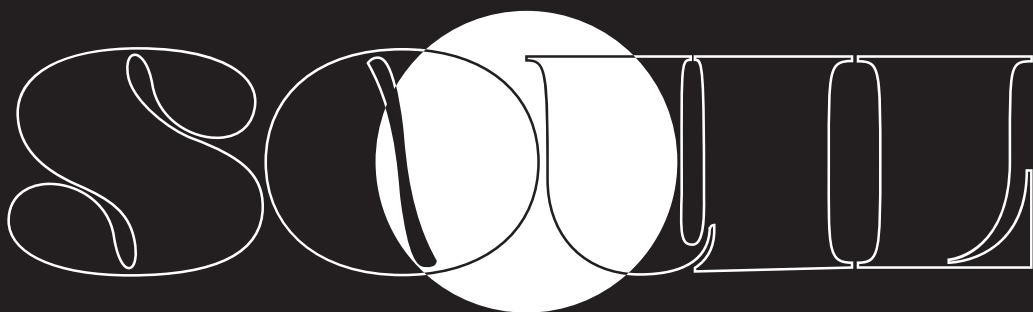


The

Space

Between

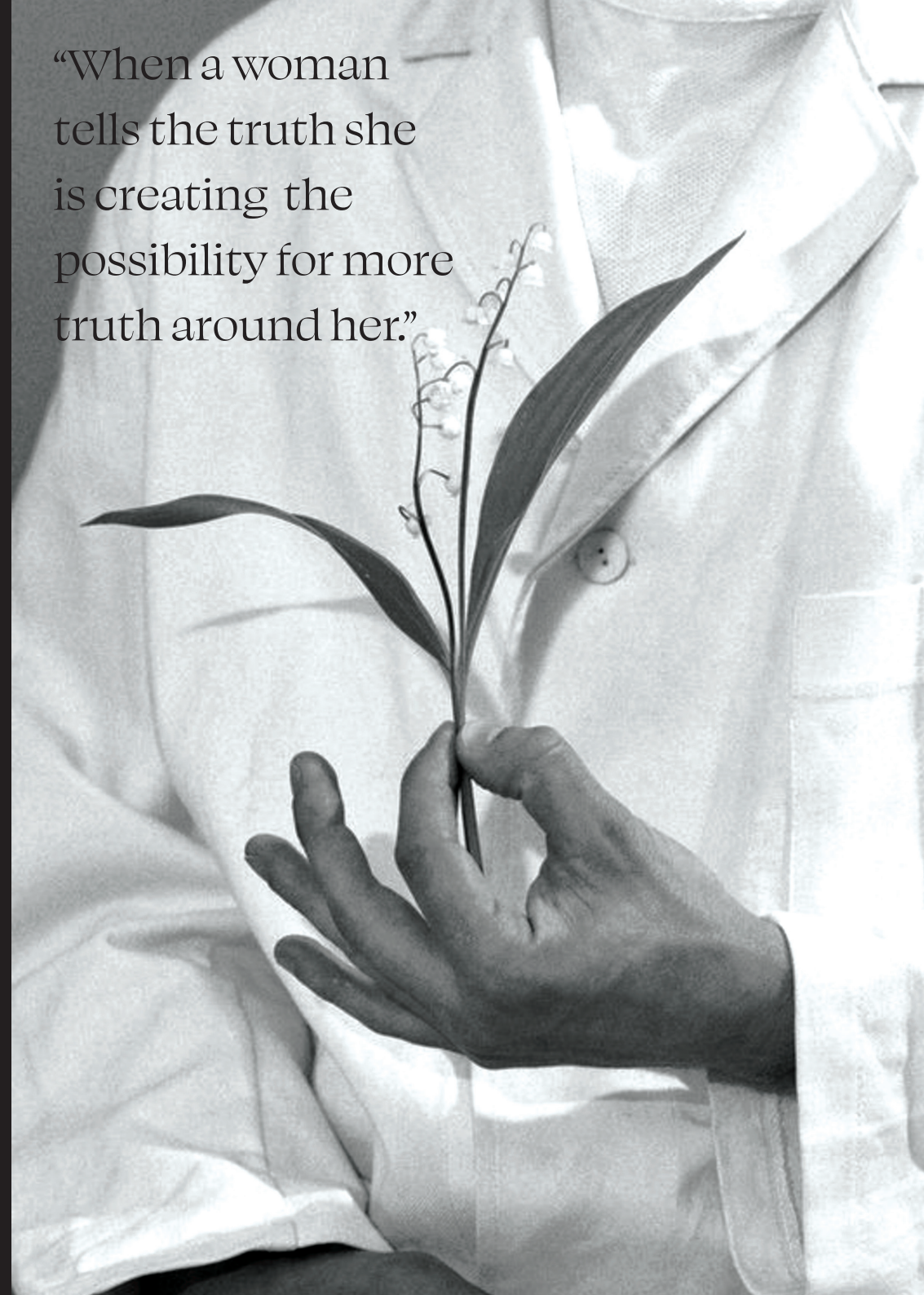


Souless

To

Soulness

“When a woman
tells the truth she
is creating the
possibility for more
truth around her.”



EDITOR'S LETTER

of

2022

Perhaps like you, I continue to feel sad and drained about living under this leadership that disregards truth, attempts to warp reality, sanctions white supremacy and white nationalism, denies not just responsibility for but the fact of its citizens' deaths in a natural disaster to which it failed to respond.

I keep thinking of this lecture by

Adrienne Rich:

“When a woman tells the *truth* she is creating the possibility for more truth around her.”

If you don't have that support system right now, I am sorry. if you're weathering the loneliness of being in a community that does not understand: *You are not alone.* I see you. This community sees you. Your support system is out there, and you will find each other. That is a very real possibility, and it can create very real change—in you, and in the world.

I want to know what this work that we created does for you, thank you for following this journey with us, and for being here. *Love, love, love,*

Sekhar Hanijah

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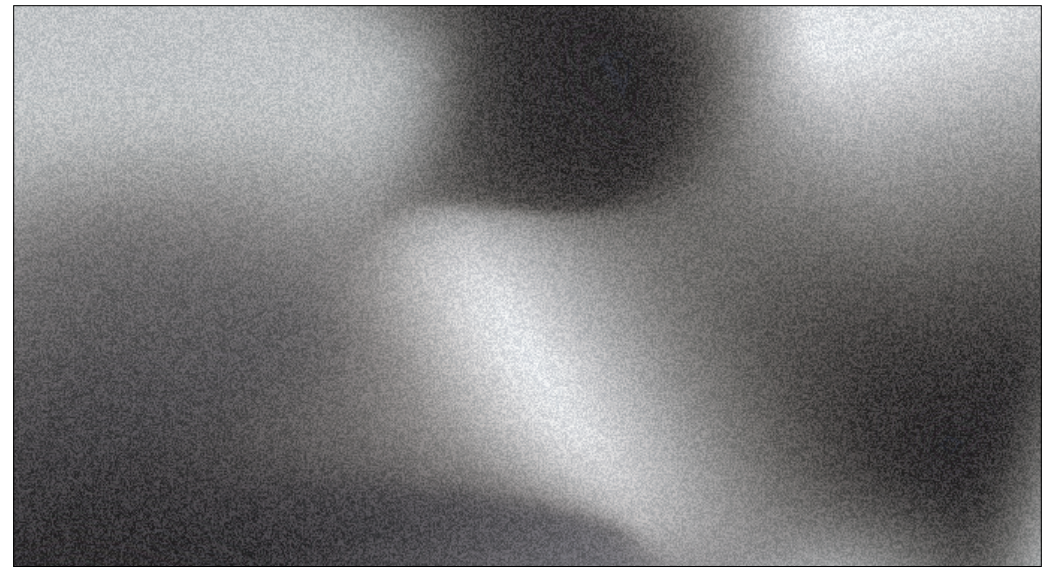
*To Express
Emptiness
and To
Volumize
Our Voids*

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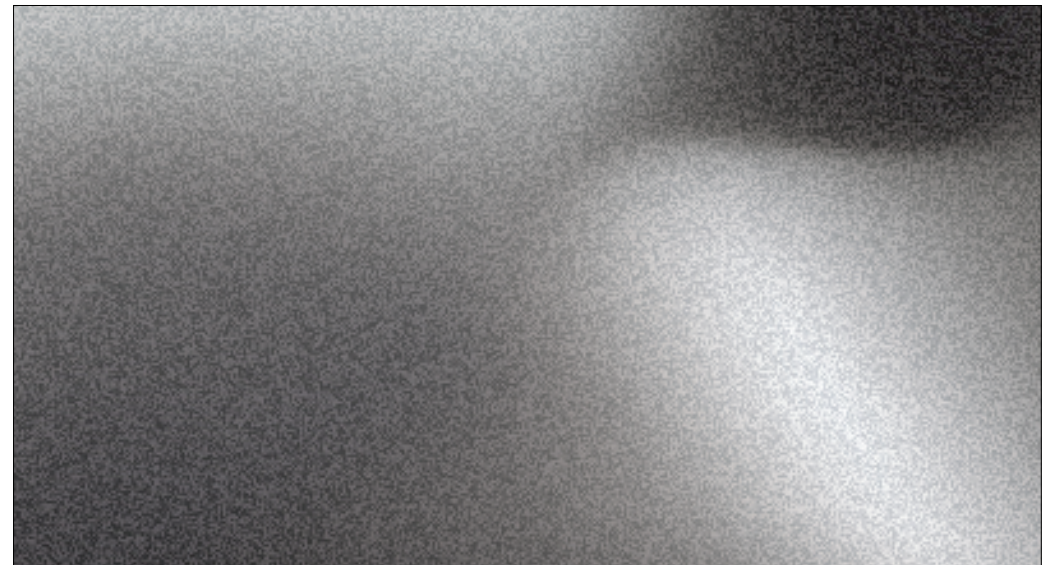
We are a group of students diving into the depths of the concept of emptiness. Why do we feel this way? How different is it described as or what other names does this feeling carry?
Our main goal is to introduce you to the emptiness, through the emptiness and out of the emptiness - no matter how much confusing this might sound now, it is actually what you will discover throughout

introduction to SOUL

it *begins* and *ends* in your *mind*



————— *take care of yourself* —————



I FEEL EMPTY

WORDS BY SELF ESTEEM TOPIC EXPERT
TINA GILBERTSON
HOW TO OVERCOME THE FEELINGS OF EMPTINESS

Feeling empty from time to time may be a normal part of the human condition. But if you experience persistent feelings of emptiness, there may be something you can do about it.

What does emptiness feel like?
✦ You don't have a sense of purpose.
✦ You perceive a lack of meaning in your life.
✦ You're not happy, but you're not particularly sad, either.
✦ If someone were to ask you how you feel, you might say, "I don't know."

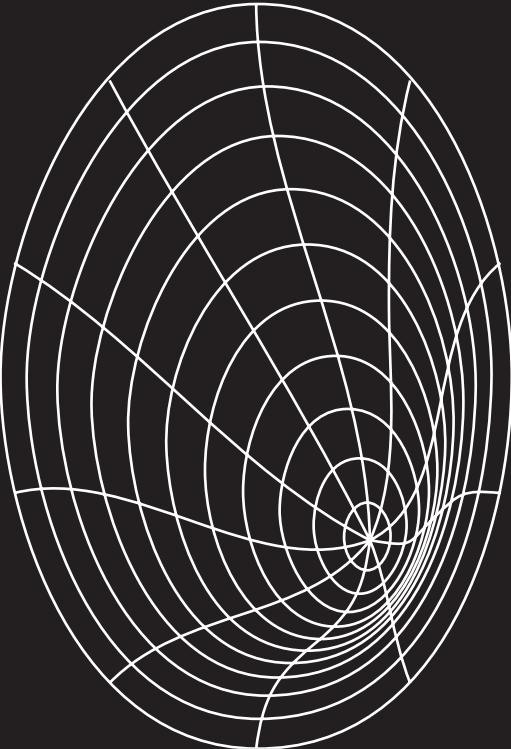
What causes feelings of emptiness?
No one knows for sure, and there may be more than one cause. A common reason you might feel empty is self-alienation—feeling like a stranger to yourself. This sensation develops over time, usually as a result of pushing away unwanted emotions.

Our emotions are an important aspect of our experience of ourselves and our quality of life, yet most of us have some degree of trouble allowing ourselves to have certain feelings. Anger is one emotion that many people try not to experience, for example.

What happens to our feelings when we refuse to acknowledge them?
They stick around in the shadows of our minds, gumming up the emotional works and, eventually, cutting us off from ourselves altogether.

The result?
We feel empty. We have a pulse, but we're not really alive.

Life is an emotional experience.
If you come from a family that didn't "do" certain (or any) emotions, you're at increased risk of feeling empty.



HOW TO GET OUT OF THIS UNCOMFORTABLE STATE?

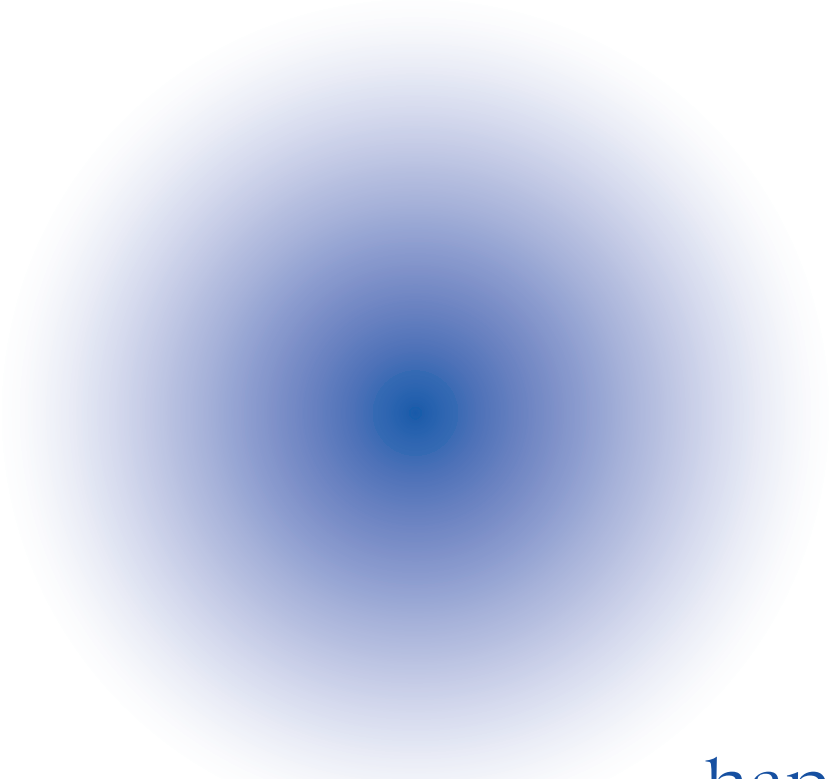
<p>Stop looking "out there" for a sense of purpose: Your purpose springs forth from your uniqueness. It's not something that floats around the earth independently like a cloud, waiting for you to find it. If you don't have a strong sense of who you are, it's can be hard to feel in touch with your purpose. You are someone in particular. You have a story, of which you're the star.</p>	<p>Think about this question: "Who is the person experiencing this feeling of emptiness?" Your authentic self is the person who cries when you're sad, and laughs when you're tickled. It's your authentic self who wants to inhabit the void, filling you with meaning, purpose, and connection. Start where you are: Someone is feeling empty. Who is it?</p>
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<p>Root out shame. There is nothing inherently wrong with you. It's hard to be close to someone you despise, and shame encourages you to reject yourself.</p>	<p>Try therapy. A good therapist holds up a metaphorical mirror, helping you see and appreciate who you are. If you need a little help, find a therapist in your area.</p>
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<p>Ask yourself how you might feel if you weren't feeling empty. Look at your life—past, present, and/or future. What comes up as you think about it? Any so-called negative emotions such as anger, disappointment, or despair are showing you what might be hiding under a numbing blanket of emptiness. Are you protecting yourself from something you'd rather not know? Be curious, not judgmental. Compassionate, not accusing.</p>	<p>Be a joiner: There's meaning in connection with other people. Consider sharing your sense of emptiness with another person. If there's no one in your life you trust with that information, a support group could be valuable. A grief support group might be a good choice. Many of us have endured enough loss in our lives to fit right in. You can't be closer to another than you are to yourself. Be honest and kind to yourself, rather than looking to other people to fill you up.</p>
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<p>Embrace your emotions, whatever they are. This is the same as embracing yourself. Although emotions aren't literally a part of you, they're a reliable reflection of you in this moment. How you feel in any given moment is the road that connects you with your authentic self. Try a little constructive wallowing in any emotions you have, and remember: curiosity and compassion, not judgment, is the goal.</p>		
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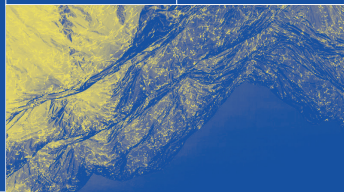
Your support system is out there,
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day-to-day during
a lifetime

TO EXPRESS EMPTYNESS AND TO VOLUMIZE OUR VOIDS

Can emptiness be expressed? Can voids have volume? Can space be sculpted? Japanese artist yasuaki onishi has dedicated his artistic output to the transformative power of negative space.



Using humble materials such as glue, wire, and plastic sheets — onishi has created monumental, mountainous forms within rice university's art gallery 'I create works that visualize spaces that are normally recognized as cavities and margins with simple themes such as volume, verticality, and distance,' the artist tells us his fascination with voids and spatial transformation. 'The exhibition space transforms into a vessel that stores imagination and thoughts. Through my works, we are looking into the other side of the world.'

Much of your work deals with material and spatial transformation — can you talk about the ideas of void and emptiness, and how they relate to your practice?

Through exhibitions in various places around the world, i have felt that the concept of emptiness and void is very different for every viewer. It's a big discovery for me and the potential of the work. I want to create a place that encourages the viewer to pour their own imagination into the cavity.

Thematically, what is the common thread that underpins your work overall?

I create works that visualize spaces that are normally recognized as cavities and margins with simple themes such as volume, verticality, and distance. The exhibition space

transforms into a vessel that stores imagination and thoughts. Through my works, we are looking into the other side of the world.

What do you hope audiences take away from your work? Are there certain themes you hope your work provokes discussion about?

I expect that viewers will have the opportunity to look at this world from a different standpoint than before. I would like to create something in which a part of the work and the relationship with the viewer suggests the world and society in which we live.

What are you currently fascinated by, and how is it feeding into your artistic practice?

An attempt to incorporate elements close to everyday life into the work, such as food, tableware, and ready-made products. I have come to think that

*it is important
to reaffirm the
happiness of living
day-to-day
during a lifetime*

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10 QUESTIONS TO ASK YOURSELF WHEN YOU FEEL EMPTY

If you had the life you think you want, what would tomorrow be like?
 When you imagine the life you want, rather than focus on the elevator speech (“I am this, I do this...”), focus on the daily routine. If you had the life you think you want, what would you do tomorrow? How different would it be from what you’re doing now? What from that vision can you actually start doing tomorrow?

If social media didn’t exist, what would you do differently?
 Would you dress differently, feel bad about where you live, care about what your apartment looks like? What choices would you make if you didn’t feel they were being silently policed by the faceless mob of people that lie behind the screens of social media? What would matter? What would you do? Who would you be?

If nobody would know what you did with the rest of your life, what would you do?
 If your life wasn’t the slightest bit performative—if there was nothing you could get from doing something other than just the act of doing it, how would you spend your time? What would you be interested in doing? What would energize you? Whether you realize it or not, your life will fundamentally be built off of the few things you care about the most. When it’s not, it will feel out of alignment at best, or off-the-rails at worst. Fulfillment is living in accordance with what we genuinely value.

To what in your life do you feel a subtle, unexplainable “nudge?”
 What gives you a feeling of subtle, unexplainable enjoyment? What do you like, even though you don’t understand why you like it? These are the things to pay attention to. These are the things that are real. Your mind is responding to what you think you like, your emotions are responding to what actually resonates.

If you knew nobody would judge you, what would you do with your days?
 If you would only be praised for your work, for your life, and for your choices—which would you make? What would you do?

What are you struggling with the most right now?
 Interestingly enough, the things that plague you the most deeply are signals toward where you must move next.

What do you struggle to accept that you have “no control” over?
 If you really believed you didn’t have control over something, you’d accept it as a matter of fact. What part of you makes you think or hope otherwise?

What bothers you most about other people? What do you love most in other people? What bothers you most about yourself?
 What do you love most about yourself? Dig until you see the correlation.

Am I truly doing the best I can right now?
 What are the most important things that must happen today? My life consists of my days—what am I doing with this one? What would my most fully realized self do with today? Am I truly doing the best I can right now? If I didn’t feel tired, what would I do today?

If I had the love I wanted, what would today look like?
 And what about now? How much love am I giving? How much am I receiving? Why? This, above most else, is a rule. Love is not something you “get.” It’s not something someone else has and you must earn. It is not something that exists outside of you. When someone doesn’t want to express affection and love and respect to you, you have two choices: You can try to change that fact (and keep yourself stuck) or you can keep giving love (which will let you move on). The pain of not having love is the pain of your heart being closed. The pain of losing love is the pain of your heart closing. The pain of losing love is trying to change or manipulate someone into thinking or seeing you differently. It is not actually a loss of love, it is a step into delusion and denial. It is the adoption of the idea that you aren’t lovable as you are.”

Excerpt From: Brianna Wiest. “101 Essays That Will Change The Way You Think”.



If nothing else, happy people are stigmatized as being clueless and ill-informed and delusionally positive and disconnected from reality, but the only people who perceive them that way are people who do everything in their power to justify the negativity in their lives they feel they cannot control. It is people who don't choose a better life that are naive and truly vulnerable, as "happy people" may lose everything they have, but people who never choose to fully step into their lives never have anything at all.

PSYCHOLOGY FACTS

Your sadness is saying, "I am still attached to something being different." Your guilt is saying, "I fear I have done bad in someone's eyes," and your shame, "I fear I am bad in someone's eyes."

We all fear that our feelings are too big, especially in the moment we're actually having them. We were taught not be too loving, we'd get hurt; too smart, we'd get bullied; too fearful, we'd be vulnerable. To be compliant with what other people wanted us to feel.

Sadness will not kill you. Depression won't, either. But fighting it will. Ignoring it will. Trying to escape it rather than confront it will. Denying it will. Suffocating it will. Allowing it no place to go other than your deep subconscious to embed and control you will. Not that you'll take your life or destroy everything "good" you do receive (though you might). But it will kill you in that it will rob you of every bit of life you do have: You either let yourself feel everything or numb yourself into feeling nothing. You cannot select emotions. You are either in accord with their flow or in resistance to their nature. In the end, the choice is yours.

Your tiredness is your resistance to who you really are, the person you actually want to be. Your annoyance is your repressed anger. Your depression, biological factors aside of course, is everything coming to the surface, and you bellowing down to stow it away.

Your emptiness isn't feeling nothing, it's feeling everything, and never having learned to process anything at all. Numbness is not nothing, neutral is nothing. Numbness is everything at once.

And your arrival at the conclusion that you cannot go on like this, that you're missing out, that you're off-track and feeling stuck and lost, is you realizing that you need not change your feelings. You just have to learn to lean into them and see what they are trying to tell you.

PRIMARY COLORS THEORY OF HAPPINESS

The Primary Color Theory of happiness says that happiness is divided and balanced out just like *Yellow, Red and Blue* and evenly balanced out. There are:

The happiness of *pleasure*

The happiness of *gratitude*

The happiness of *pursuit*

Now first one is all about the little things in life that give us joy, like having a drink out in the city with your best friend on Friday night. Second one talks about things that we are grateful for in life, like having a loving family. Last one is actually referring to your life goals and dreams that you are pursuing. See, we cannot be healthy and happy with just one or two of them, we need all three of the primary ones to paint. For example if we focus just on the happiness of pleasure, lets say you like to drink and you start to enjoy it more and more - how easily is it to fall down the wrong path?

