

Stability and Daily life

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Chapter: Movement
The Unthinkable Experiment in Labiomista

Question 1 : what's stability?

**Question 2: when we talk about 'stability',
what are we pursuing for?**

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An introduction: a boulder rock



A boulder rock: resting in the water

In physical dimension: x motion in a short period

Cumulative changes $\Rightarrow$ visible motion

Stability: one unit of everlasting movement



"No man ever steps in the same river twice, for it's not the same river and he's not the same man."

— Heraclitus

Stability: one unit of everlasting movement

Stability is a unit of movement, composed of countless brief equilibrium. In this sense, movement is a collection of interconnected states of temporary balance.

Each state is a momentary stability within the constraints of time and space, and the interconnectedness of different states in an unstable motion creates an unstable motion itself.

A planet with life flows



Our planet is a "water planet" composed of the flow of lives.

The entire Earth is a huge chemical reaction vessel where we intersect, influence, and connect with each other. In the end, it creates a stable ecology, life, and habitat from species and materials that are unstable and unchangeable.

Welcome to Chthulucene!



“My” Chthulucene, even burdened with its problematic Greek-ish rootlets, entangles myriad temporalities and spatialities and myriad intra-active entities-in-assemblages—including the more- than-human, other-than-human, inhuman...

By

Donna Haraway

Welcome to Cthulucene!

Disorder is the normal, and an ordered world is just a fleeting struggle. Faced with all uncertain things, people organise communities to confront the colossal unknown monsters. Then, the collapse in an instant becomes the norm, and stability is a fleeting moment in this world.

In the face of the Cthulhu deity, people are confronted with a community that combines all their efforts to face common risks. In a world of frequent and rapid flow, we do not know what will happen at any moment.

On the one hand, we are faced with an uncertain world, feeling unsafe. We do not know what events will occur in life. The world itself is unstable, and the collapse of everyday life is only a momentary occurrence. We know something may happen, but we cannot predict what will happen actually.

Eg. : covid-19 and unpredictable risk

Welcome to Cthulucene!

On the other hand, facing the unknown and the consequences it brings has become commonplace. "Unstable state" is normal, not stability, instability has been one part of life. The states of "unsafe" and "unstable" have become part of daily life. "Uncertainty" itself is a habitual stance in life, and vigilance toward the unknown has become a stable state for people. Humans try to grasp anything they can grasp: stable residence, well-paid jobs... and also, strong collaborations.

One inspiration from my experience in Brussels : when people talk about stability, because they live in an unstable world. 'Instability' is normal.

“The world is in an unstable world, and I feel not safe at one moment.”

Stability: a subjective feeling, intertwined with the material world.

A sense of safety and joy;

A sense of belonging;

A sense of connection with the world ;

A sense of certainty...

Case : sharing and response

Informal interview: talked with 5-6 female in La Biomista

Diversity and high and fast movements create an unstable context with invisible risks.

“I love Brussels. I grow up here. I know how to deal with the situation when someone shouted at me.”

“I will respond them, shouted them. Sometimes just ignore them.”

“You can just ignore them because you don’t know whether they will be aggressive.”

“I don’t think it(shouting at you) is the right thing. Brussels is a big city, it has so many people. I love it because of diversity and inclusivity here, but I also see many problems, vulnerable people there... Brussels isn’t the whole world, but Brussels is the reflection of the diversity.”

“You don’t really know what will happen tomorrow, so you need to do what you can do. I add emergency contacts, and in the book I add ‘AA’ in front of my parents and boyfriend’s names... when something happen I will call police and my boyfriend. **I will do anything I can do first to avoid something I cannot know.**”

St 'Ability'

an ability to grasp any certainty and any good state?

**being able to choose and create a stable state:
being able to feel/know self: body and mind;
being able to interact with the world and make
connections with each other (human and non-
human)**

Case: know your body!



① 4 instruments



Didgeridoo

② The process of playing didgeridoo



When: 13/07/2023, after dinner

Where: campsite, bol

Protagonist: Nectar

What: he was playing the didgeridoo

Case: know your body!

- Breathe → use different parts of body to produce sounds.



By using different parts of organs, Nektar controls the flow of air, producing different sounds, (at least 4).

⇒ when closing eyes, the vibration of air and body co-exists.

.. It's like a circle. My breathe circulates.'

" I just played for 5 minutes, if I play longer, for 1 hour, my hair ... the air will connect to all body. from the head ... "

.. It's connected with nature ..., mind ... spirit'.

How: air⇒ flow by breathe and body

⇒ his body is one kind of instrument

⇒ the connection with body and environments by flowing air

Another case: Yogo

lesson(12/07)⇒ how do you keep your body stable? When you feel sore or unstable, which part of your body is reminding you?

***Thanks for your
reading and
listening!***

