

FRAGMENTS OF EXPERIENCE

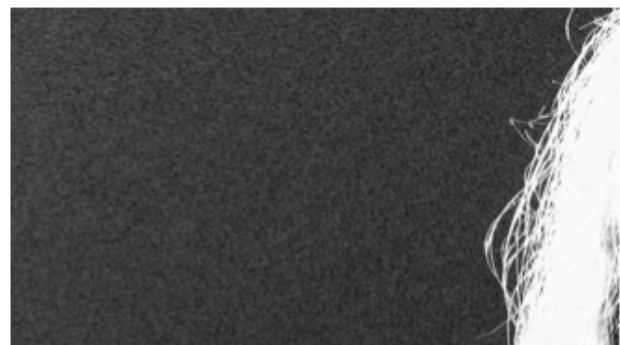
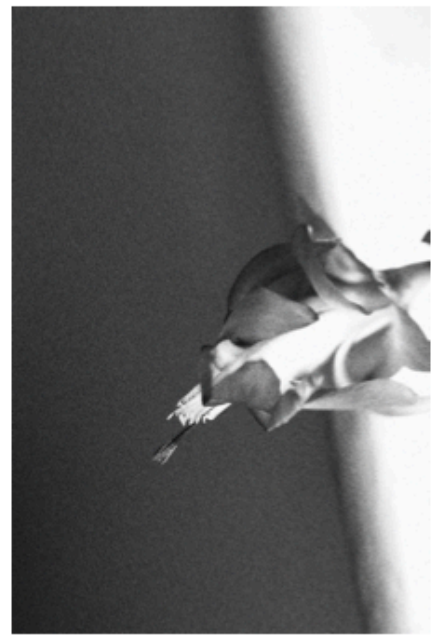
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MORE OF WHAT I DON'T KNOW



Inspired by sensory profiles and the neurodiversity paradigm, the film treats sensory experiences as a part of identity and a trigger for an altered state. Absorption in the present experience, even an ordinary activity, considered a meditative state. Altered states of consciousness as transcendence, supporting cognitive and spiritual transformation and growth, continuous re-emergence in the true self. Learning what it means to be: through explorations of unique neural connections evident in associations of word and image, through thought and language, and the direct experience of Now, which allows to perceive things *as they are*. The work is created within my Psychedelic Practice - an intuitive practice based on absorption: simultaneous decision and action without a preconceived goal, a tool for mind-revelation. Non-linear, ever-continued Fragments of Experience.

absorbed in moving
patterns rhythms
leaving advancing transcending
flowing with the change
repetition implies difference
sensory experiences of the flat and garden
merged with who I am
sweet wrappers over the lens colours in the rays
what do you hear when you look at my touch?
going away
moving towards
how does it feel to listen to my seeing?
voice beyond language
we are taught to believe in contradictions instead of balance
I like that you can never fully know me
we are becoming from moment to moment
I like plants and objects
according to some schools of Buddhism individual identity is an illusion
Western psychology disagrees
I think they are both right
it is a new situation
I used to live in shame
every situation is new
I want to disappear to then appear again
hypnotised by the rhythm of my blood
leaves and flowers grow from my eyes and ears
and in my mind all the doors open
all the windows of my past
the burning sounds that shake my being
turned into modulations of my breath
transcend
transform
how does it look to my face your ears my hand
when does it begin and where it ends
a whisper of grass under my finger

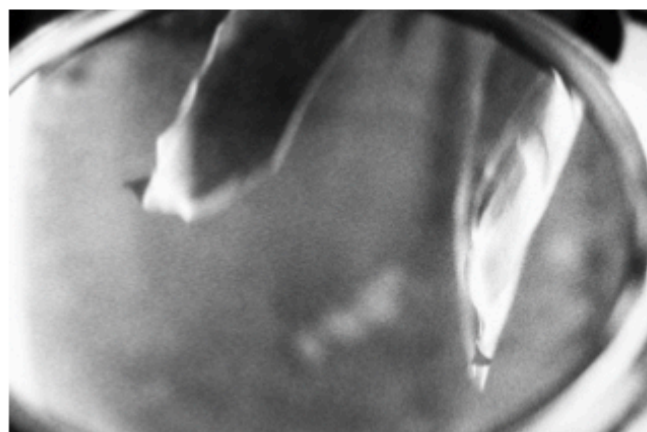


It is quiet. Hottest day of the year. So far. I don't want a 26 degrees Tuesday to be the hottest day overall, that would put too much pressure on enjoying today. I sit in the garden.

I don't know why I need solutions, I relax into the awareness that there is no simple answers. I try to take advantage of being alone. I write. Seek answers to unanswerable questions, just to get more lost, and emerge on the other side of the intellectual-emotional discourse, anew at peace with being lost.

Love is freedom, and happiness is illogical. I learn it, who am I, there is a bee in my garden, we don't live here anymore, did you see it?

To name it is different than to voice it. All field recordings, home here, "hometown" there, meditative relationships with plants and colours. My voice, monotone, turned into rhythms felt in your chest, flicker through the retina into the brain, rapture of associations, what do You remember, what do You imagine any of this means, I like being alone but I never want to be without You.



Scientific evidence suggests that human perception is not continuous but comprises of successive periodic cycles. We imagine the continuity of fragments. As in zen, there is only Now. And another Now, and another, I don't know what the borders between the moments are. Separate attentional moments. Like film frames. *Flicker fusion phenomena* allows to see light at frequencies faster than a certain rate as continuous. In *pitch-rhythm continuum* rhythms faster than 20Hz are heard as a pitch. Humans are conditioned to merge tiny fragments. The mechanism of flicker and shutter - an interplay with functioning of human perception. What is our relationship with reality? 10Hz flicker relates to alpha brain waves, can you feel it, hear it, think it?

The sea, the rain, and thunder. Tao as water, always and of itself.

To know when one does not know is best

Lao Tzu, Tao Te Ching

