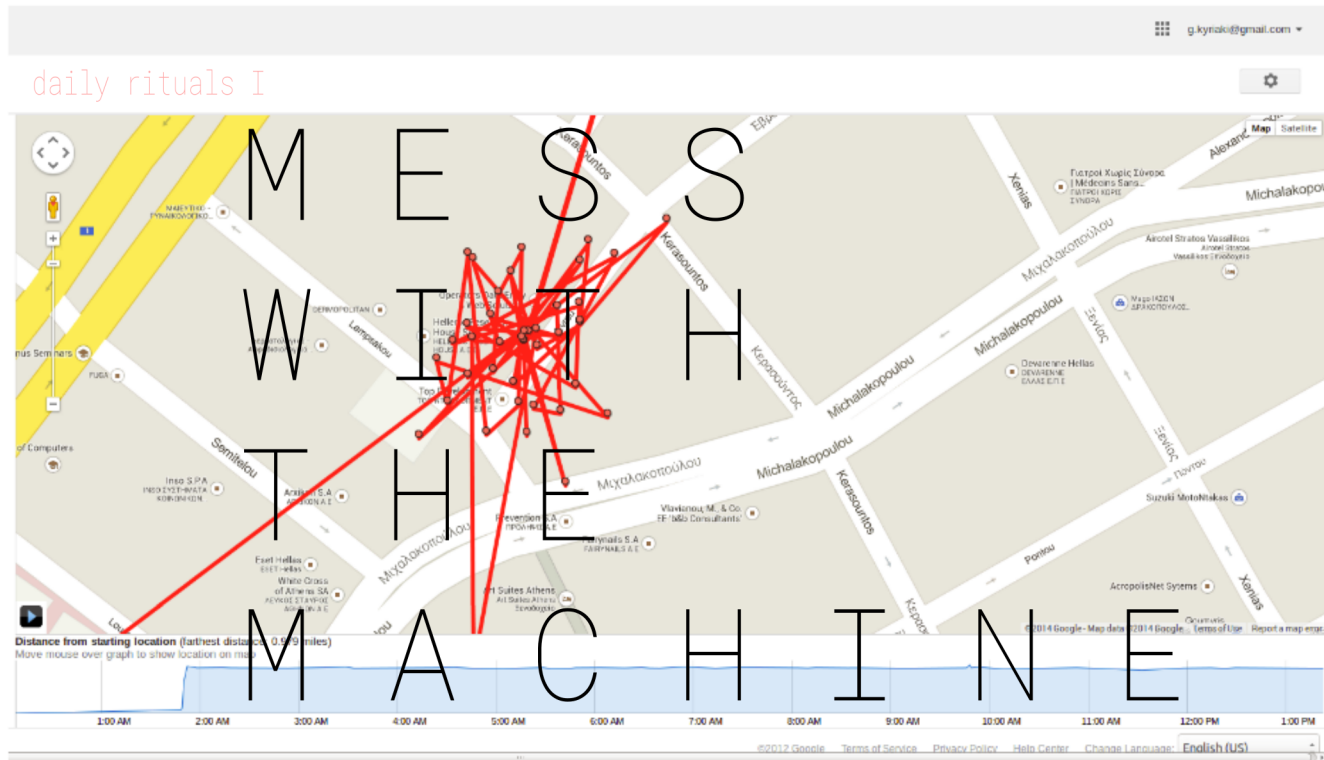


DAILY RITUAL I
Kyriaki Goni, Mai 2018



WEAR A HAT AND A SUNSCREEN,
WEAR SUNGLASSES,
YOU ARE IN ATHENS AFTER ALL.

GO OUT.

SWITCH ON YOUR MACHINE,
TURN ON YOUR DEVICE LOCATION. HUG YOURSELF FOR 2 MINUTES.

WALK TOWARDS THE FIRST TINY SURFACE OF RED YOU SEE. SMELL IT.

WALK TOWARDS THE FIRST SMALL SURFACE OF YELLOW COLOR YOU SEE.
COUNT OUT LOUD FROM 0 TO 5.

WALK TOWARDS THE FIRST BIG SURFACE OF GREEN COLOR YOU SEE.
DANCE ON THE SPOT FOR 1 MINUTE.

WALK TOWARDS THE FIRST HUGE SURFACE OF BLUE COLOR YOU SEE.
SMILE TO 3 DIFFERENT PEOPLE.

REPEAT AT LEAST 10 TIMES.
PROCEED AS DESIRED.

Presented in A) glimpse) of) "Realities and the Rituals of the Upside Down" – NEW NARRATIVES FOR THE
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