



**Women's
Wellbeing
Summit**

NAOMI 'BAUDELAIRE' SMITH

**PLAYING WITH 4% OF REALITY:
THE RADICAL POWER OF TRUSTING
THE UNKNOWN**



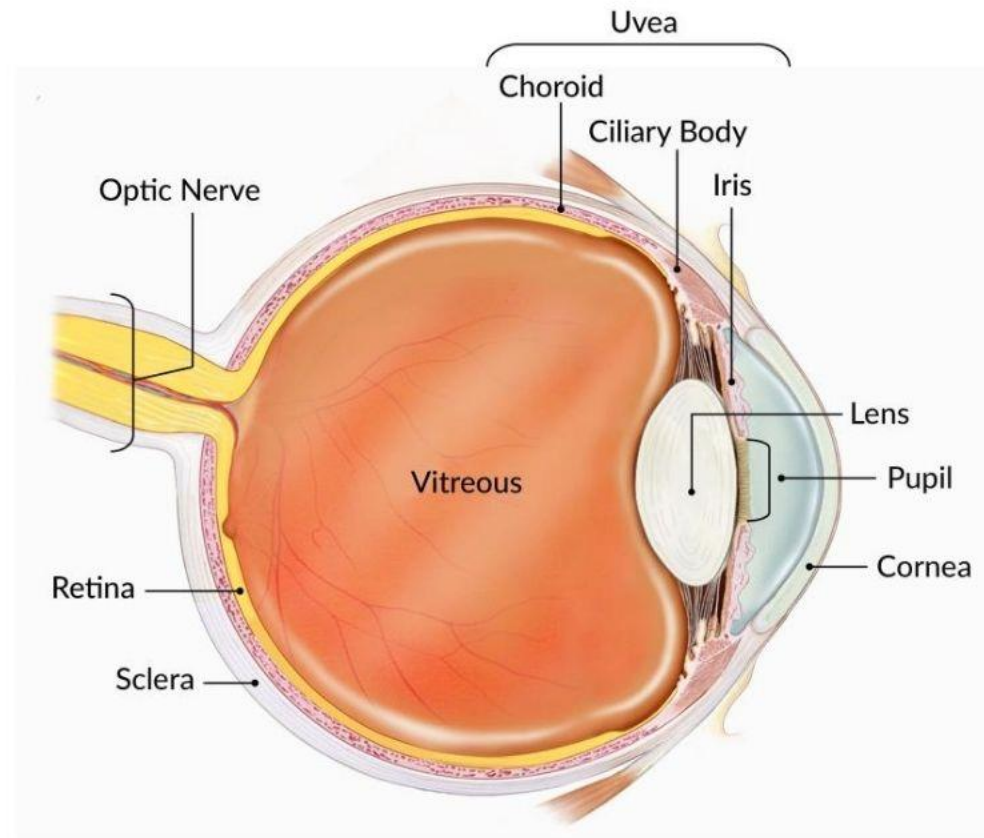
Play

**4% OF
REALITY**

INTRODUCTION

**DID YOU KNOW
HUMANS CAN ONLY
SEE 4% OF PHYSICAL MATTER
AND THE HUMAN EYE
CAN ONLY SEE 0.0035%
OF REALITY**

THE RETINA SENDS SIGNALS THROUGH THE OPTIC NERVE TO THE BRAIN. THE BRAIN TURNS THE SIGNALS INTO THE IMAGES YOU SEE





objects. So it is rather unsettling to discover this might all be a fabrication. Some researchers even contend that the live-stream movie in my head bears no resemblance whatsoever to reality.

In some senses, it is obvious that subjective experience isn't the whole story. Humans, unlike bees, don't normally see ultraviolet light; we can't sense Earth's magnetic field, unlike turtles, worms and wolves; are deaf to high and low pitch noises that other animals can hear; and have a relatively weak sense of smell.

"Everybody knows that we don't see all of reality. I say we see none of it"

On top of this, our brain presents us with only a snapshot. If our senses took in every detail, we would be overwhelmed. Did you notice the last time you blinked, or that fleshy protuberance called your nose that is always in your peripheral vision? No, because your brain edits them out. "A lot of what our senses are doing is something like data compression: simplifying, in order to be able to function," says Mazviita Chirimuuta at the University of Pittsburgh in Pennsylvania.

In fact, most of what you "see" is an illusion. Our eyes aren't all-seeing, but capture fleeting glimpses of the outside world between rapid movements called saccades. During these, we are effectively blind because the brain doesn't process the information that comes

JOURNAL PROMPTS

Scientists say humans can only see about 4% of the Universe's physical matter and The Human Eye can only see 0.0035% of Reality meaning the vast majority of what exists is invisible to us! *(Source: American Academy of Arts+Science / Stamford University)*

Think about your own life and the life of others: What dreams, growth, or transformations might be unfolding beneath the surface, even if you can't see them yet? How can you practice more trust in the 'unseen' process of the journey?

**IS IT POSSIBLE TO
'DESIGN'
THE UNSEEN?**



INDEGENOUS EPISTEMOLOGY

epistemology :

[Overview](#)[Usage examples](#)[Similar and opposite words](#)[Pronunciation](#)

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



epistemology

/ɪˌpɪstəˈmɒlədʒi/

noun **PHILOSOPHY**

noun: **epistemology**

the theory of knowledge, especially with regard to its methods, validity, and scope, and the distinction between justified belief and opinion.

"he grappled with metaphysics and epistemology in his writings and sermons"

Origin

GREEK		GREEK	
epistasthai	→	epistēmē	→
know, know how to do		knowledge	→
			epistemology
			mid 19th century

mid 19th century: from Greek *epistēmē* 'knowledge', from *epistasthai* 'know, know how to do'.

Translate to

Choose language

NAOMI, LONDON, UK SHE/HER AN EX GLOBAL BLACK STUDIES LIBRARIAN WHO 'DESIGNED THE UNSEEN'

u raised
cent roll-
d a very
owed the

"It's for a tiny group of women, and not everyone will like it. It's important to do what you want, and there will always be some people who agree."

— Martin Margiela on his collection

Darts
elbows, b
He cut a
ribbed k
graphic p
was craz
Italian n
name he

Whe
were too
with dar
sweaters
that beat
giela too
ing, cho
patchwor
stein cal

This
not for e
la doesn'
a tiny gr
everyone
tant to c
there wi

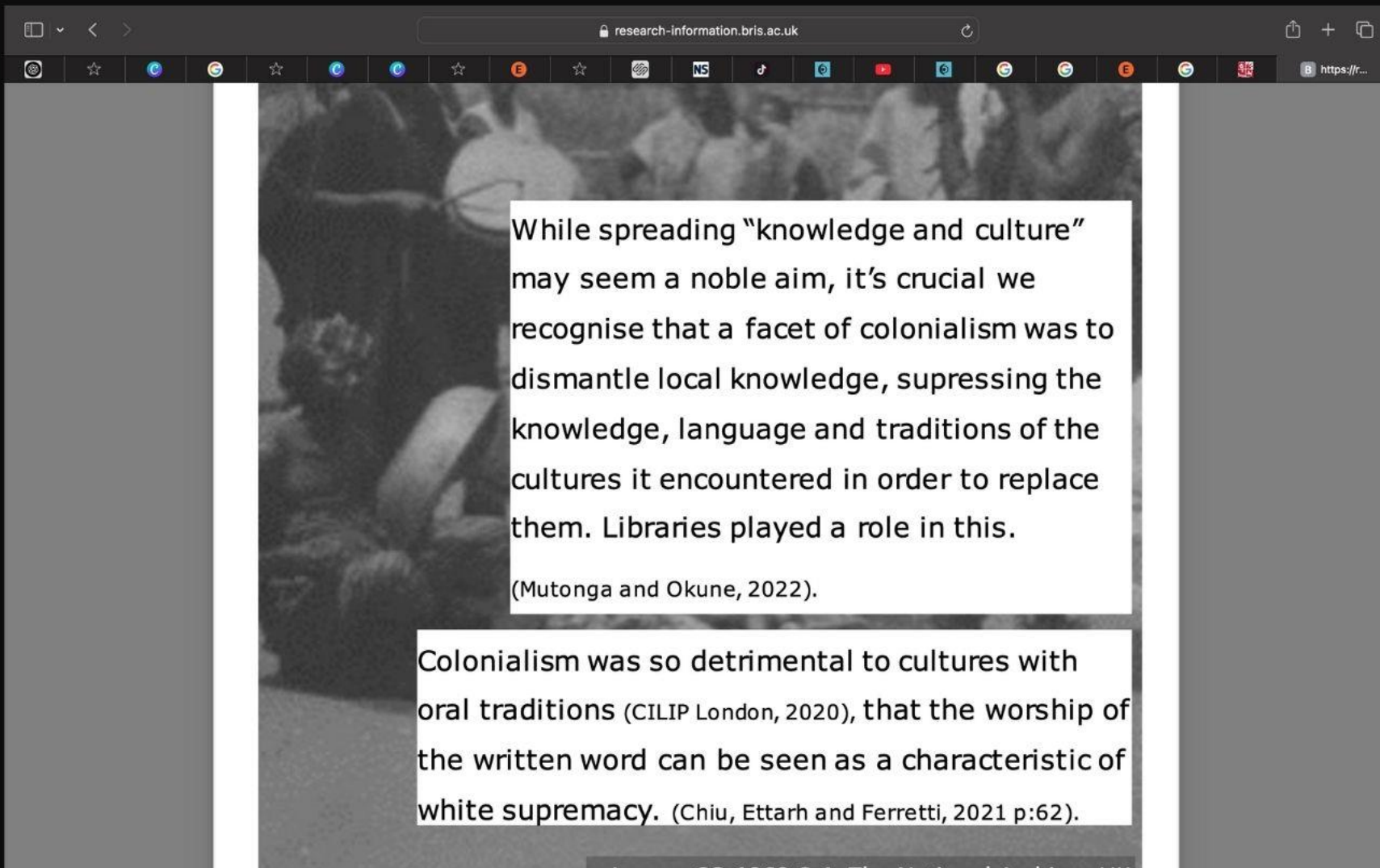


Libraries are Toxic! The Truth About Why I left my Toxic Job to beco...
1.1K views · 3 months ago

**WHAT IS
'KNOWLEDGE'?**

LIBRARIES ARE NOT NEUTRAL: A POCKET SIZED GUIDE TO LIBRARIES AND THEIR COLONIAL LEGACY

ROSEY A CROW



KNOWLEDGE JUSTICE

Disrupting Library and
Information Studies through
Critical Race Theory



edited by Sofia Y. Leung and Jorge R. López-McKnight

GUMBO, MISHACK. (2020). AN INDIGENOUS PERSPECTIVE ON TECHNOLOGY EDUCATION. 10.4018/978-1-7998-0423-9.CH006.

Western science concepts	Indigenous science concepts
Science is a subset of Euro-western culture	Physical and spiritual are inseparable
People are separate from the world around them	Holistic, communal and contextual
What counts as science is what can be measured	Inclusive, cooperative, peaceful
Focus is on physical world; absence of the sacred	Focuses on natural laws and land
Scientific method is a compartmentalized knowledge	Respect and reverence for all life
Fragmented worldview, linear, hierarchical	Reciprocity and interdependence
Mechanistic, reductionist, rational	Balance and wholeness; inner and outer harmony
Impersonal mathematically idealized, decontextualized	Nourishing the learning spirit
Exploitive, materialistic, ideological, elitist	Sustainable ways of being

**IT IS POSSIBLE TO
'DESIGN'
THE UNSEEN!**

NEW WORDS > NEW WORLDS

SEEDASCHOOL.SUBSTACK.COM

INDIGENOUS INTERDISCIPLINARITY

We remember de-colonial futures require interdisciplinary practice. We prioritize unlearning colonial conceptions of “human being” while learning from indigenous ways of being as we imagine and rehearse¹ new worlds.

1. “Abolition is presence, it is life in rehearsal.” — Ruth Wilson Gilmore

PLAY WITH NEW POWER



A

Advocate, holds a cause or series of causes to heart and carries them to justice

A

Artist, inspires people to be in touch with their humanity

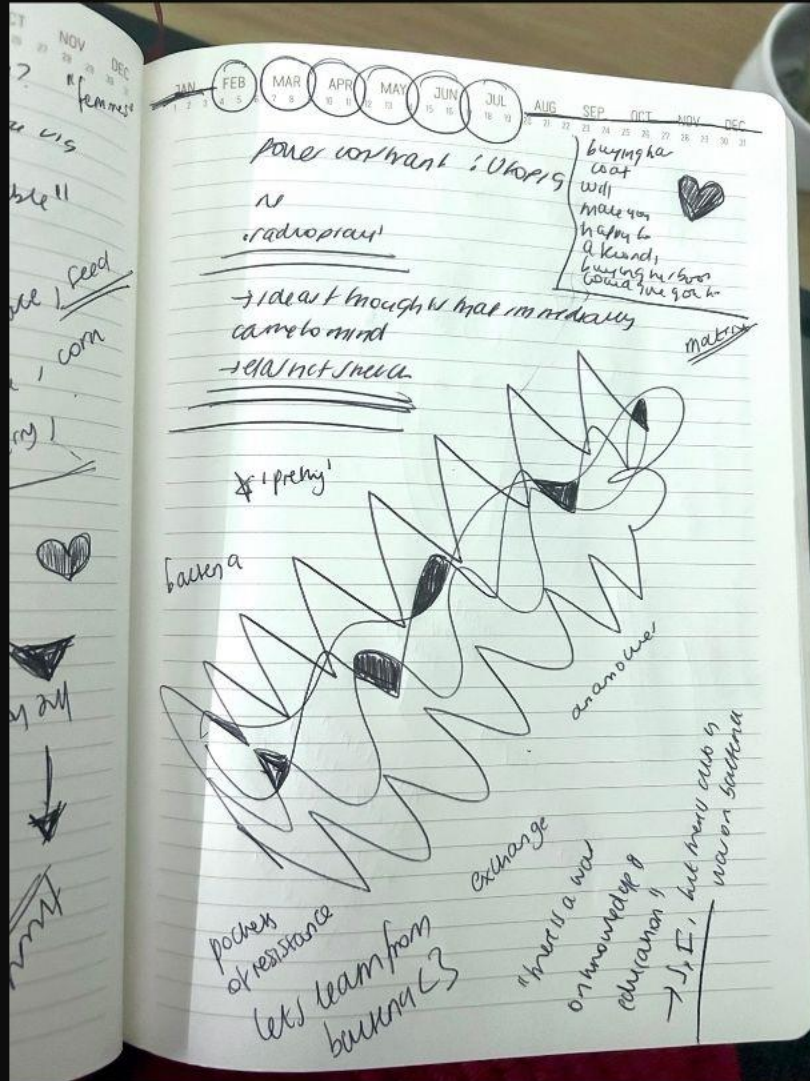
C

Communicator, tells stories and touch the soul of millions of people

D

Designer, works in service to create for collective liberation

PLAY WITH RAW IMAGINATION



PROCESS

1

**Don't dismiss different forms of
knowledge**

as "woo woo" or "delulu."

Ask why

they make you uncomfortable.

Ask who taught you to laugh at them.

Question your positionality.

Question your biases.

2

Be open.

**Many of us live closed,
afraid of the unfamiliar,
resistant to growth.**

Be open

**isn't just about receiving the new —
it's about recognizing
the limits of what you think you know.**

3

Step forward consciously .

This is the process.

This is becoming.

However, it can be hard and scary

intro.

To *continuously* reach *dharma* requires me to *continuously kill* the old versions of me; the versions that were taught to be small, to doubt and to live imprisoned by a fearful subconscious.

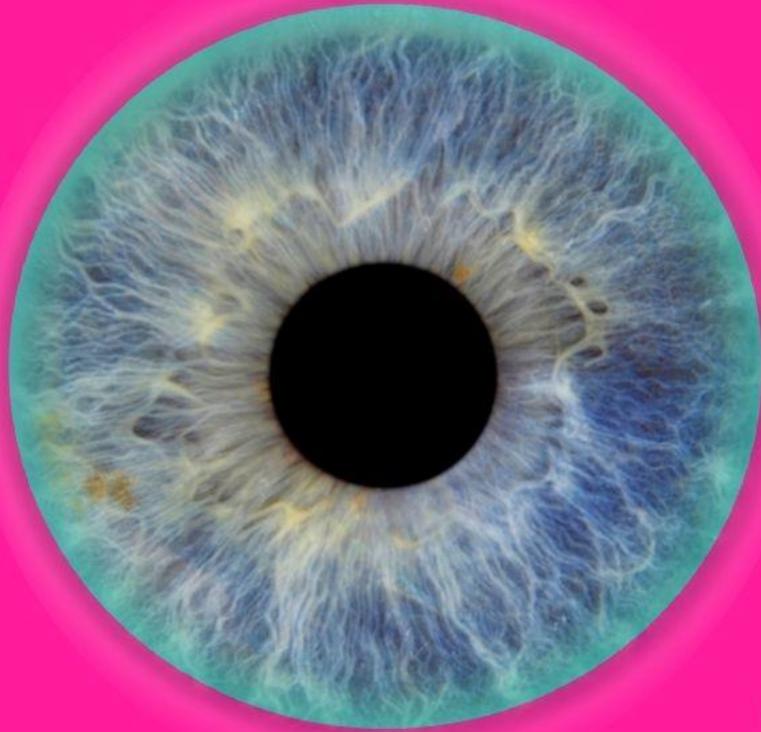
Death of an Identity, carried for years unknowingly, feels violent, which is why some parts of this book may feel heavy. Yet, in ancient, pre-colonial, Indigenous traditions, death always walked hand-in-hand with re-birth and creation.

The birth of a new you begins in the next chapter. Are you ready?

CREATIVE
HEALING

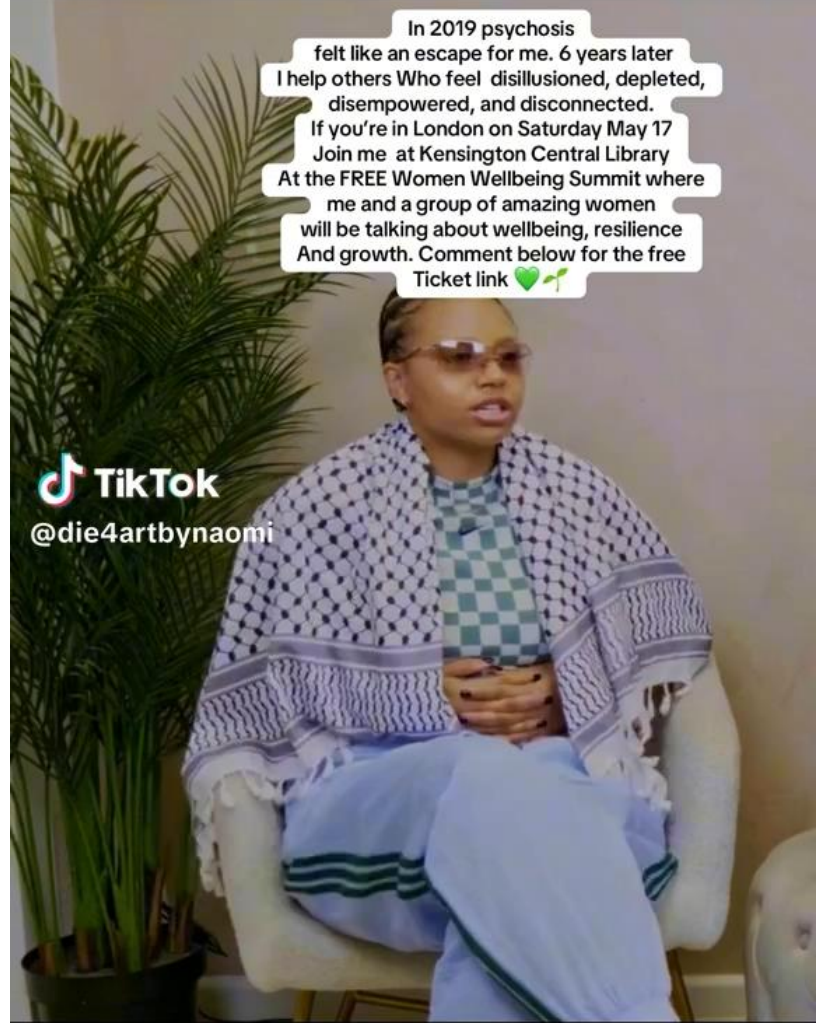
E-BOOK

1234 open this
door!



New Knowledge, Power
& Creative Freedom!

DIE4ART®



In 2019 psychosis
felt like an escape for me. 6 years later
I help others Who feel disillusioned, depleted,
disempowered, and disconnected.
If you're in London on Saturday May 17
Join me at Kensington Central Library
At the FREE Women Wellbeing Summit where
me and a group of amazing women
will be talking about wellbeing, resilience
And growth. Comment below for the free
Ticket link 🌱💚

 **TikTok**
@die4artbynaomi

**IF MY LIFE WAS A
BOOK IT WOULD
CARRY A TW ON
EACH PAGE...
OH WAIT LOL**



**New Knowledge, Power
& Creative Freedom!**

DIE4ART®

**TO BELIEVE YOU CAN
DESIGN THE USEEN IS
NOT 'SPIRITUAL
BYPASSING'
OR 'TOXIC POSITIVITY'**

WHAT IF I TOLD YOU

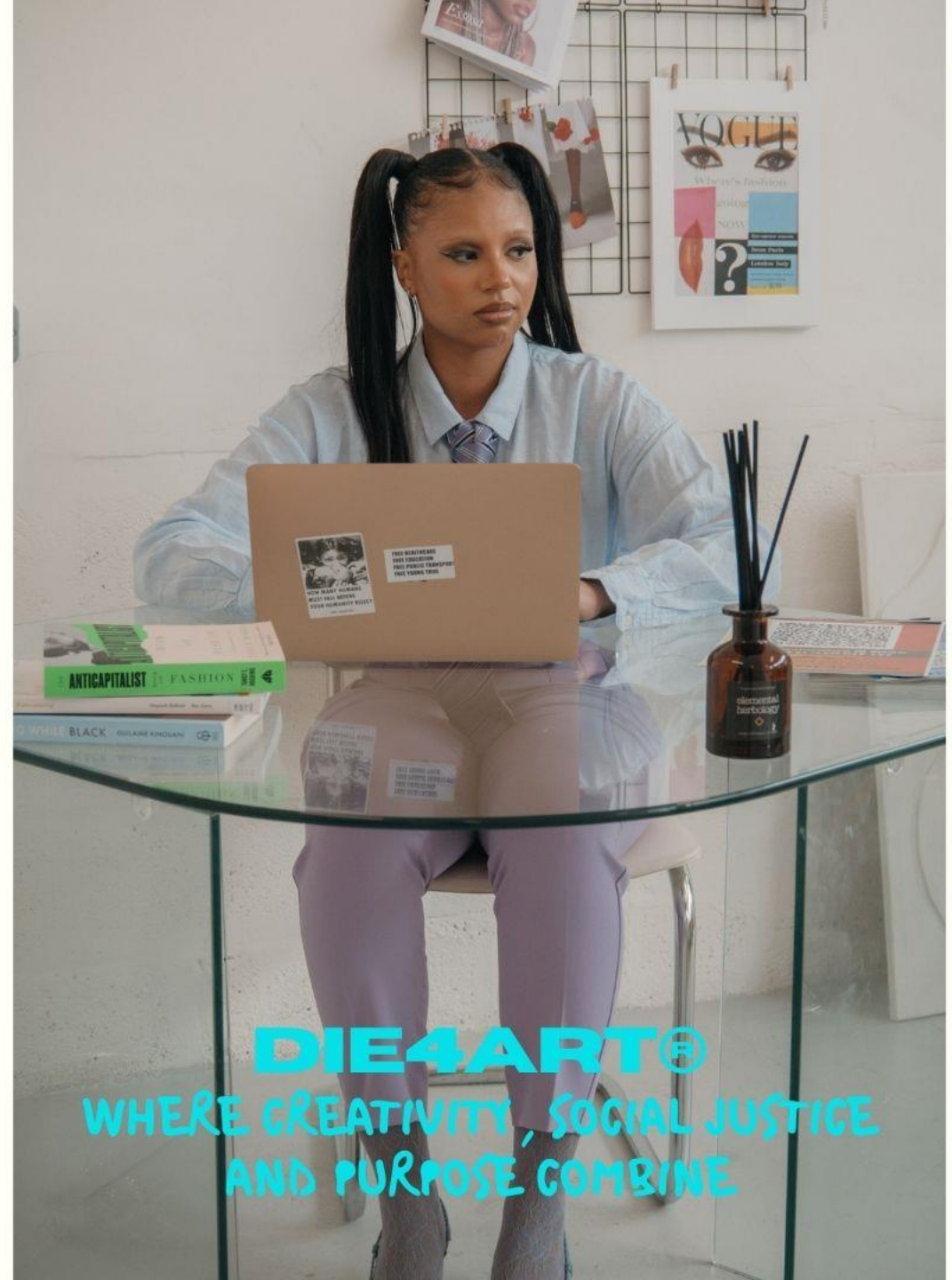
**Your beliefs don't make you a
free thinker. The ability to change
your beliefs based on new
information does.**



1234

My work in DEI (Diversity, Equity, and Inclusion) is rooted in the belief that personal healing fuels collective liberation. When people are thriving, empowered, and unafraid to no longer 'blend in' with everyone else, they can become even more powerful agents of social and political change. Wellness of the Self is inseparable from the Wellness of the World.

Thank You For Listening!



DIE4ART®
WHERE CREATIVITY, SOCIAL JUSTICE
AND PURPOSE COMBINE