

y/our tongues are true

this lexicon calls for language/s
wherein y/our¹ selves and y/our cult
communities can be heard, seen, and
celebrated. may y/our words, teeth,
and tongues take, give, and find refuge
in the most in/conspicuous of spaces.

nurture y/our waking and sleeping
consciousness to dismantle cultural,
epistemic, historical, and hermeneutic
erasures / remember y/our dialect/
ical mother tongues / openly grieve
what has been so violently taken
from y/our bodies / grow y/our
populated microbial partner species
communities and welcome y/our
selves to the sacred whole you have
always already been part of. this is a
heart massage.

1 The forward slash emphasizes that what is individual, you
or yours, is always already embedded in the plural community, as our
2 Genesis 1986
3 Blicq Bassy 2019

*this is the world we live in²
we do not know y/our history³*

Abolition

a place-making activity⁴

Abolition

Abolition

to move to the edge of the life you
know⁵

Abolition

Ibid.

Abolition

is a collective action⁶

Abolition

Ibid.

Abolition

reconnecting ourselves back into
symbiosis with one another, and with
place⁷

Abolition

Ibid.

Abolition

making a home with others⁸

Acquisitive violence

Ibid.

Acquisitive violence

violent theft and the basis of colonial
cosmology

Acts

Acts

words⁹

Octavio Paz quoted in Cecilia Vicuña 2017

Allopathy

Allopathy

is another name for modern medicine, using synthetic drugs that (also) have the opposite effect as one or some of the symptoms of a diagnosed illness

Art

Art

antiretroviral therapy

Attack

Attack

attack and defence mechanisms
operate in the same logic, one evokes
the other¹⁰

Beatification

Beatification

a blissful state that can only be administered to a person after they have died, by the Pope, from Latin: beatus, 'blessed'

Blue zones

Blue zones

areas worldwide where people live who become much older than elsewhere on the planet

Bodies

Bodies

are expressions of the universe

Bodies

moveable sites of environmental
damage¹¹

Care

from Germanic origin:
chara, 'grief, lament'

Cathexis

cathecting with someone is a form of investment of feelings and emotions in them, and should not be mistaken for love¹²

12 This is a somewhat complicated argument, please read bell hooks's *All About Love: New Visions* 1999 and further analysis of M. Scott Peck's *The Road Less Travelled*

Cathexis

CEDAW

CEDAW

Convention on the Elimination of
All Forms of Discrimination Against
Women

Change

Change

change (things) or die trying

Children

Children

*victims of intimate terrorism*¹³

13 In that they have no collective voice and no rights,
quote by bell 1999

Chronic social defeat

a medical-technical term, describing repeated and inevitable loss¹⁴

14 N.D. Powell et al. 2013, 44, see also S.W. Cole et al. (2012) and Rupa, Rej 2021

Cistern

Cistern

an underground reservoir for rain
water

Coalition

*the coalition emerges out of your recognition that it's fucked up for you, in the same way that we've already recognized that it's fucked up for us. I don't need your help. I just need you to recognize that this shit is killing you, too, however much more softly, you stupid motherfucker, you know?*¹⁵

transmutates persons into things¹⁶

Colonization

Colonization

a spiritual virus¹⁷

Rowen White in *Ibid.*, 221

Colonization

Colonization

never stopped

Commensal symbiosis

a delicate living together of humans
and plants¹⁸

Cosmogeneology

y/our selves are direct descendants
from the foods who offer themselves
up to be eaten¹⁹

levels of air pollution show a direct link to this virus's casualties

Crazy

Crazy

a form of institutional resistance

Cultural sanity

Cultural sanity

a society that suits the needs of
people²⁰

Cynicism

Ibid., 221

Cynicism

*the great mask of a disappointed and
betrayed heart*²¹

Diagnosis

Diagnosis

from Greek: dia, 'apart' + gnosis,
'to know'

Critical academic

Critical academic

a thinker who is forever for and
against (something)²²

22 Juxtaposed with the figure of the subversive intellectual
Stefano, Fred 2013

Discovery doctrine

Discovery doctrine

International public law, that renders land unoccupied by Christian people as void or empty, written to make colonisation legal, and was employed from the mid-fifteenth until the mid-twentieth century

Double bind

Double bind

a form of control without open coercion, where conflicting messages are given and between them there is no right choice, resulting in confusion and making it hard for someone to respond or resist, thinking there is no alternative²³

Coined by Gregory Bateson; see Bruno Latour 1991

Dysbiosis

also dysbacteriosis: an imbalance in a person's microflora, especially the gut, which results in a wide range of conditions of ill health

Eden foundation

does research into native edible
desert crops for human consumption
in the Sahel desert of Niger²⁵

Founded in 1985; see edenfoundation.org

Epistemic injustice

a form of control through which people are disbelieved and discredited to the point of being unable to be heard and are silenced²⁶

Equanimity

Equanimity

calmness and composure, especially
in a difficult situation, from Latin:
aequus, 'equal' + animus, 'mind'

Eudaemonia

Eudaemonia

from Greek: 'the happiness of the spirit within', from eudaimōn, 'happy' + eu, 'well' + daimōn, 'guardian spirit'

Exposome

all of y/our lifetime exposures to drivers of both health and illness from conception till death, encompassing chemical, social, psychological, ecological, historical, political, and biological affections²⁷

First right (the)

to refuse what has been refused to
you²⁸

Coined by Gayatri Chakravorty Spivak

Fixed identities

Fixed identities

need to dissolve for y/our becoming
human/s again

Forest bathing (shinrin-yoku)

Forest bathing (shinrin-yoku)²⁹

taking in the forest atmosphere as interaction with y/our and the forest's microbiomes, for instance, breathing in phytoncides: airborne essential oils that provide (not-necessarily-human) people with an immunity boost, and vitamin C containing evergreens may be drunk as tea

See Sunny Fitzgerald 2022

29

Free

Free

education

Free

Free

health care

Free

Free

public transport

Fugitive planning

the realization of freedom

30 'To enter this space is to inhabit the ruptural and enraptured disclosure of the commons that fugitive enlightenment enacts, the criminal, matricidal, queer, in the cistern, on the stroll of the stolen life, the life stolen by enlightenment and stolen back, where the commons give refuge, where the refuge gives commons.' Stefano, Fred 2013, 28

Fugitive planning³⁰

Fugitivity

Fugitivity

to evade the structures and logic that
hold you settled³¹

Geido

Ibid.

Geido

the way of art³²

George Ohsewa 1952

Gossip

Gossip

patriarchy used the term gossip
to undermine women's words,
knowledge, and solidarity³³

Grief

a central political term in the political vocabulary of the African diaspora³⁴

34 Saidiya Hartman 2022, 217; see also Rupa, Raj 2021 .

a narrative of the past and present
mourning together is to imagine a
future with healing in it³⁵

Gut

*how we treat the soil reflects what
eventually will happen in our own gut*³⁶

Rupa, Raj 2021, 147

Happiness

Happiness

a relentless search for happy experiences, easily causes feelings of unhappiness, suggesting that positive feelings are not the origin of happiness

Hermeneutical injustice

form of epistemic injustice and part of a historical-political agenda which renders y/our experience/s as being not (well) understood, not by y/ourselves nor by others³⁷

I

think I feel something

Ido

Ido

the way of medicine³⁸

Immigrants

George 1952

38

Immigrants

grant us life³⁹

Indigenous people

Cecilia 2017

Indigenous people

make up less than 5% of the world's population, manage 25% of the world's land surface and steward more than 80% of the world's biodiversity⁴⁰

40 Claudia Sobrevilla 2008, 167; see also S.T. Garnett 2018 and Rupa, Raj 2021

Isegoria

Isegoria

the equal right of speech⁴¹

Isonomia

Michel Foucault 1983

the equal participation of all citizens
in the exercise of power⁴²

Jubilee

Ibid.

Jubilee

is now called Debt Justice

Kado

art of flower arrangement, now generally known as ikebana, originating in the sixth century with the introduction of Buddhism from China to Japan⁴³

Killing

Killing

is much easier to conceptualize than
healing⁴⁴

κλέος (kleos)

κλέος (kleos)

renown by rumour⁴⁵

Language

Paul 2020

45

Language

every language speaks an ideology

Life

Life

is song and poetry⁴⁶

Masanobu Fukuoka 1985, 159

Linnaean nomenclature

this scientific naming system for Nature shows the imposition of hierarchy on nature, as well as the erasure of the multitude of Indigenous names that instruct and reflect localized ways of life⁴⁷

Listen

listen now with all y/our senses

Listen

Listen

listen now with y/our hearts

Love

Love

the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth⁴⁸

Love

Love

we choose love⁴⁹

49 We do not have to love. M. Scott Peck 1978; see also bell 1999

Love

Love

most of us grow up thinking of love
as a feeling⁵⁰

Love

bell 1999

50

Love

most of us confuse cathecting with
love⁵¹

M. Scott Peck 1978; see also bell 1999

51

Love

Love

completely lacks public policy⁵²

Love

bell 1999

52

Love

love is as love does⁵³

Love

Ibid.

53

Love

there can be no love without justice⁵⁴

M. Scott Peck 1978; see also bell 1999

54

Love

Love

is an act of will⁵⁵

Matricidal

Matricidal

killing the mother

Microbes

are ancestral beings that live and travel around and inside us⁵⁶

*language is migrant. Words move
from language to language, from
culture to culture, from mouth to
mouth. Our bodies are migrants; cells
and bacteria are migrants too.
Even galaxies migrate⁵⁷*

Militainment

entertainment that celebrates or
features the military

Misery

Misery

is self-made⁵⁸

Modern individual

has been made in centuries of disconnection from the world around us, from others, and even from our own bodies⁵⁹

a system of knowledge and power
that wouldn't exist without the
knowledge, stories, and persecution
of women - women's medical
knowledge has been stolen⁶⁰

More

More

a more is another word for custom

Nationalism

Nationalism

unlearn it

Nationalism

has to be seen and described with as many subaltern eyes as possible⁶¹

61 Richard B. Hovey et al. 2017, 344; see also Rupa, Rej 2021; the subaltern are people who do not have access to citizenship

Nationalism

Nobility

Nobility

observe the nobility of suffering⁶²

62 Part of understanding the Vipassana meditation technique by Goenka and needed to make sense of y/our (self-made) suffering

Nudism

Nudism

enjoying (y/our) nature, is the best
way

Obesogenic food

Obesogenic food

modern Western food systems that drive obesity by maladaptation of y/our guts' microbiome aimed to create dependency on refined salts, sugars, and fats as addiction

Open

Open

*your mouth to receive the host of the
wounded word*⁶³

Vicente Huidobro quoted in Cecilia 2017

Origin

Origin

from Latin: oriri, 'to rise'

Origin

Origin

from Latin: oriri, 'to rise'

is the goal⁶⁴

Parrhesia

borrowed from Greek: parrhēsia, 'to speak everything'⁶⁵

65 As a concept of speaking freely when speaking to power, is lectured on by Michel Foucault 1983 you can find his transcribed lectures on the topic here: <https://foucault.info/parrhesia/>

Parrhesia

Parrhesiastes

someone who says everything they have on their minds, they don't hide anything and open their heart and minds to people in their discourse, always taking a risk by doing so⁶⁶

66 It is because the parrhesiastes must take a risk in speaking the truth that the king or tyrant generally cannot use parrhesia; for he risks nothing. Michel 1983, <https://foucault.info/parrhesia/>

Parrhesiastes

Patriarchy

Patriarchy

colonialism has turned patriarchy and gender violence into policy⁶⁷

Personal conversation

is the best form for truth-telling⁶⁸

Seneca, Michel 1983

Philanthropists

use their money to project their foreign vision onto indigenous places, replacing local forms of knowledge with colonial categories and practices⁶⁹

technology created for the social
reproduction of colonial power⁷⁰

Physicians

Ibid.

Physicians

were part of the violent colonial project bringing drugs and concepts used for dissecting Indigenous peoples away from their ways of knowing and their health⁷¹

Physicians

Physicians

are incapable of listening⁷²

To a patient. *Ibid.*, 179

Poetry

Poetry

*poetry is the original religion of
mankind*⁷³

73 Novalis (Georg Philipp Friedrich Freiherr von
Hardenberg) quoted in Cecilia 2017

Poetry

is that which may go on⁷⁴

A man filmed and unidentified (translated into English)
in *ibid.*

Prison abolition

doesn't mean letting violence go unfettered but rather establishing systems of justice that hold the entire community accountable for the traumas that induce such violence⁷⁵

a living hell⁷⁶

76 The social construction of a living hell made to reproduce patriarchy, Evan Stark, Anne Flitcraft, William Frazier 1979, 200; see also Rupa, Raj 2021

Privilege

ab/use y/our privilege in order to rid y/
ourselves of them

works in the same ways as
discrimination

Psychic technology

Psychic technology

the invention of society versus
nature⁷⁷

Rupa, Raj 2021, 17

Radical imagination

Radical imagination

Radical love

grasping things at the root⁷⁸

*to be loving is to be open to grief, to
be touched by sorrow, even sorrow
that is unending*⁷⁹

Rapture

Rapture

a feeling of intense pleasure or joy

Recovery

Recovery

Establish safety; reconstruct the trauma story; restore connection between survivors and their community⁸⁰

Refuge

Refuge

the ability to find each other

Refuge

Refuge

to stop eating one another

Refuge

Refuge

welcomes you/us⁸¹

Paul B. Preciado 2019

Refuge

Refuge

the under/commons

Refuge

Refuge

you were in it all along⁸²

Refuge

Refuge

throughout my many years of institutionalization I unconsciously took refuge behind prison walls⁸³

Refuge

a form of reconnection of persons to their families, their cosmologies, communities, and histories; people to their lands and mountains and waters; and relatives to one another⁸⁴

Rematriation

return the banished mother⁸⁵

Rowen in *ibid.*, 220

Reparation

recognition that plants have adopted humans and will nourish them till the end of time⁸⁶

Reparation

Rematriation

reconnecting people through their
ancestral seeds⁸⁷

Reparation

Ibid., 222

protecting all the ways in which the
mother shows up⁸⁸

Reparation

precondition for decolonization and having a future at all are reparations from the Global North to the Global South⁸⁹

Resort

we resort to something when there
appears to be no other choice left

Sacred

Sacred

is about relationships and how we are
all here and exist together⁹⁰

Corrina Gould in *ib/d*.

Scar

Scar

*see how the bones are showing
the shape of us at war
clawing our own flesh out
to feed the backside of our
masklike faces
that we have given the names of men*⁹¹

91
1976, 220

Audre Lorde. Excerpt of 'Scar', *Between Our Selves*

Seeds

Seeds

sow seeds in the desert⁹²

For a brief how-to instruction see Masanobu 1996, 92–93

Seven generations

Seeds

are the keepers of memory⁹³

Seeds

Seeds

sit at the centre of real cultural
sanity⁹⁴

Seeds

Ibid., 223

Seeds

see them as no different from
y/ourselves⁹⁵

Seeds

Ibid.

Seeds

their good life means y/our good life⁹⁶

Seeds

Ibid.

96

Seeds

are the true essence of power⁹⁷

Seeds

Ibid., 225

of ancestral heritage find expression
in y/our bodies including inheritance
of trauma⁹⁸

98 Macrobiotics will also see these generational expressions throughout the body as in many indigenous cosmologies. Michio Kushi, Edward Esko 1993

Sexual violence

Sexual violence

is a colonial tool for conquest⁹⁹

Sickness

Sickness

sick storytellers can make their
nations sick. And sick nations make
for sick storytellers¹⁰⁰

Ben Okri in *ibid.*, 150

100

Sleeping consciousness

no such thing as sub-or
unconsciousness: consciousness is
always present¹⁰¹

Society

in every society, when survivors of sexual assault ask for justice against their abusers, they are put on trial and their testimony is subjected to doubt, they become injured by a society that ensures that trauma is an inescapable part of too many women's daily exposome¹⁰²

Species

from Latin: 'appearance, form, beauty', from *specere*, 'to look'

Stories

Stories

are an important part of y/our
exposome¹⁰³

Stories

Ibid., 173

103

in indigenous cosmologies are instructions for the future that record in social memory the successful technologies of the planet's most resilient human survivors¹⁰⁴

Stories

provide deep medicine

Study

Study

to be *with* and *for*¹⁰⁵

105 As an alternative to being antagonizing and antagonized. Stefano, Fred 2013

Subversive intellectual

is unprofessional, uncollegial,
passionate, and disloyal¹⁰⁶

TAZ

Temporary Autonomous Zone¹⁰⁷

Testimonial injustice

Hakim Bey 1991

107

a form of epistemic injustice, that renders y/our word untrue due to y/our identity¹⁰⁸

Trauma

unresolved historical grief, stemming from centuries of genocide and assimilation, that continue being passed down from generation to generation¹⁰⁹

leaves epigenetic markers of specific sites on genes, passed on generation after generation. Terror in the exposome leaves its marks inside the body, on predictable parts of survivors' DNA¹¹⁰

Trouble

there is no way to stand firm on both
feet and escape trouble¹¹¹

Trouble

Trouble

is what you find and must endure if
you wish to gain an identity¹¹²

Trouble

Trouble

y/our goal is not to end y/our troubles
but to end the world that created
those particular troubles¹¹³

Trouble

Trouble

stay with it¹¹⁴

Truth-telling

Donna J. Haraway 2016

114

Truth-telling

is the heart of justice¹¹⁵

Undercommons

bell 1999

115

a space and time that is always there
and where refuge is not necessary¹¹⁶

alien citizenship for gender-binary
dissidents¹¹⁷

117 For a full reading on the Uranian dream and transition of Beatriz Preciado to Paul B. Preciado, see *An Apartment on Uranus* 2019

Uranism

War

War

it is self-evident that war cannot be eradicated by force. Stopping war with force is like trying to put out a fire with fire. This is not possible without sacrificing everything. It would be the suicide of humanity¹¹⁸

Wealth

the world's poorest countries
continue to fund the richest ones,
just as every countries' poorest
people keep paying for the richest¹¹⁹

is an industry that focuses solely on the individual and ignores our capabilities of collectively dismantling hierarchies that cause disconnections and consequently a large share of the illness we face¹²⁰

Women

a woman who talks of love is still
suspect¹²¹

Words

Bell 1999

121

only change the world through their
constant performance¹²²

Work

there is no recipe for making good
work¹²³

CPR

Paul 2020

123

CPR

loves to vegetate in commensal symbiosis and sees worlds as (violent) forms of pharmakon poetry, dedicated to ecofeminism, intersectionality, and epistemic solidarity. un/learning various studies as a bad student, heart and rage made up for an abundance of schooling t/error, with practice/s of writing and reading a common pool resources of heart massage. CPR is an artist and theorist (re) current artist-in-residence in the Pressing Matter research program on colonial restitution in 2022–25.

CPR (Charlotte Rooijackers) is based in Amsterdam and has been writing lexicons as well as giving occasional writing workshops for the Studium Generale Rietveld Academie programme since 2013.

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Literature

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Refuge – fleeing, flowing, leaking

Human and non-human animals seek refuge because of war, terror, hunger, exploitation, climate change, or through structural forms of everyday oppression and exclusion. You find refuge in a camp, bomb shelter, safe space, in a body, state of being, state of mind. Or you refuge in a (self-chosen) family, community, movement, or collectivity.

This edition of Studium Generale considers the phenomenon of refuge not only as a concrete and physical construction in a violent or

toxic reality, but also as a potential affective space or a caring body. It looks at how restrictive systems (ideologies, states, institutions, academies, machines...) flow and leak unpredictably, from which lines of flight can arise.

From there, how can we harbour and connect bodies and create refuges for affective and dissident voices?

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