can be intended to be, a beautiful result of healthy sexuality with mutual benefits.

But in one way or another, every one of these types of attitudes to sexuality, as just

mentioned, appear to me to be mere aspects of what sexuality is all about. To me, it seems like we have an hidden ocean here--sexuality--and that, for reasons of fear, haste, prejudice, have got into the habit of focussing on geometrical features of some shapes in that ocean near the shore, overlooking, in the process, the majesty and presence of the whole hidden ocean.

There are exceptions: there are those who have honored the oceanic vastness, but they have somehow too often become marginalized in how society have plowed on to discuss sexuality eg in political terms.

Let us try here, motivated by this background, to set some records about the concept of sexuality straight—so to speak. Here:

Sexuality is not merely an energy, it is a shaper of energy. It is not merely an animal energy, but something which connects to the most humane and most soulful of all feelings, namely compassion; and it does so in its fascinating and sometimes mysterious mingling with the appreciation for beauty tinged with cosmic spirituality. Sexuality is not merely an orientation or attraction or an energy that goes this way: it is a source of mental events,

intuition, intelligence, creativity and order so as to make action magnificent and esthetical. Sexuality is not merely tied up to such orders of health as are connected to human procreation: it is, while perhaps fuelled by human beauty, something that touches on and indeed deepens every form of technical, logical, intellectual, physiological and procreational capacity that a person possesses. The awakened and realized sexual energy is a mental and spiritual peak, far greater than a merely physiological response of the body—just as the greatest joy of sex is not in the physical climax but in the long dancing activity before that--a peak that nurtures the refined aspects of our minds and heartfelt feelings, and rejuvenates the skin and replenishes a fresh outlook on life and a bright sense of the future.

**By the way:** There is some scientific evidence for one thing that ties beauty to sexuality in a way that may not to all be entirely obvious. A study [reference for anyone who is interested can be provided] indicated that poly-activity is statistically favoured to a far greater extent by those who are typically considered beautiful. So!

the T.N.S.

# [True Nonsense Section] Coax Your Day

Text Aristo Tacoma

An alternative way of winning over all contingencies in a world of technology and not always that much breathing-space.

The intended glint in the eyes makes perhaps TNS the right place for this text--which inevitably, given the nature of its theme, has a slight moralistic streak.

## [1] Misuse news: turn news into a meditation station

To coax your day into a state of elevated consciousness, you need meditation. One part of meditation is forgetting your self. Yourself. You know, your ego. In our perspicitve, that is exactly what news are for. Put on nice music, get something soothing to drink, and dig into reading news on the web on a large screen. Don't overdo it. Scan. Browse. Take snapshots of different angles. Like a prime minister, muse over things you have not the slightest interest in, like why this group thinks such-and-such about another group in your land.

## [2] Beginner's Mind

Wherever you are living, it's the first day you're in


## (the) baby needs (new) shoes

A phrase said aloud when one is hoping for good luck in a game of chance, especially before a dice roll.

*If I roll a seven, I walk out of here with \$30,000. Come on, the baby needs shoes!*

*Come on, number nine! Baby needs new shoes!*

See also: [baby](#), [needs](#), [shoe](#)

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this town. You are here to explore it. Open your touristy eyes to the grey street so they become pathways to the mysterious unknown, ample in potential, rich in fresh opportunities. Whatever place you live in,

it's a hotel. Cosmically, that's right of course. It may not be Waldorff-Astoria, but in a larger perspective, we're all booked in.

## [3] Take an algorithmic approach

Ie, do some numbers game,-- like, be a nerd and do some programming. In the 1970s, people discovered a disconcerting fact about programming--which in its purest and noblest form is of no use to anyone--and is not about words, but about playing games with numbers--namely, that it promotes artistic creativity, and, even more disconcerting, sexual prowess. Because you let your humanness relax in the background when you dabble into the algorithmic. That's also to give you the emotional upper hand on these days' tech hype: whenever anyone says 'artificially intelligent' think 'algorithm'; because--for duck's sake, that's what it is.

## [4] Arrogant about radio and TV

Most radio stations aren't good when they do TV; in fact, some, like BBC World

News--with all respect, we're not out to patronize-- do TV so bad it's impossible to listen to them with the same relish and delish one can listen to the radio. Solution: put on the radio. Most TV stations, on the other hand, are so bad at making sounds that whatever glamour put on their screen suffer for that reason. Solution: find the best-looking TV station and turn off its volume. Added price: there is something frustratingly seductive-in-the-wrong-direction about TV that largely vanishes by splitting sound source from photon source. And for love's sake, don't do news via social media. Keep some lines in your life.

## [5] Pavlovee yourself: reward 5 minutes of unbelievably boring tasks by 30 minutes of exciting tasks

Every one of us has to do such as accounting, and

**if you have a life, accounting is dangerously boring** to an extent which, to a healthy person, is psychiatric. Solution: find a really fascinating task,

as different from accounting-- or washing the floor--or whatever it is you've had for too long on the to-do list--as can be, and dangle it as something you permit yourself to do as a reward after a few minutes of the task that seems to squeeze the last drops out of the life lemon. And make that a cycle until you can, with great pride in being good at getting trivial tasks done, strike the unwanted task out of the 'to-do' list.

## [6] Go hungry to bed

Fast and use a mirror, not TikTok, to look at yourself and decide where you should exercise. Restrain social media to some times pr week, some hours at most each time, with sound turned off; and get the salt ready and squeeze your eyes in addition when seeing likes numbers.

## [7] Get physical circulation

Ie, not merely 'exercise'-- five times pr week. Walk.

## [8] Shift city smell and worse

Unless you're fortunate enough to live in a place where you can smell clean saltwatery air, get to such a place regularly--even if only for an hour; even if it takes all day to get there and back and nothing else gets done. Do two bad things on occasion: be sure somebody smokes classy tobacco beside you--it can

even be you--and get UV -- though never a burn -- on your back, on your legs, on your face. Photons, dude.

## [9] Get tantric circulation. Huh?

It's a physical/esthetical job that enhances, shall we say, your number games. Not something you wanna spell it out in most circs. And we won't here either, but it has got to be done. Otherwise ffs something is not, you know, circulating.

## [10] Meat is plant-driven

Eat if not meat, at least blend protein variations. Don't take anti-headache pills 98 out of the 100 times it isn't bad enough; drink only because when is extremely unsocial not to, and resist the idea that life gets as nice as M&P California Dreaming by becoming a pothead; and indulge instead in ever-more-clever approaches to take caffeine, schisandra, ginseng, eleuthero, B12 and what not in excesses. Those seeking to elevate mind should do [9] instead of clobbering the brain with unquantumish substancies. Never mind if you have lost the instruction book.

## [11] Baby [you] needs new shoes

Talking of pain-killers, it's a state of mind. Don't have to be Jimmy Choo but no harm if it looks that good. Not just shoes. Look=energy.





Want some big timeless (ha!) words from BERLINiB behind closed doors as it were? On repeat? OK. Here we go:

FASHION IS THE UNFOLDING OF THE ESTHETICS OF MATCHING WORLD, POLITICS, MORALITY TO THE INWARD SURGE OF PINK FLUIDITY AND GETTING A BUSINESS FROM IT AS WELL: the industrial modelling babes #ja #pinkfluidity #gracefully

BACKGROUND: FINE ART, Dali, Henry & June, and LGBTQ+ in all its variations are schooltext stuff and trivially integrated in a health and beauty and sensuality and fitness and wellness consciousness of a modern young human being

FOREGROUND: Excellence in esthetics; in touch; in relaxing hyper-well-trained muscles; in freedom from fear; in feeling relatedness; in crossing old morals when they no longer make sense; and being ready to kiss the flower

MANIFESTATION: In wellness meditations in which the beauty of the human being is celebrated by the subtle indications that the freedom to unfold is now

#ja #pinkfluidity #gracefully

Fashion models in wellness cover editorial for BERLINiB 2023/B are, in alphabetical sequence: Anna Airoldi, @annaairoldi and Sabrina Macheo, @sabinamacheo. Fashion photographer is Paolo Macheo. MUA, hair styling, the models themselves. Stylists are Airoldi & Macheo. General styling advisor: AT. Fashion brands: Benetton, Brooks, Labello, Lancaster, Tilly Weil, Terranova, Yamaaya. Location: Lake Como, Italy



June 30th, 2022: the first time ever in Instagram's history anyone used #pinkfluidity and it was used for BERLINiB cover editorial posting for 2023/B BERLINiB by @berlinib

# Beauty Style e Fashion ion

