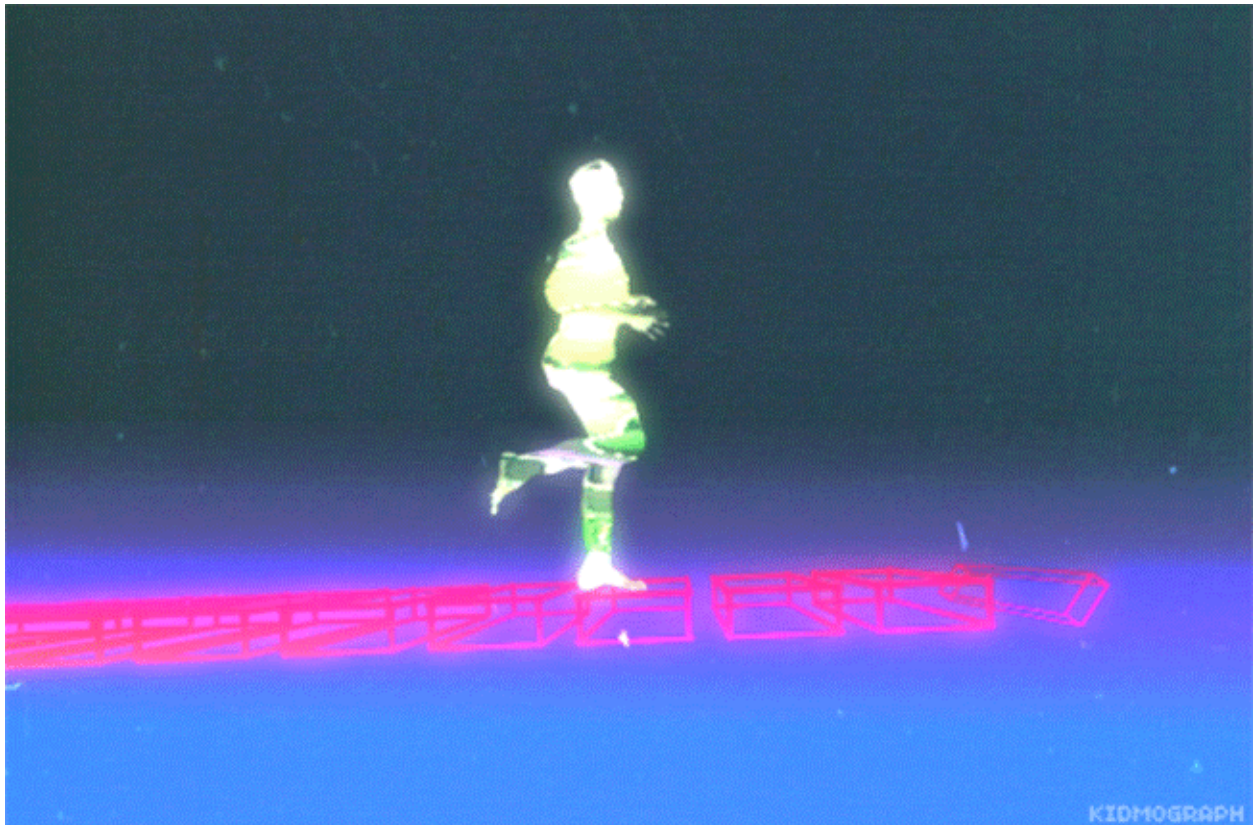


Where's my body? Can you be digitally embodied? How to bring presence to your physical self while engaging online.

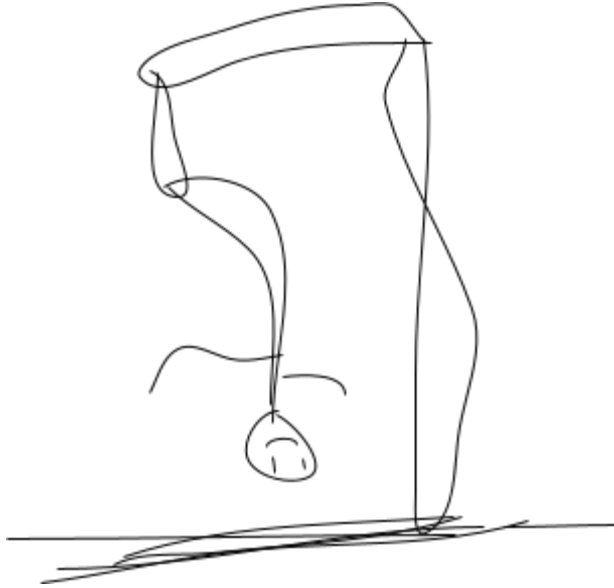


A FEW FLOATING THOUGHTS BELOW. FEEL FREE TO COLLABORATE BELOW THE HORIZONTAL LINE

"So, should those of us who feel this way just delete TikTok to finally align our chakras, connect with our third eye and evolve into our higher selves? Maybe. But the problem isn't exactly TikTok (okay, maybe a little bit). Rather, TikTok and the post-TikTok clarity that results from usage is symptomatic of a much wider issue at hand: the prioritization of digital selfhood. As our physical entity slumps in the same indent on the bed, our digital self is scrolling / running, liking / embracing, commenting / talking, following / laughing. Maybe post-TikTok clarity is simply just the paralyzing unease felt as the physical self watches the digital self flourishing in its place."

"Social media invites us to think freshly about the communicative affordances of presence and the many mediations of the body. The body is the most basic of all media, and the richest with meaning, but its meanings are not principally those of language or signs, reaching instead into deep wells stocked with vaguer limbic fluids. The body is not one with itself: it is a network."

The only thing more cringe than having a physical body is having an Instagram account. [maybe it's the other way around]



The physical and digital selves often feel like they are diametrically opposed - living more of one life inherently means living less of the other. But the digital life is always right there, to be lived with the smallest amount of effort and exposure. Is the attraction the living, or just not having to try so hard?

Resources for da body from da body:

<https://musclewiki.com/>

STOP READING THIS, YOU GOOFBALL!

Goofball is akin to the foolery, and foolery is the way of the wise beginner at least in tarot paradigms so you do you reader. I'm not the boss of you.

<https://media.giphy.com/media/ku5EcFe4PNGWA/giphy.gif>

There is a concentrated life online. Like juice concentrate.

The more we... I add to the concentrate, the more my life seems diluted.

Then I get confused, it seems like I want to drink or get nourished by the concentrate but I forget that the word dilute isn't negative. I have to rest. I can not keep up with the concentrated version of myself. It isn't the full me.