I wasn't seeing or hearing the stories that felt familiar to me or that talked about experiences similar to mine, I don't think I could have started publicly speaking about that before I did. There was so much fear as an immigrant, as a teen mom, as a disabled person, as a queer person like all of that you know it's like, it did not feel safe to to speak. So it took a really really long time to even be like you can speak and nothing bad will happen and also if bad things will happen it's not actually any worse than living life regularly as a as a person with my experience, you know what I'm saying like bad things will still happen regardless of where, of how much I like shut up or not.

[My digital life]

People are always like "what do you use?" I'm like I use Canva for free. So there's like so much I don't know wow like iPads, tablets I don't know Photoshop I would love to learn more about that. I would say I have like a pretty contentious relationship with technology, so I'm trying to like make friends with it, regulating usage, and trying to find ways to exist outside of it. Instagram, I started in 2019 and that was because as a independent healthcare provider I'm an acupuncturist, I was legit just trying to like let my patients know what was up with my practice. I guess my relationship with technology in the end is much about like necessity and survival. You know, in the past year or so I think I had to kind of slow down and really be more mindful about what does it mean to use Instagram in the way that I'm using it? Like what is my responsibility with that? And how do I use it in a way that is like aligned with my heart? And that's like a daily struggle for sure.

[Digital access]

The biggest barrier has been like accessing healthcare, accessing housing, accessing decent food. The time and energy that it took, takes to survive being like the biggest barrier. If those experiences take up most of my day I'm not left with much energy, time, creative juice, will power to do anything else. How that connects to access for me is that, the ways in which I hear access talked about the most feels a little superficial you know in terms of like description of images, or captions, or interpretation and all those things are super important but I really wish that there was more talk about how is language a access issue, how are ideas that only people with a certain level of like education or life experience will feel comfortable engaging with right, like how is that an access issue? The discourse around like class and access is really missing from the bigger discourse around access.

[Digital futures]

When and if I talk about capitalism that will get a lot of pushback, when and if I talk about white culture, like white American culture that would get a lot of pushback. There is a great disconnect between how different people experience reality right and the world, and I did not have a sense of that as much before having a some sort of relationship to social media and the public sphere because most of my work has been like within communities that I'm part of so it's like a lot of people are upset about this one thing I said and they're demanding that I explain it or that I take

time to educate or whatever and I used to do more of that right and then I had to kind of pull back and be like if I keep doing that then I'm actually spending tons of time centering people that are actually not part of my community, and that also like are not the people that I should be doing labor energy and emotional labor for free for right?

[Advice]

I had to do a lot of work in not being self-conscious. Really internally do work to push back against like what smart means, what um what it means to talk about complex ideas uh regardless of you know your level of education, or your accent, or your neural divergence, or you know any of that stuff right um and getting more comfortable with uh failure uh, in terms of like be messy.