

Cover model for our BERLiNiB 2024/B issue is dancer and fashion model Ayda Senna photographed by Sina

BERLINIB



ISSN 2535-602X

PREVIEW

BERLINIB 2024/B

BERLiNiB: Made in places with gorgeous models, outfits, and perhaps also weather via, among other things, Being, Liberation and Nibbling. A concept by Aristo Tacoma alias S.R. Weber. ISSN 2535-602X Formal production adress: Yoqa4d Reusch, Sorumsgate 9, 2000 Lillestrom, Norway Produced also in Greece.

When we make a magazine, we start the

layout from scratch and add the tag, "PREVIEW" in a blue note on the left side of this editorial page.

The sequence of the editorials inside the magazine is more or ess determined by when they are made. All can watch the transmutation of the preview into the completed published online magazine. All editorial photos are made for or by the magazine, & shown after agreement with model.

At the time of its publication (for publication times, confer website) all content is in place. It is only at this time that the "PUBLISHED" stamp will appear on the left of this page, and published online magazines goes to archives with ISSN number and are always available in unchanged form. Each text and each photo in every photo editorial, as well as the fashion art showing trends of this season, are original material made for this issue by BERLiNiB. Copyrights: Fashion bloggers can reblog images with suitable acknowledgements to magazine, models

and photographers,

confer the DIRECTORY section at our website for more info. All content can be accessed with both large screens such as on a PC, and through small screens such as on a phone.

artists, set designers, fashion designers, advertisers, and other enthusiastic creatives who wish to contribute by quality direct communication.

We have decided to go



Talented folks and fashionistas who wish to work with us, please contact us. We are always open to hearing from models, writers, photographers, stylists, make-up

entirely for 'digital paper' which includes PDF. With top of the line equipment, and the great taste and creative skills of our contributors, we create

excellent results within this frame.

Aristo Tacoma

In iB: founding editor; and often stylist and photographer

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The content of each

Technology includes:

Many camera brands,
with a 'use the force'
attitude to focusing;
open source including:
KDE Neon, Gimp--though
not for touch-up's,
photos are real, LibreOffice, FontLibrary.org,
Raspberry PI OS, and,
as a our own creative
tool for writing,
Curveart drawing and
much more: the G15 PMN
platform, also at PC
with Linux.

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Age: Before the onset of covid19 in 2020, this magazine featured only women in late teens & older. As an article in 2021/B explained, several fashion magazines incl. us. switched at this point to feature also many of the youngest models, but in a manner consistent with eg the 'family-friendly' rules of such as social media, and in a way that continues to relate also to the fashion of those in the late teens & older.

Cover model:

Ayda Senna

at

@ayda_senna
_ballet

page 4

[Germany]

Twinkie Crecelius

at @twinkie_bug _gymnast

page 32

[USA]

Vilde

at avilde.bo page 53

[Norway]

All photos, text articles, & season-oriented fashion art

are Original
material made
by/for BERLiNiB &
for the youngest
with parental
consent

fashion trend overview [to come]

Color
palette
FW24
by
BERLiNiB

Netshops.

their

Kathinka

at
@sweetlittle
violinist

page 68

[Denmark]

[Preview of most but not all of the magazine]

Themes of beauty, style and fashion in this magazine include:

future
Added
recurrent
comment:
beyond AI

Fashion art by Yun for BERLINIB page 30

The big FW2425

the
completion of
each number:
Our
lighthearted
TNS section:
Get it twice!
humour & the
big O, and
musings on the
big boss'.



Choregraphy of dance, and essay on dance by Ayda Senna and Julia at

@ayda_senna_ballet Fashion photographer is Sina Loose-Wohlert at

fotografie
Light apparatus:
Sina LooseWohlert
MUA, stylist, set
design: Julia
Brands include:
Arena, Zara
General styling
advisor: Aristo
Tacoma

ZXC elle nce the LOV



When, some possibly 2000 or 2500 years ago or more, a writer whose legendary or real name was Patanjali, articulated that "wholeness [yoga] is the going-beyond of [needless] fluctuations of the mind", he laid, in a sense, not just the foundation for a health and mind discipline, but also, in a way, for modern-day fashion.

His Sanskrit
phrase, 'yogas citta
vrtti nirodhah'
invokes a sense of
beauty as going
beyond the petty

fluctuations of the time, to look at the timeless behind it all.

The timeless moves. in a way: it is a playing on the wholeness also of the human body. It is dance; so fashion is not just clothes, not just shoes, not just hats, not just runway shows, not just perfumes, but it lies in the thirst to drink of the expressions of the human anatomy to fight the needless, petty fluctuations of minds, politics, groups. It is the depth of the human

looking for beauty, and also for sensuality, inner strength, -- or soul, to pick a more spiritual word.

So when the world is or

may be or recently
has been ablaze
with what merchants
of chaos-- the
socalled 'news
stations' peddle as
of key interest,
fashion is its own
ocean of a tranquil
lookingbeyondness where
human anatomy is
the keyboard upon
which something
grander is playing.

And when the world is apparently still, fashion stirs it up, becoming the mover and the shaker, the dance that says: do not stagnate. Also that is yoga--the Sanskrit word

meaning 'wholeness', possibly related to English 'join'--and which has nothing in the slightest to do with the glorification of, or naming of, nations. If Yoga is true to its name, it belongs to no sect, no political group. and does not delinate some people against somebody else.

Leaping from this sense of yoga is ballet, and in understanding ballet, knowing ballet by heart, that, too, one can go beyond, to reach an even higher yoga.

Who can speak of this higher yoga but the contemporary dancers? But do they have time to speak the words, when their bodies are so occupied with expressing their dance? Surely, though, what a dancer says between her dances may carry the force so seldom reached in this world of chatbots and the faked intelligence.

To know something not just of the fashion of this summer, but far into the future, watch and listen to what the next generation of dancers are saying; listen between the lines; let the still photos make a movement in the mind greater than any vid or reel or 'story' or whatever hyped tech concept that dominates our era.



Essay on dance, by Ayda and Julia

Part 1:

<<Dancing, preferably every
day in every free minute a
nd always on the move.</pre>

Every day something is adde do and one day the learning pays off

Today I'm finally creative Sometimes it's the same as with a photo or a choreography. It can take a while be fore it's perfect



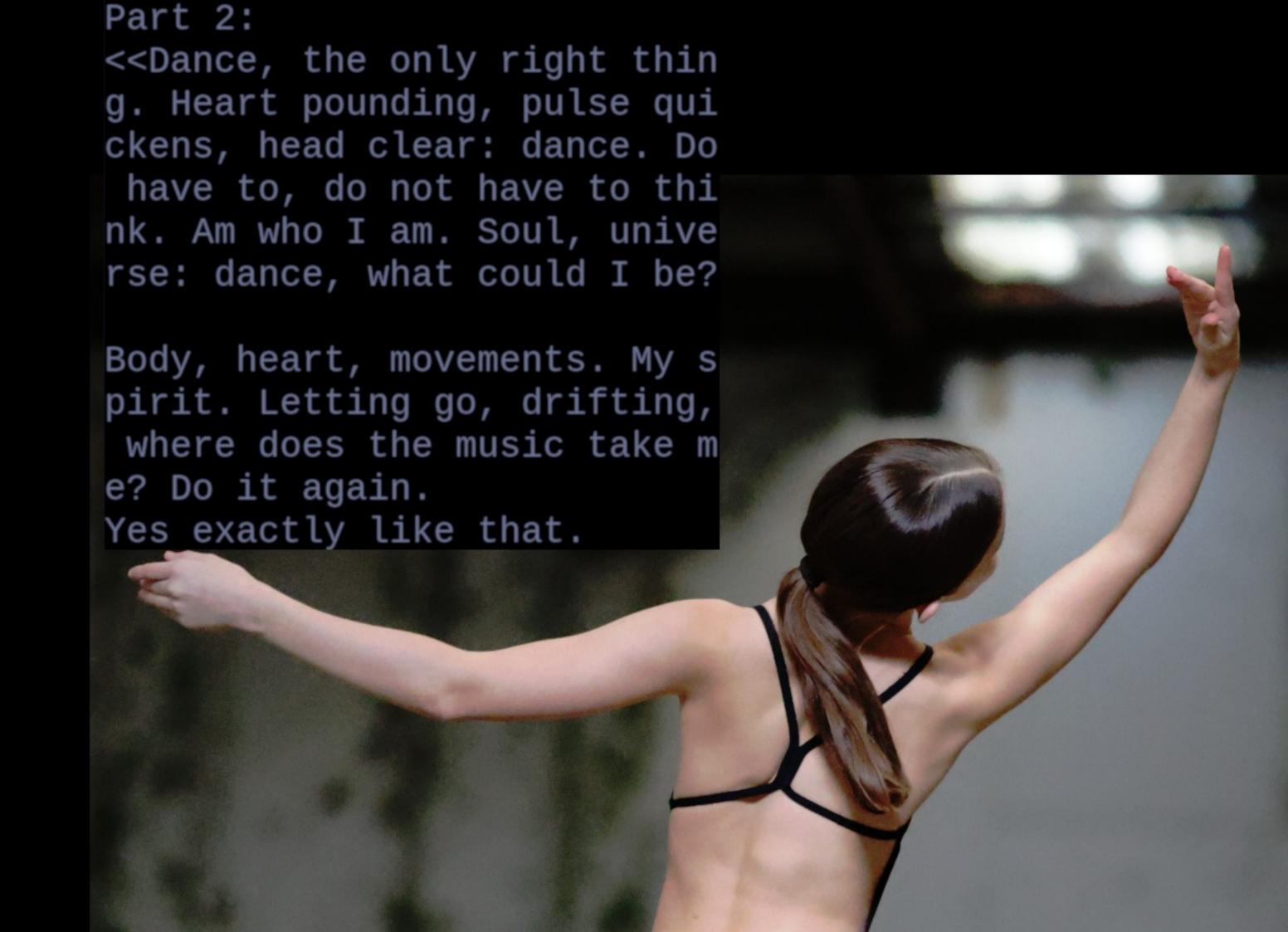
Dancing, what my heart beat's for, what I want. Training, trying, experimenting and reaching my limits. At some point it works. It makes me proud.

Not just move a bit to the music and jump around a bit : dreaming, it's feeling, touching, living, laughing. It is sometimes sadness. If you can't find the words, you dance.

Not giving up, and more and discipline.

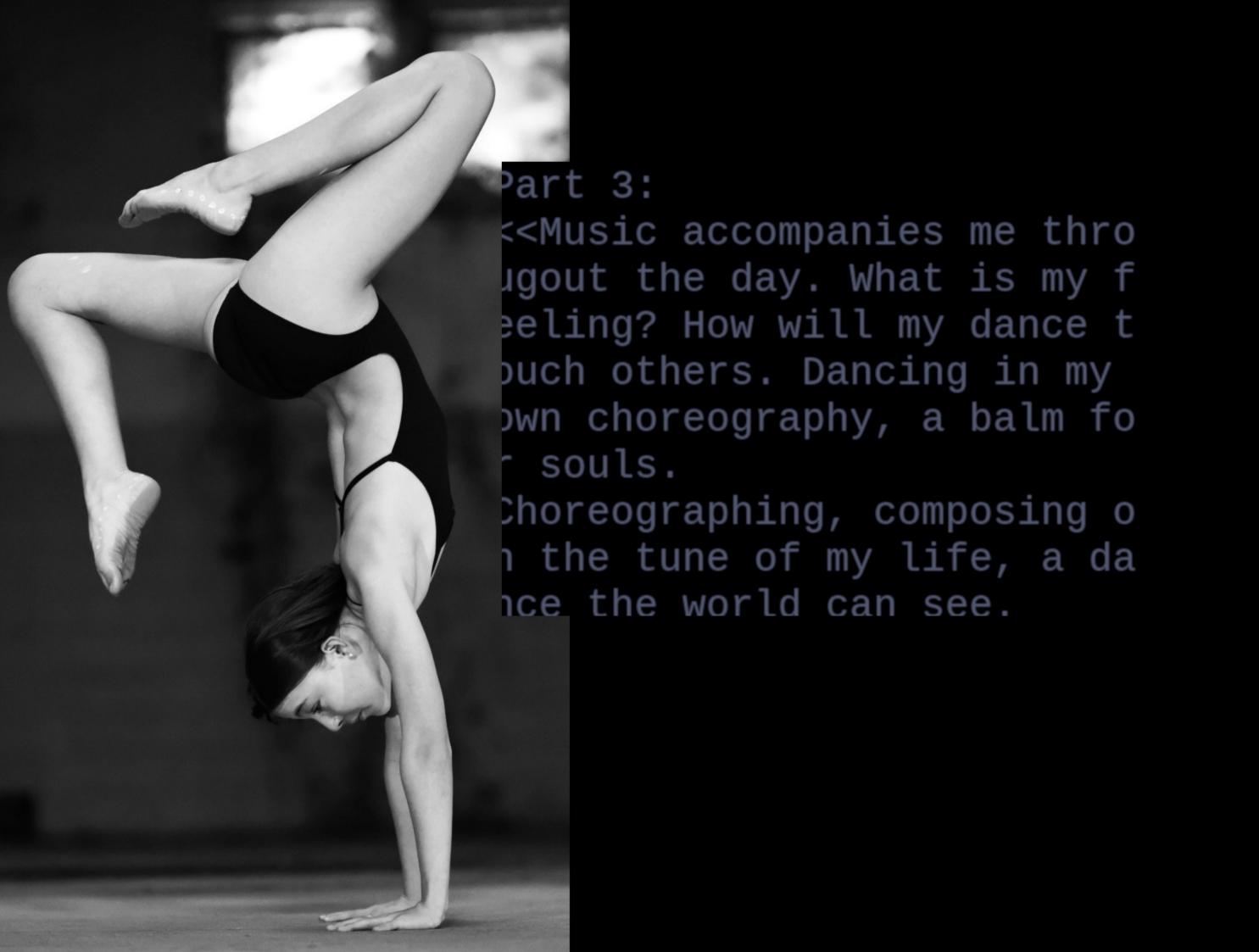


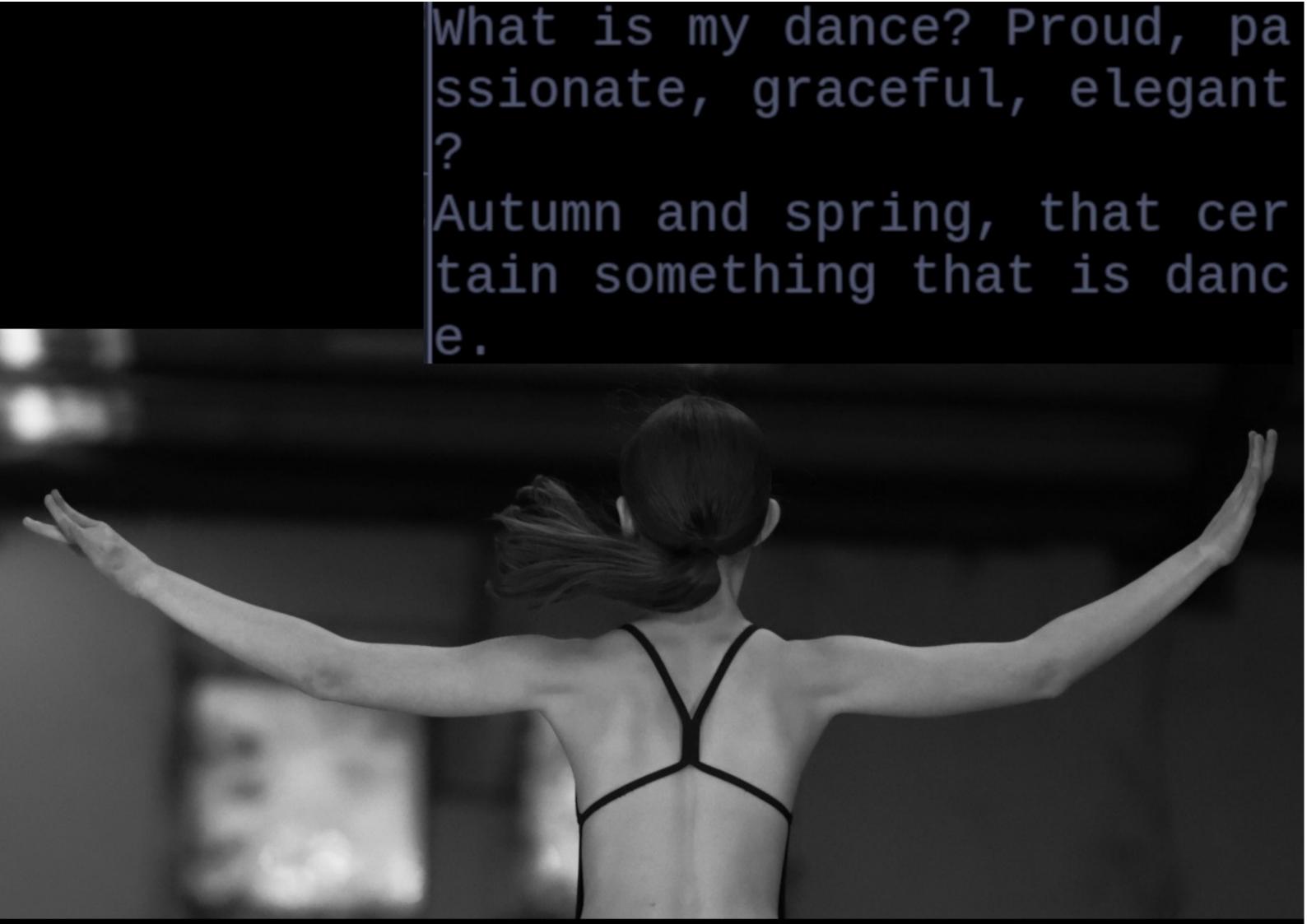
Dance all day, feel the rhy thm of the music, the beat; you go to bed tired but ha ppy and radiant and you kno w tomorrow will be a new da y, great, impressive and ju st beautiful because you ca n dance more.>>

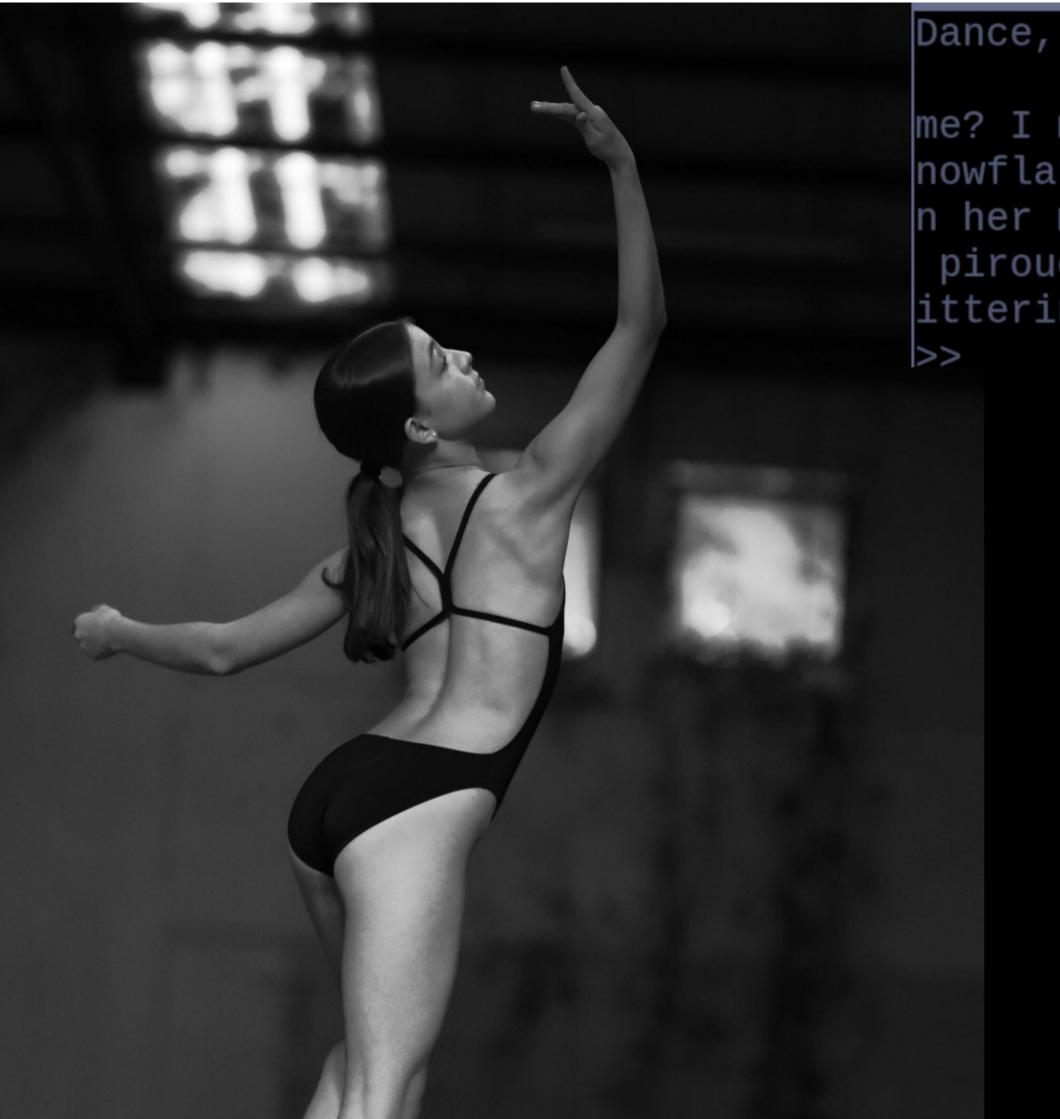


Dance, alive to the music, feeling it, wanting it, by will and pure strong energy, sets you free.>>





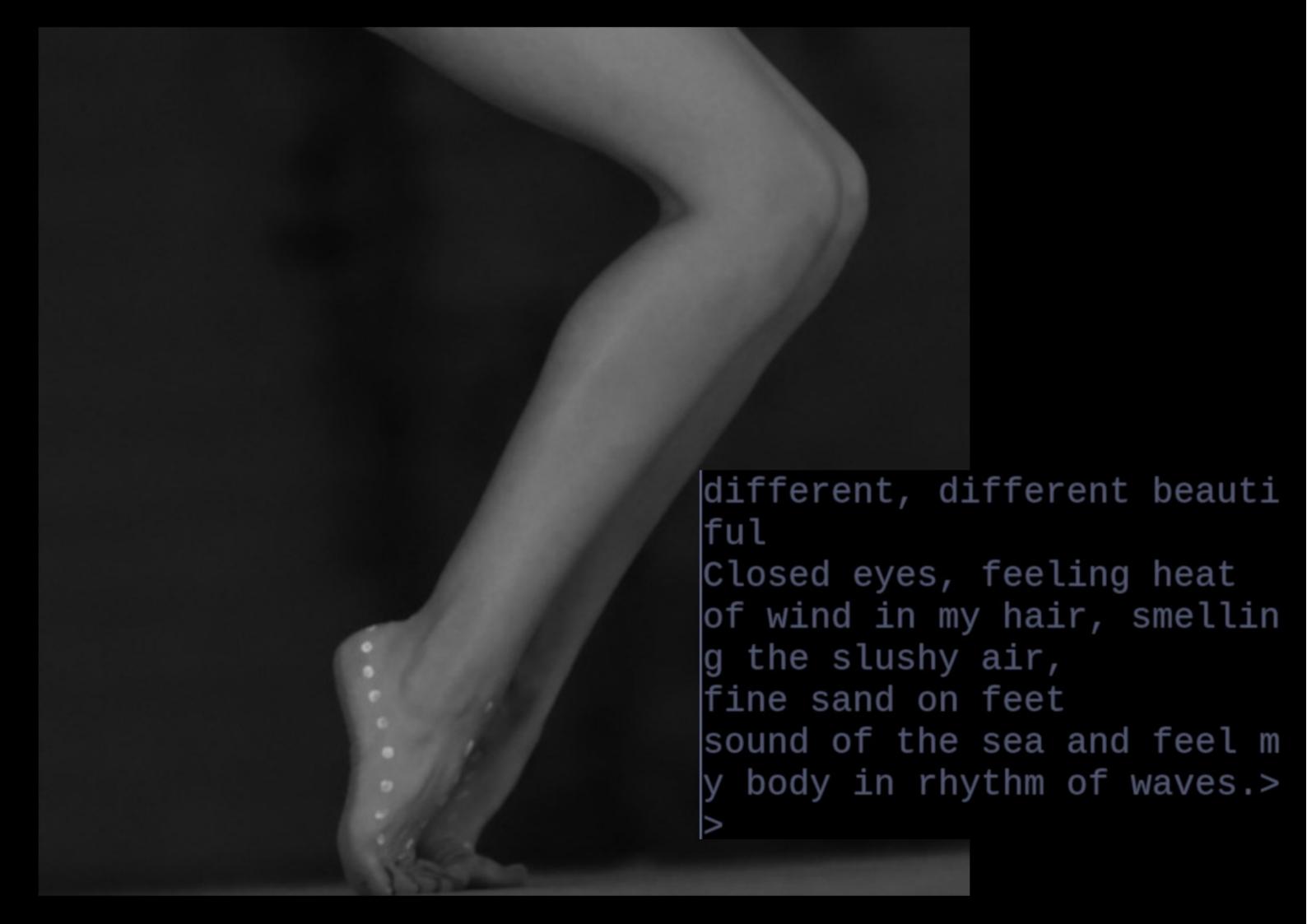




Dance, will you always love

me? I make my dance now a s nowflake, pure and gentle in her movements, doing the pirouettes and floating glitteringly through the air.







Part 5:
<<Already know it.
Say how it should go,
I'll go with you.
To do something... Dancing!
Before my first steps, I was
dancing

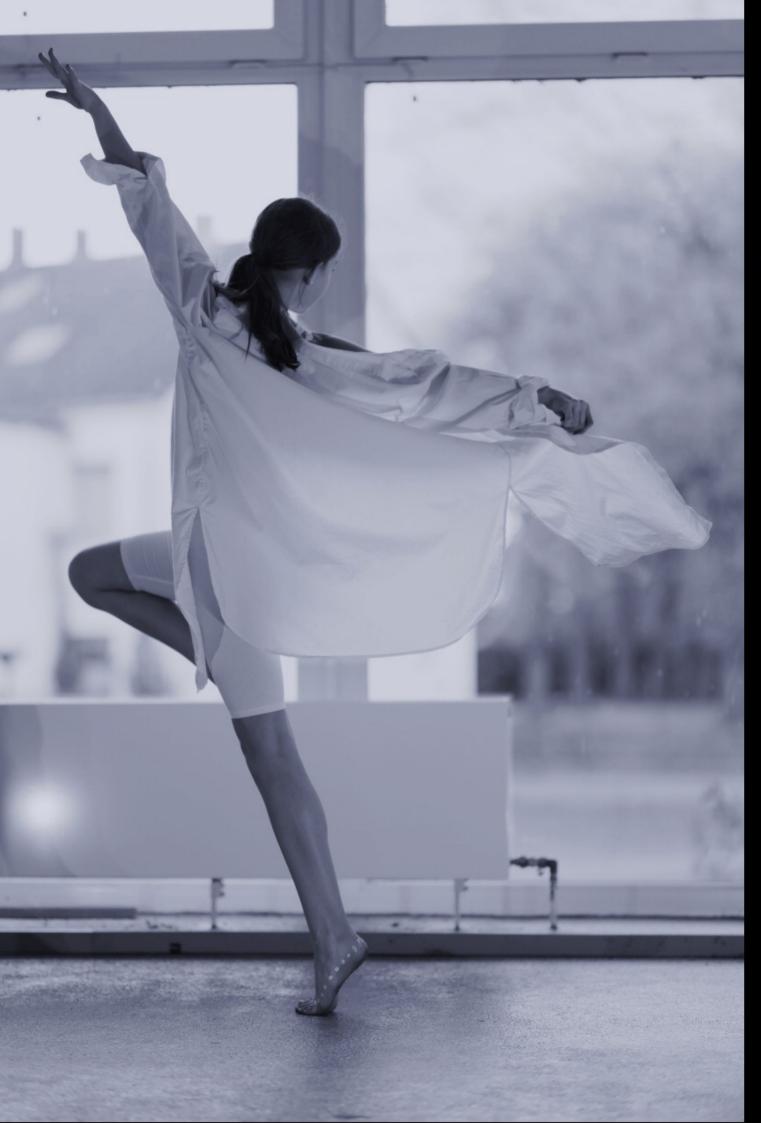


... everywhere, no matter wh ere

Music, moving, expressing.

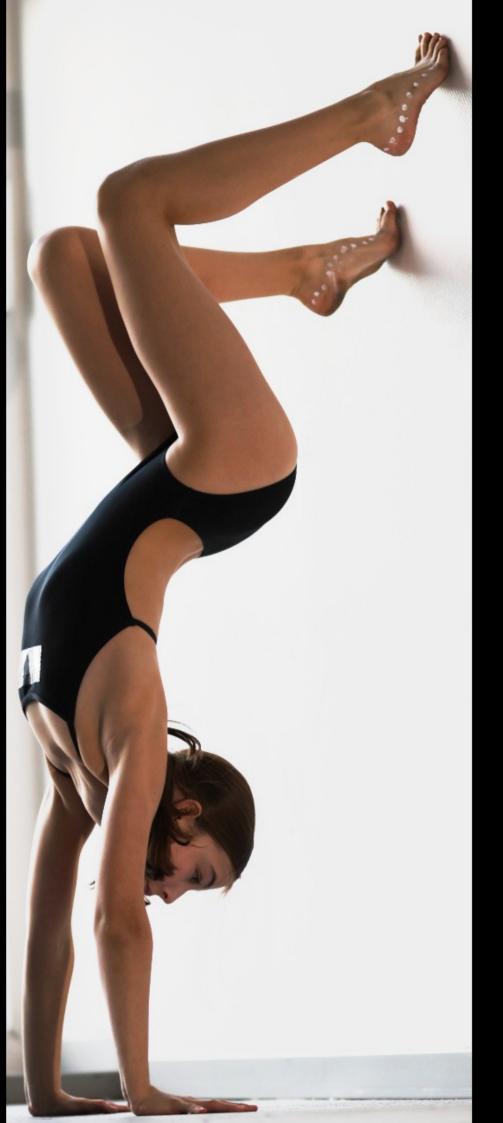
It doesn't always have to be a whole dance to feel yours elf.

How free you will feel, awak en a passion, let yourself d rift.



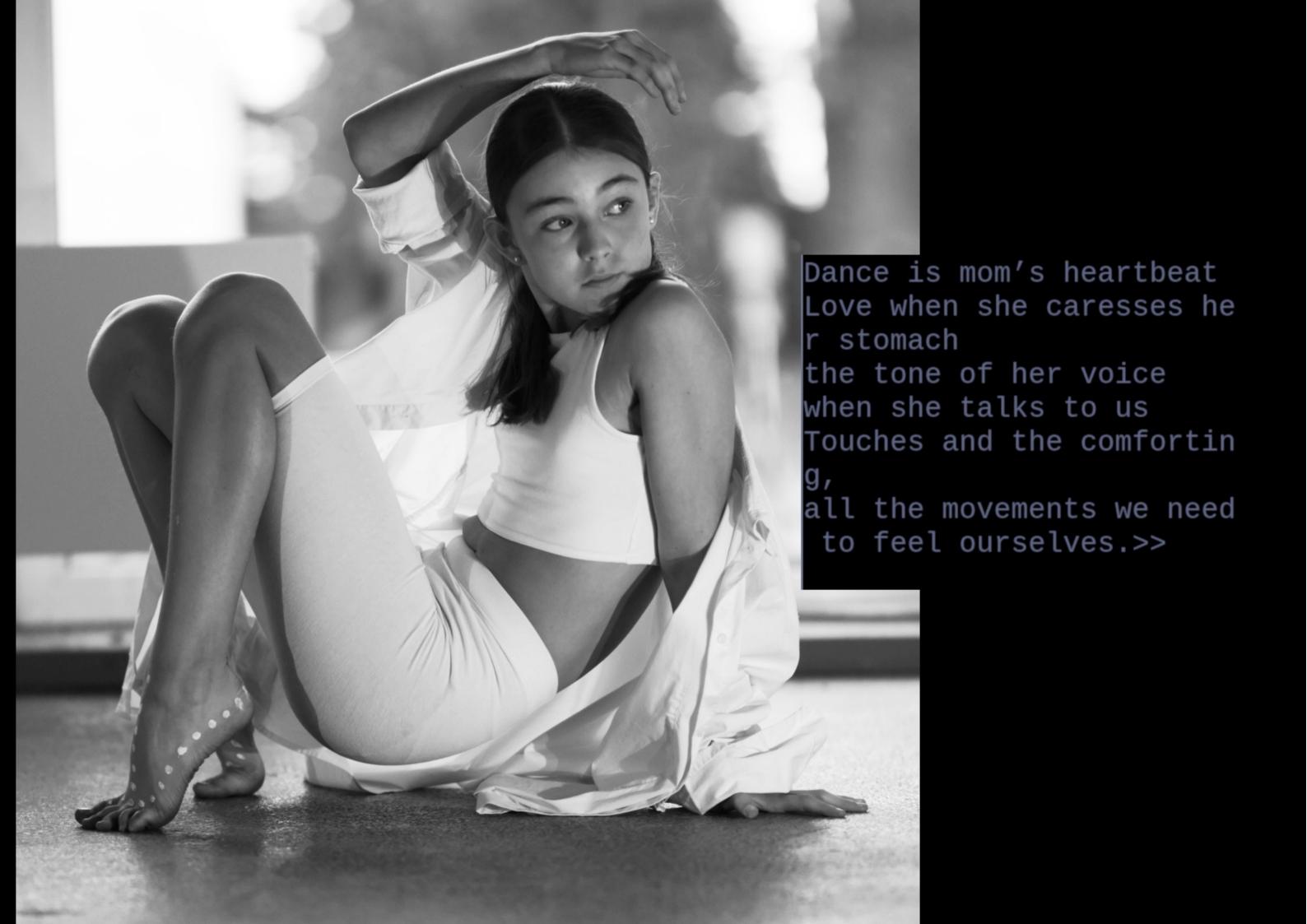
Much more, love and passion, work and ambition, boundaries, heart and soul, mind and freedom, openness and respect. You don't need many words to understand me, just music.>>





Rising, your legs move, body loosens and relaxes.

Breathing becomes slow Giving in to the urge of the beats. You get warm a nd the feeling is stronge inside is a roller coaste Energy throughout your bo and it wants to break out





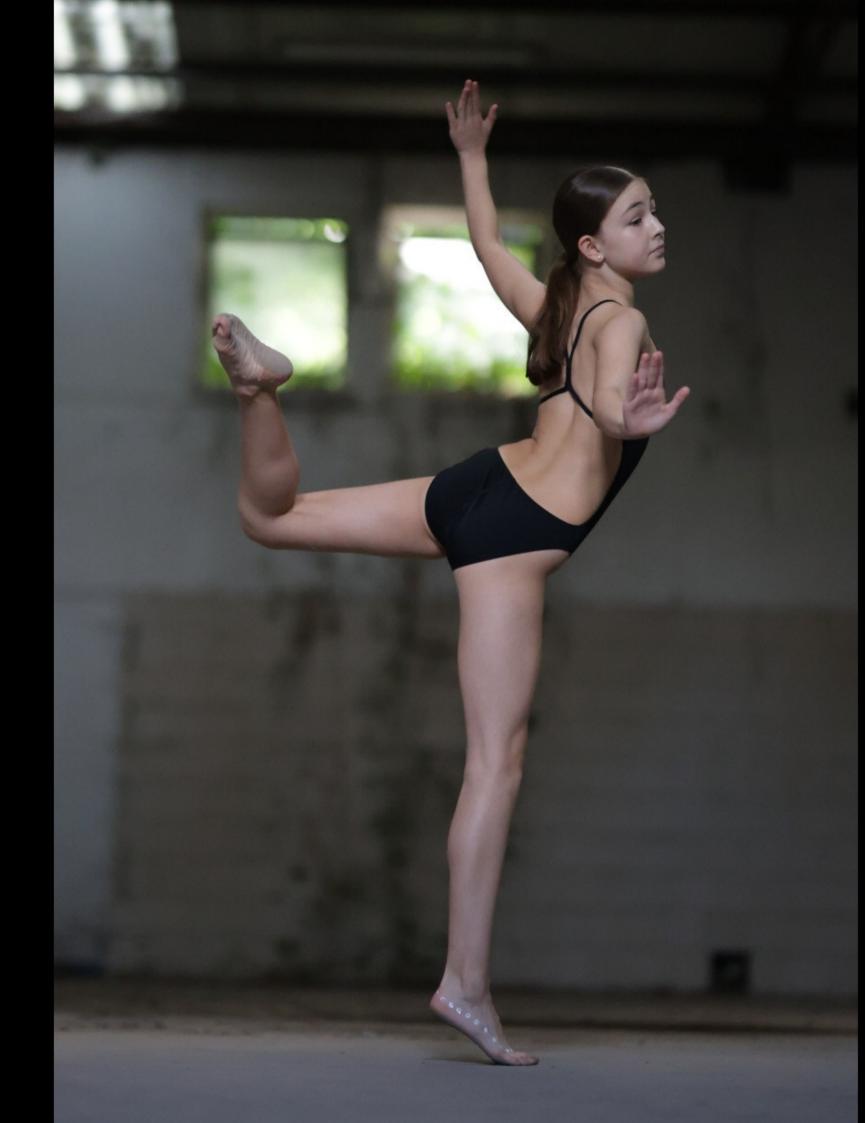
Part 7: <<I explore... my connection to music and body and rhythm bec ome one and dance my life this day, an amazing da Sun shining I dancing air smells like icecrea luck is in air

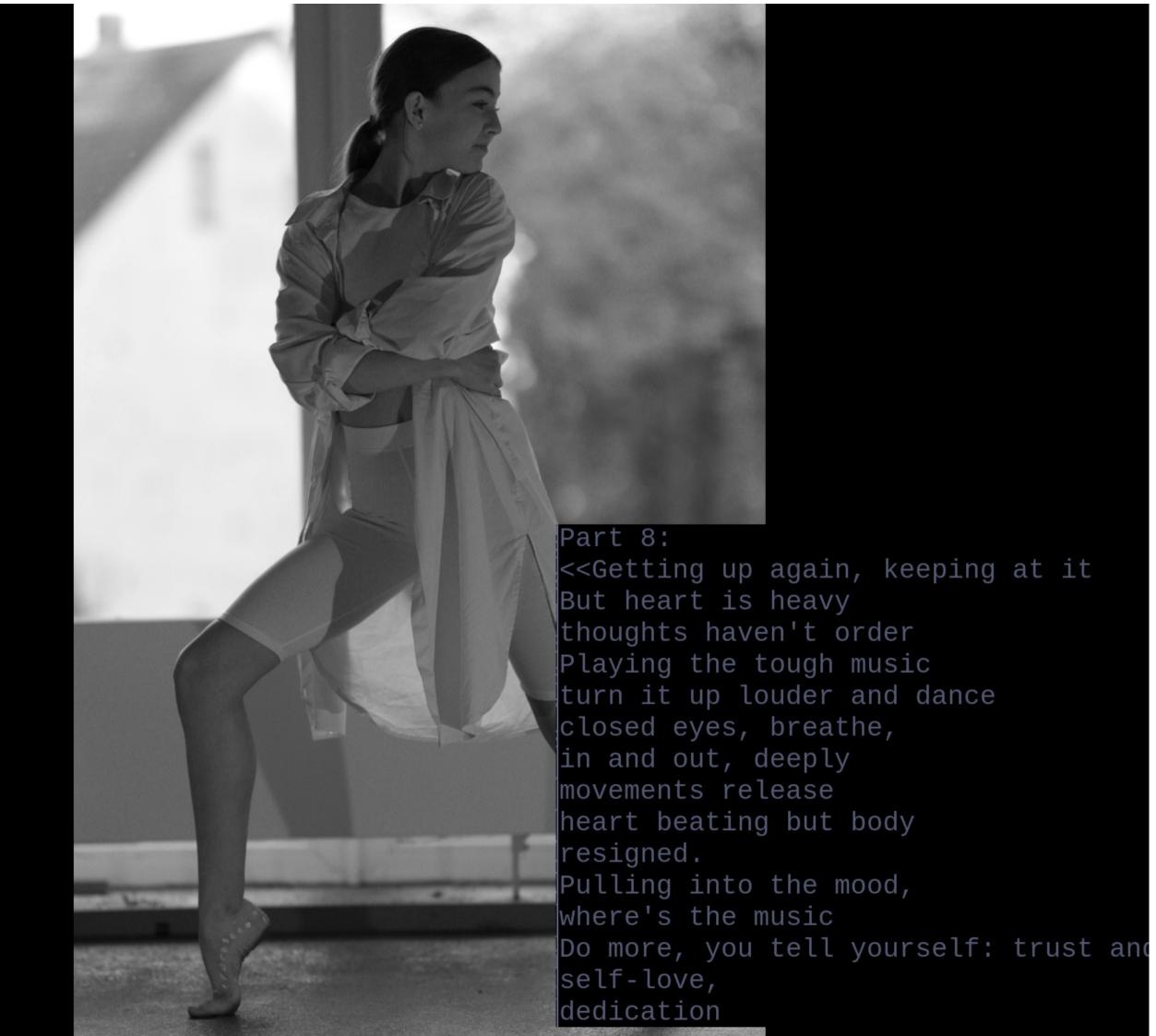


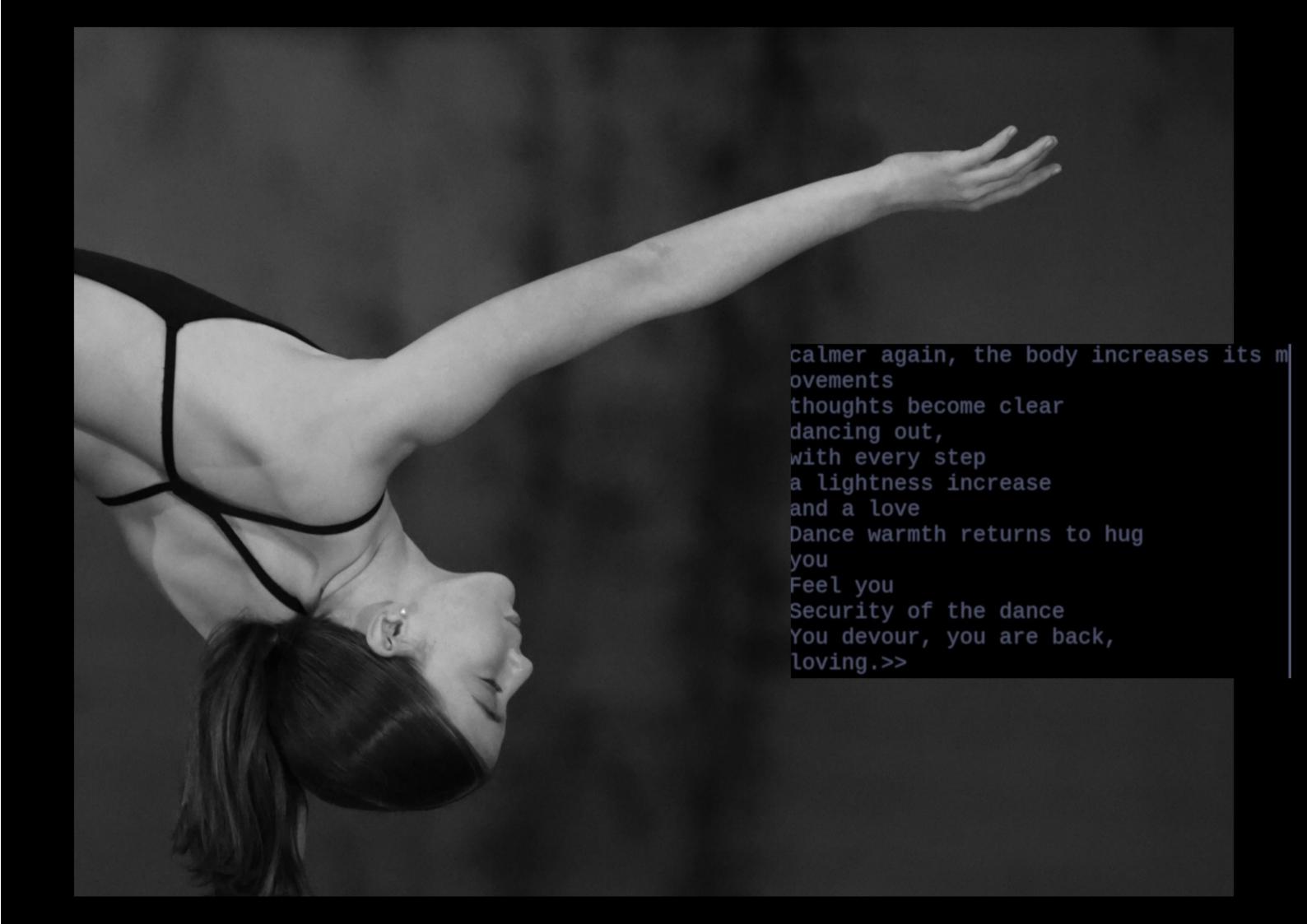
Night...
Fell asleep with the feeling
with dance
Got up, blink, felt it,
dance floods your body
This beat,
knowing it,
gratitude and love
This music within
Dance also my movement

We all feel the same, free

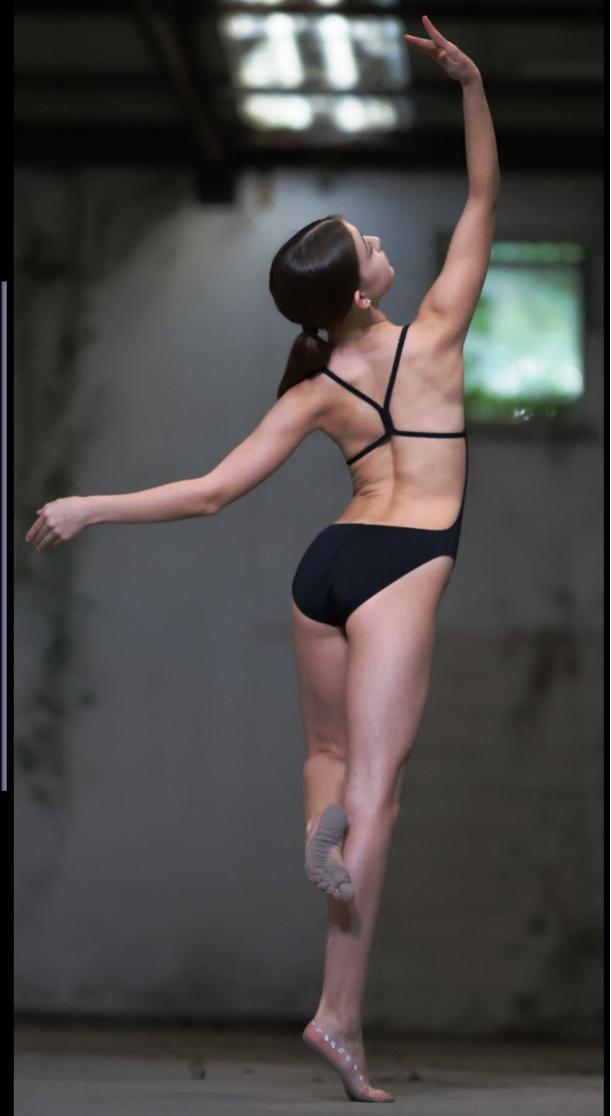
At night when the moon reflects in the ocean, the ocean is the dancer, it thin ks for you, full of colors, can be wild, can be completely still, powerful, captivating.>>







Part 9:
<<Morning. Sea sound,
wind, waves,
salt water and glimmers of
sun in hair,
and people watch her, fixe
dly,
her toes are in the sand,
she turns her pirouettes



in the wind, sun touches her tanned face softly happy and does not think a bout tomorrow. live, love, infinity And there she is again, now walking And I am watching her, everyone is, fascinating she is!

Could I be like her so unperturbed and free doing what she loves without distractions Every step beams grace and elegance, that's what it must feel to walk as a dancer proud from head to toe, body control, lightness, and yet intensity.>>







some cool colors for fw2425 clothes: layers upon layers (skirt) metallic raincoat tight half-open jagged prints faintly striped 1/3 transparent strong lean legs

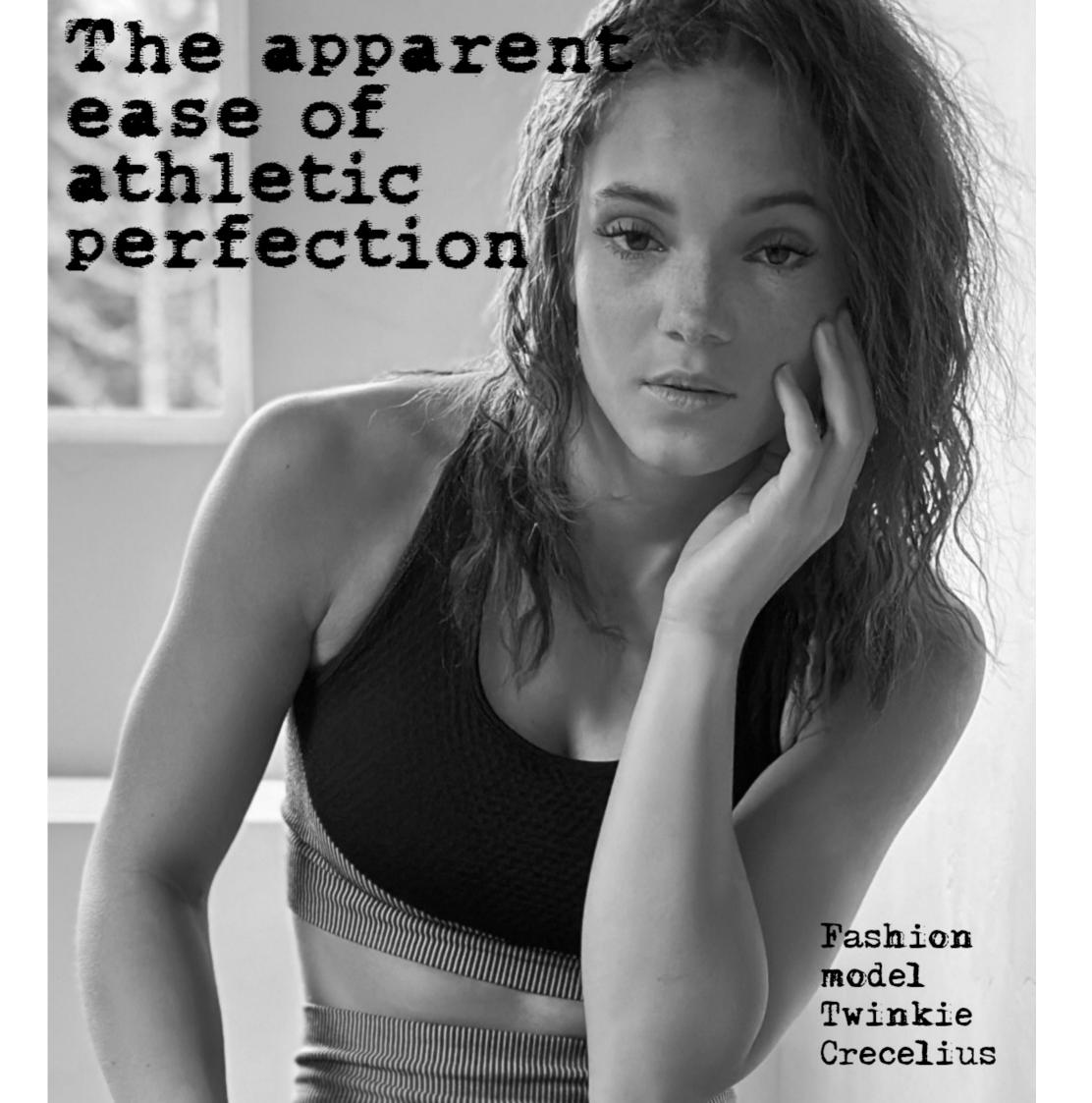
Seen from the perspective of spring 2024, the fabrics and colors of the coming

fw2425

season reflect a world where the champagne resides, so to speak, mostly in the cellar. The runway shows display all sorts of varitaions of black and variations from baggy black raincoats to less baggy black raincoats. Add white. Look deeper,

though, and
there is a
superb
elegance in
between; there
are
explorations
of
transparency
and a set of
rather
majestic
colors.

And, a word to be said for the strength of the black and white & monochrome: it is a world of fashion more than ever dedicated to the sense of the 'power girl', also the athletic girl





Fashion model is Twinkie Crecelius, @twinkie_bug_gymnast

fashion photographer
is Lisa Crecelius,
@twinkiebug_photos.

MUA, hair styling by Twinkie, @twinkiebugflipflops

Stylist: Twinkie
Crecelius,
@twinkie_bug_gymnast

Contributions by Victoria Jayne, @velvetmoonbrand,

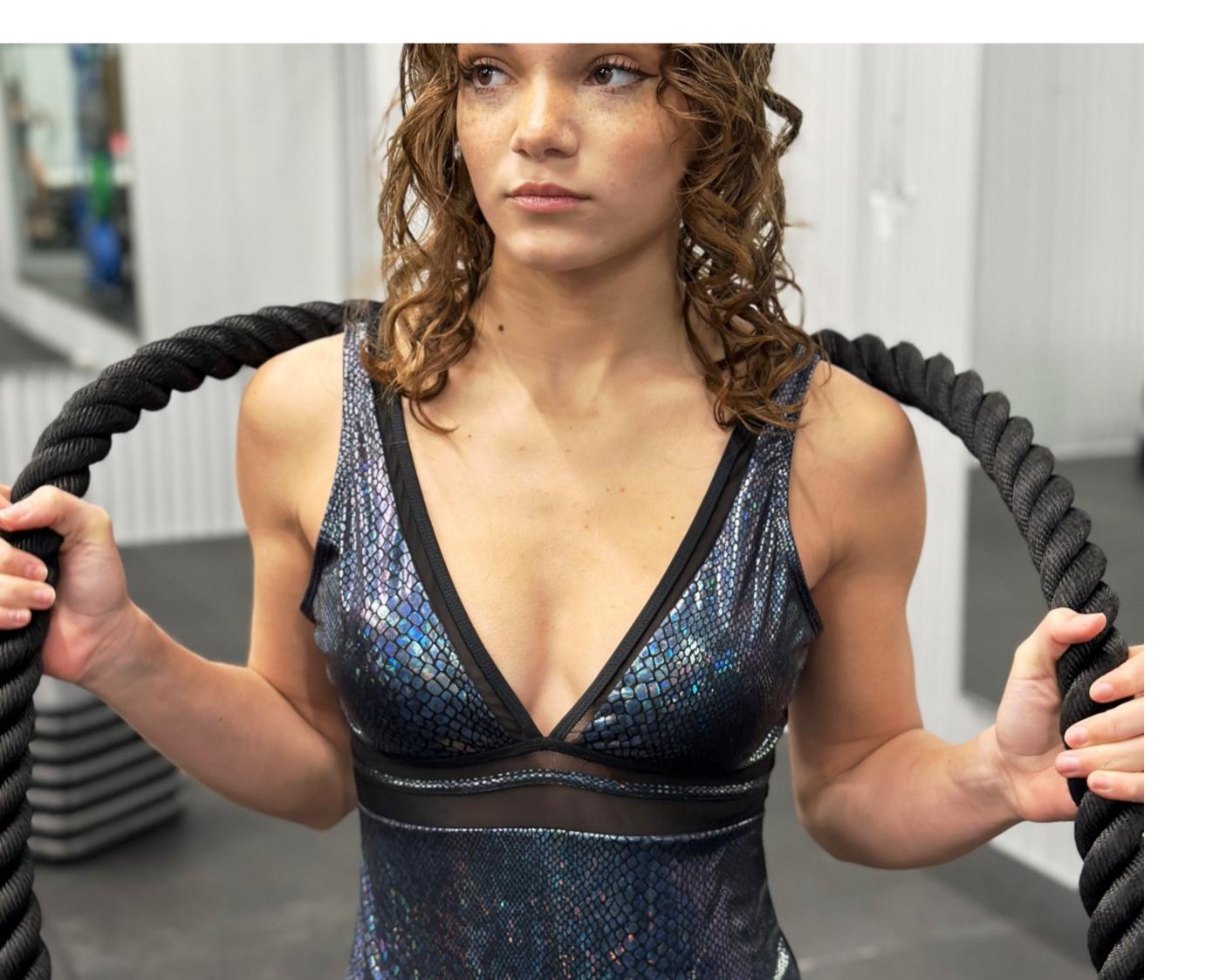
and Bri Millet,
@thesirkel.

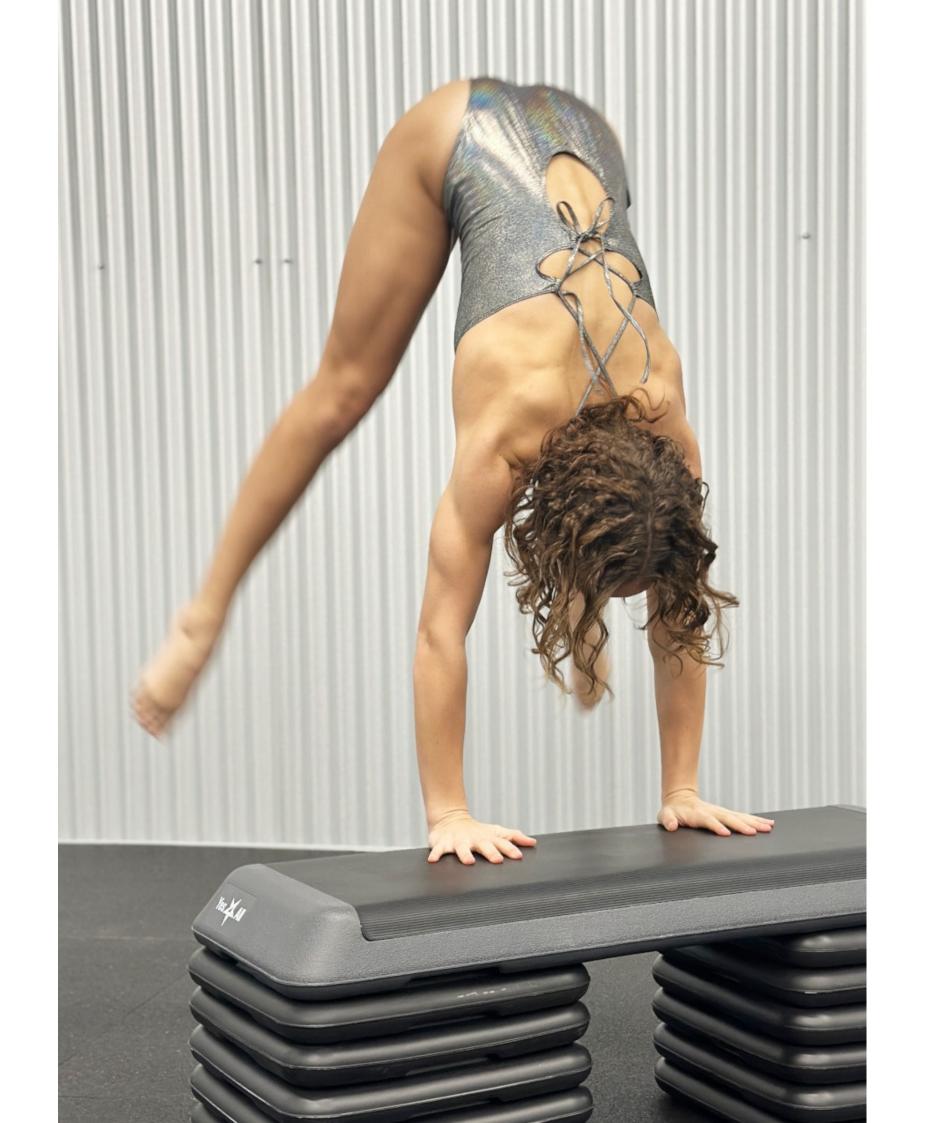
Fashion brands: @twinkiebugflipflops

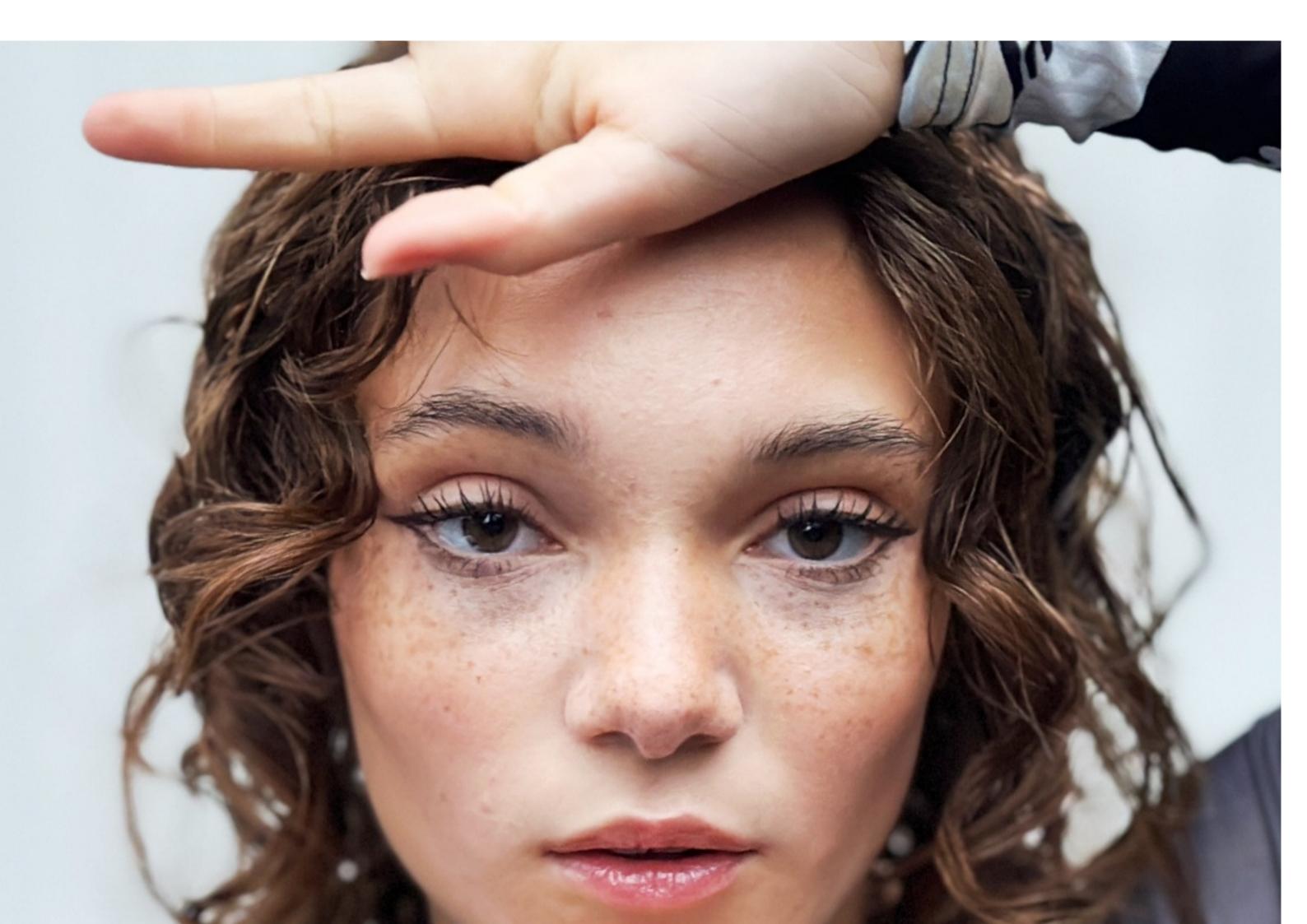
Special thanks to @betitanfit for Home Gym Equipment.

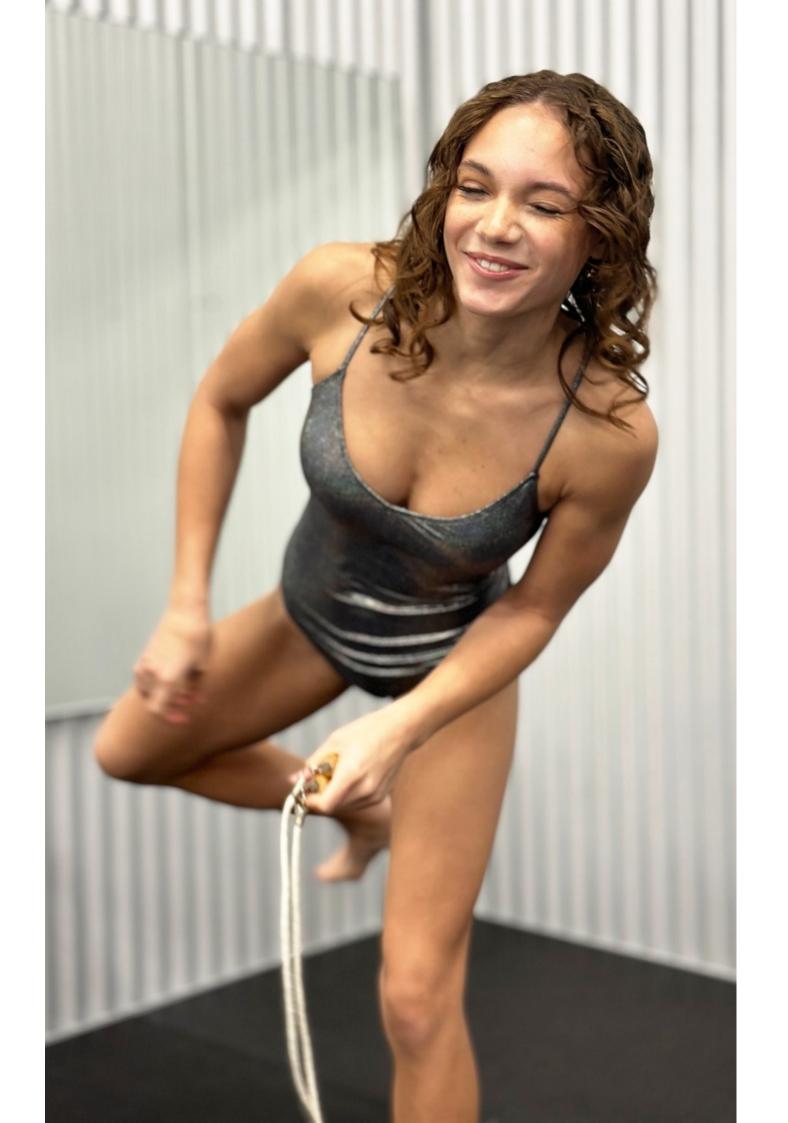
General style advisor: Aristo Tacoma.



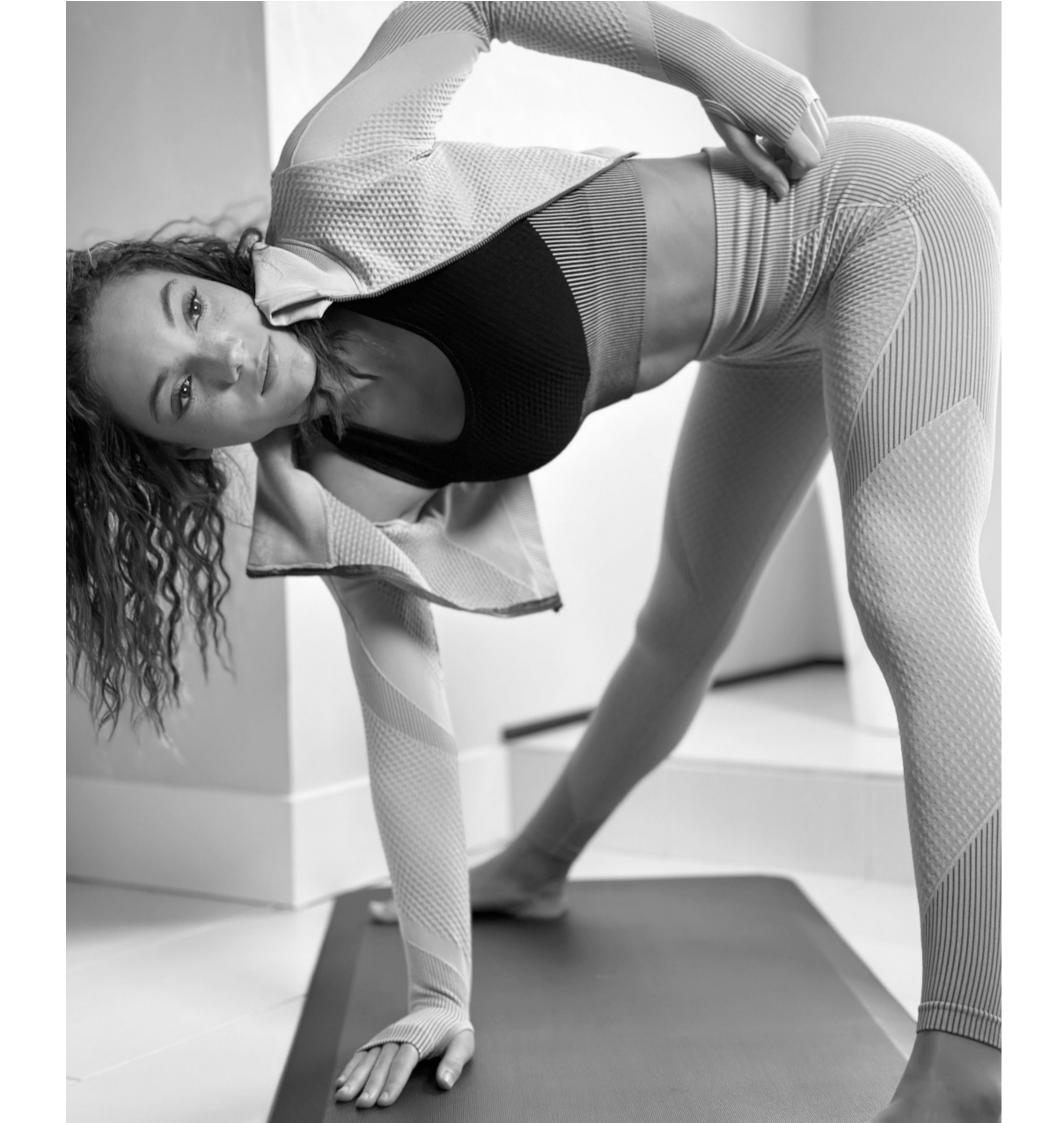


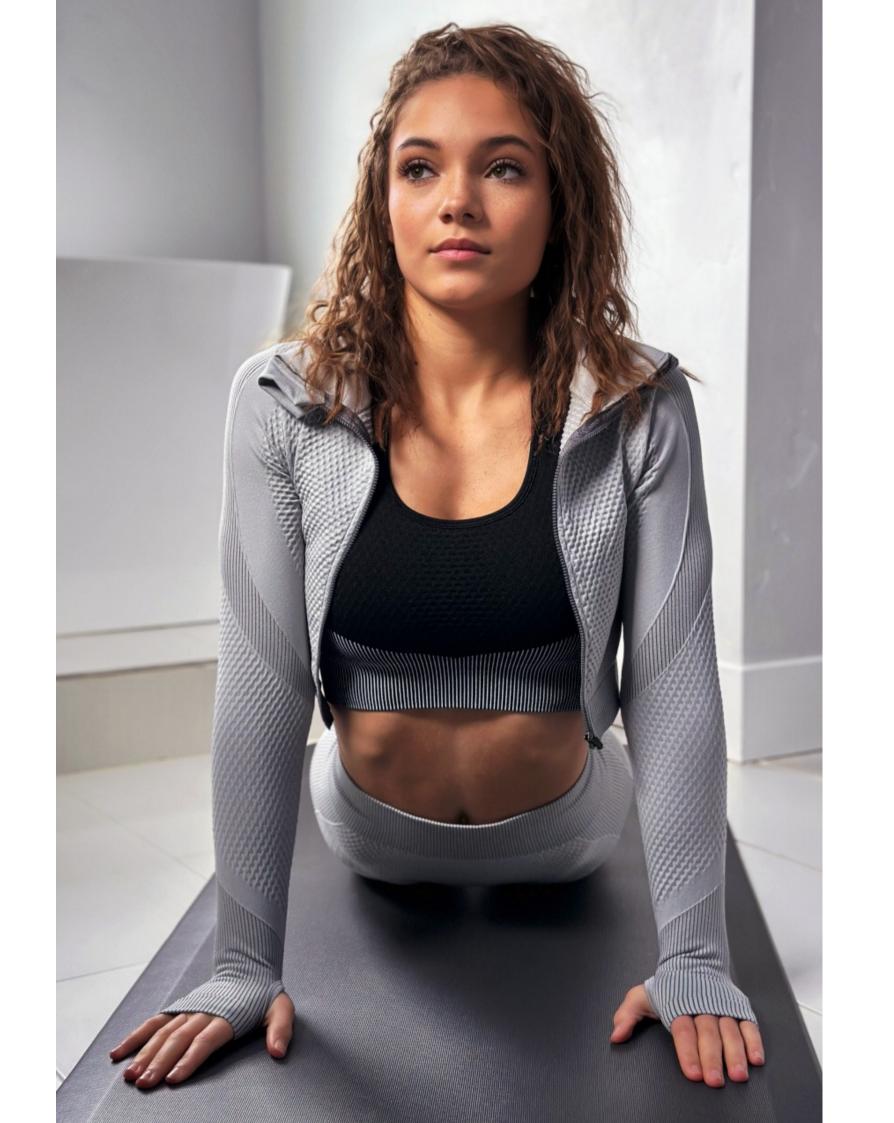






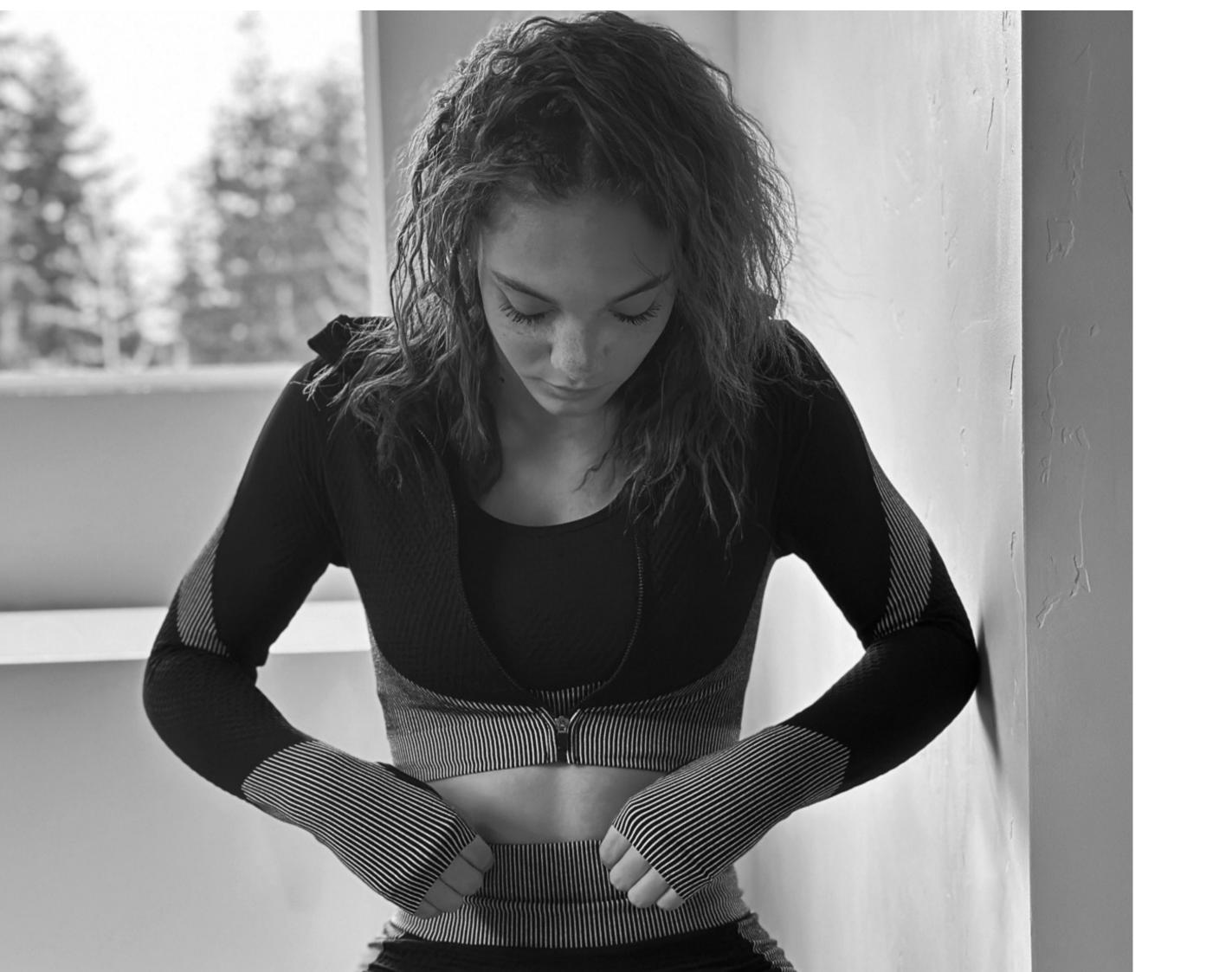
<<Don't think about the start of the race think about the ending .>> Usain Bolt

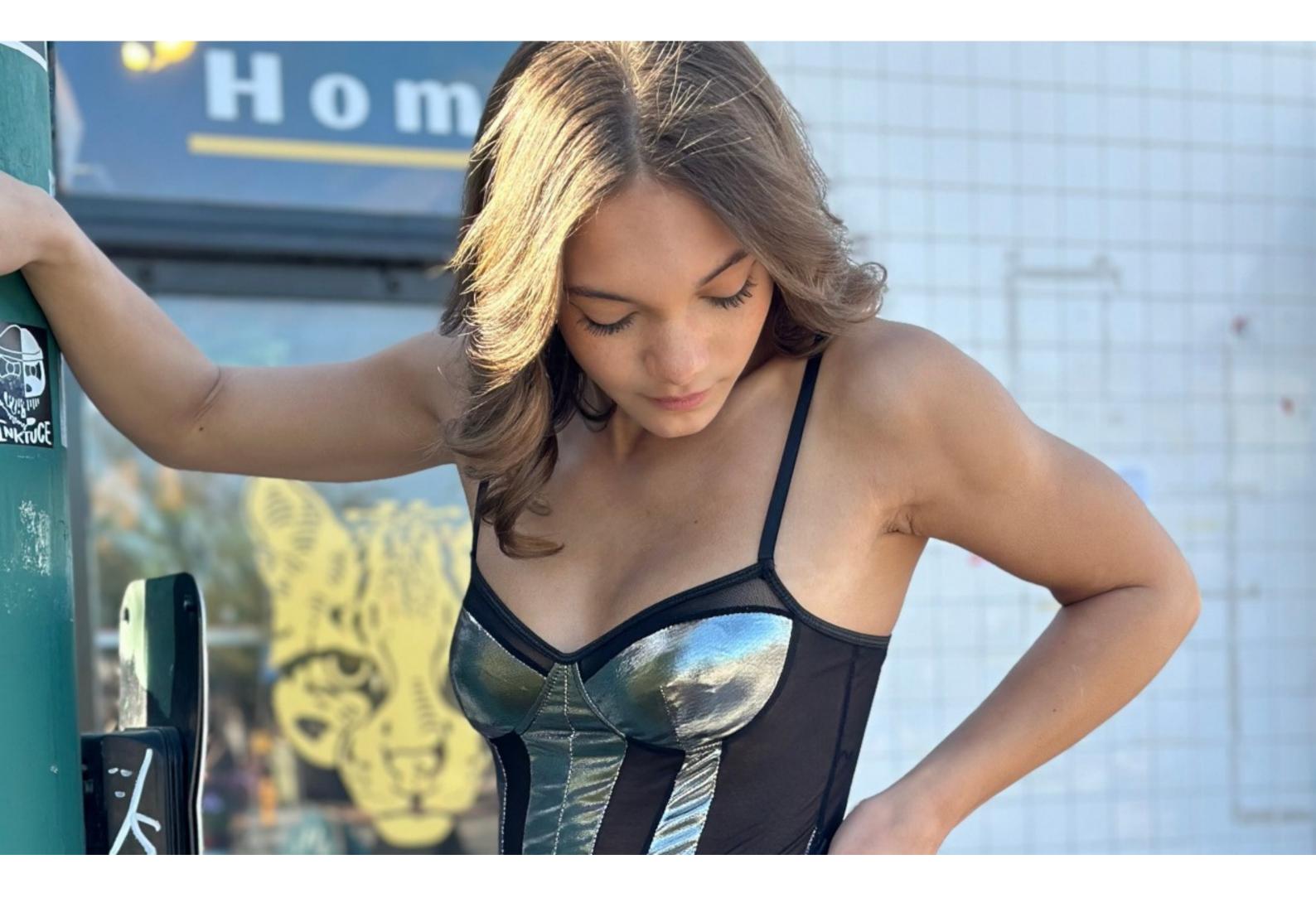


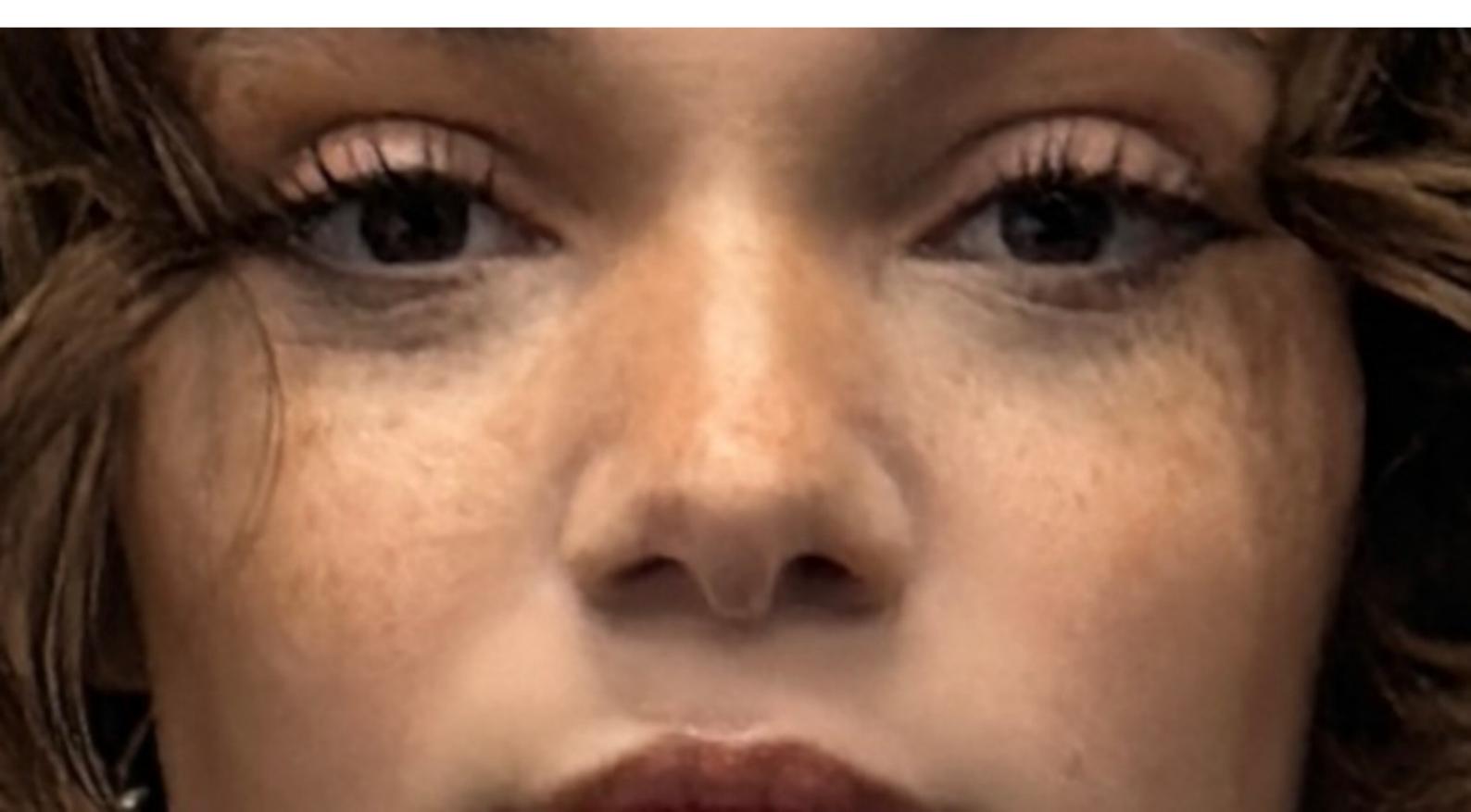






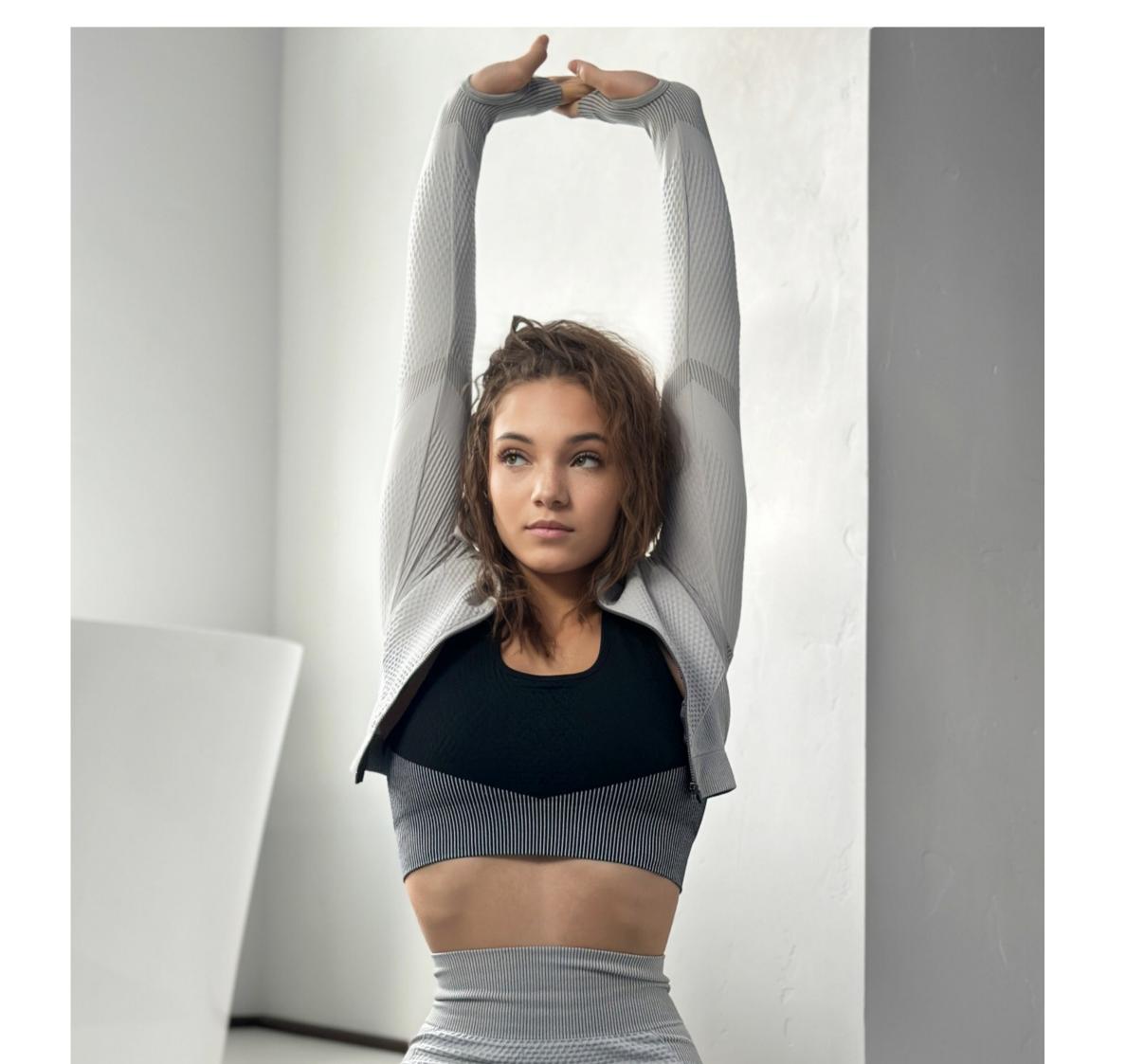


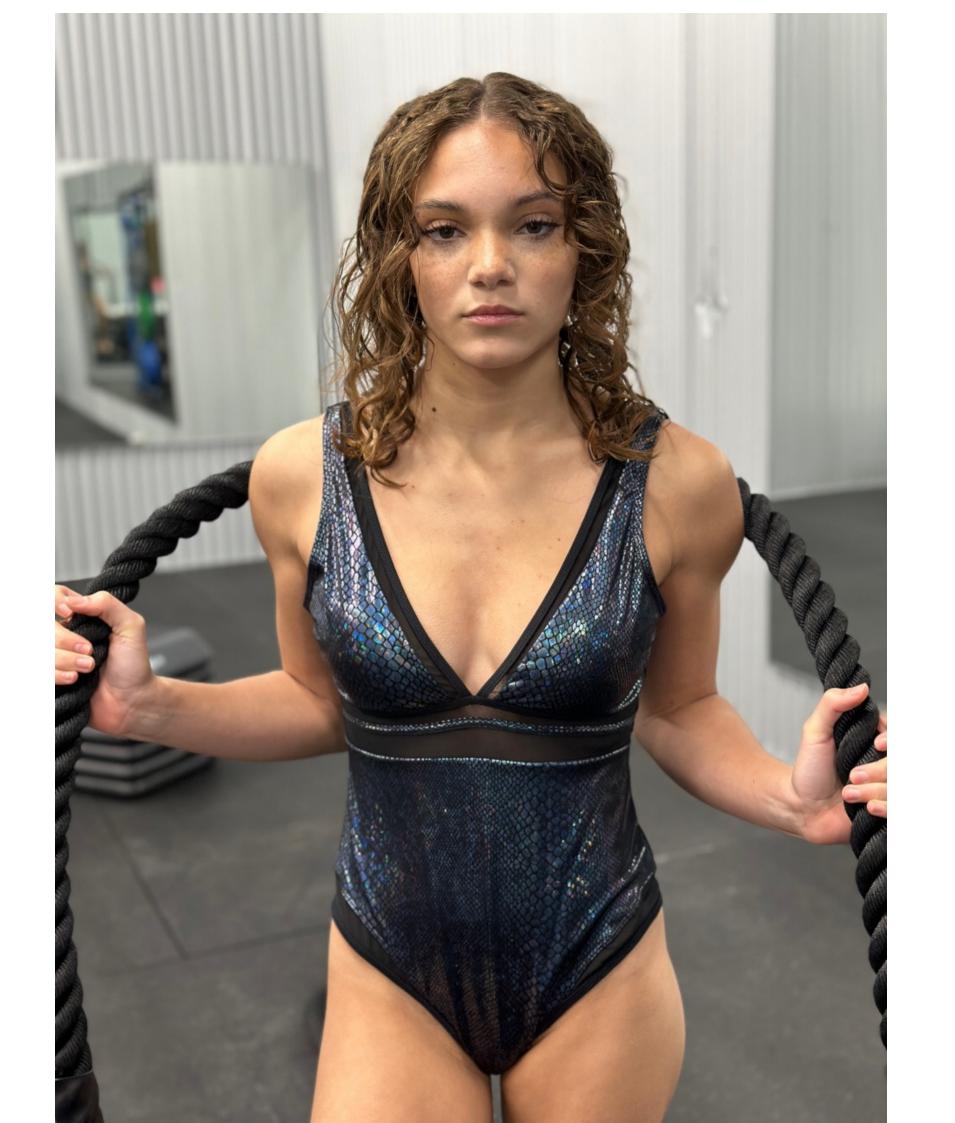
















POCKET -SIZED

Aven



. Com

AVENUE GOLD The

ESSENCE

Perfume

work with, live with, love with your ever-new avenue Gold Essence perfume by avenueGE.com

Pashi On Anti-Mar

Requires adult supervision:)

Concoction requires:

Sparkling water, or nonsparkling if you prefer



200 mg Sports Caffeine Capsules with powder, which can be opened

Raspberry concentrate, can be sugared

Blueberry concentrate, can be sugared

If you prefer: a mild probiotic L.Acidophilus tablet with powder, which can be opened

A clean bottle

Stored in a fridge, use within some days

Mix generously of raspberry into the sparkling water, and some blueberry, until a violet drink manifests. Add plenty of 200mb Caffeine tablets. Add a probiotic to tone it for excellent digestion if you wish. Shake well. The idea is that the blueberry puts your brain

into an upbeat cruise mode, while the raspberry gives you the power to rule your world; the caffeine helps you to walk on the balls

of your feet and the violet color means you can tie an elegant leather string around an ankle and be a peace lover.

Drink light sips of the bottle while it is kept in a fridge. while you do energy/passion/fash ion work: it is

not to be served in a glass or drunk with a meal or anything SO sluggish.

Disclaimer:

Boosted by such a drink go to a

party and be a smash-hit and have great fun,. But, obviously, do not drink more than. say, some 400 mg caffeine pr day-unless you know you can handle it and. hey, not all the 400 mg at once.



The BERLI Drink Violet

Summe

Perfection in human form and the pressures of nonmilitant wave symphonies in FW24/25







Perfect ion in human form and the pressur es of nonmili tant wave symphon ies in FW24/2

Fashion model is Vilde Andresen Bø, at @vilde.bo

Fashion brands in editorial include: Clothes, Only, at @only_official Drink, Red Bull, at @redbull Chair, Skeidar, at @skeidarnorge

Photographed and styled by Aristo Tacoma, with assistant stylist Svetlana Jouini, and contributions to styling by the model herself.

MUA, hair styling by Svetlana Jouini, Studio S Style, Kierulfgate, Lillestrom, Norway, at @studiosstyle and @svetlanajouini

Locations: Studio Sorumsgate, Lillestrom, and Studio S Style, Lillestrom, Norway

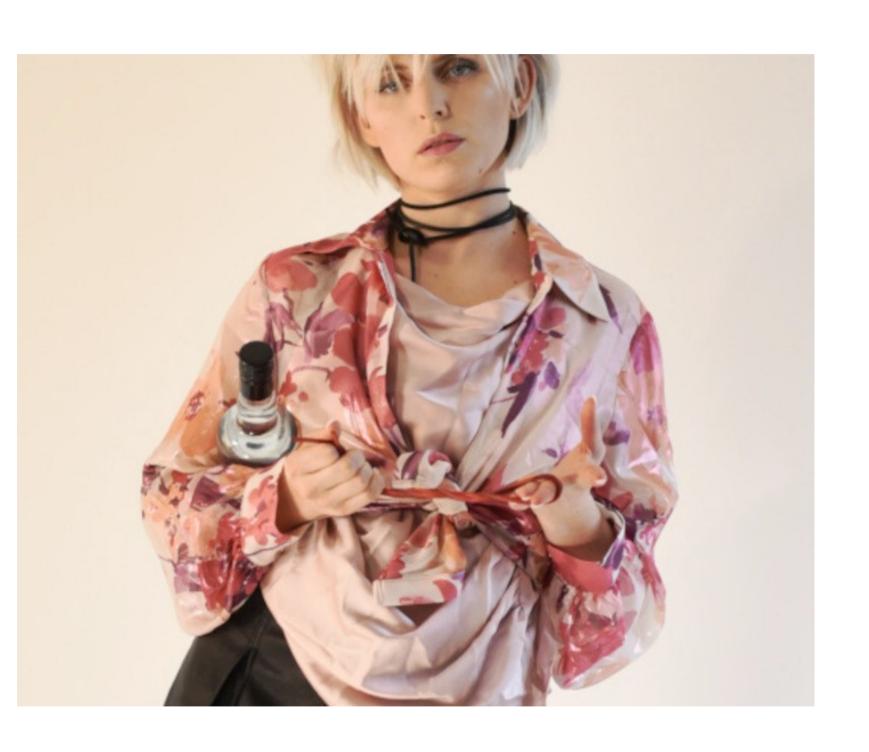




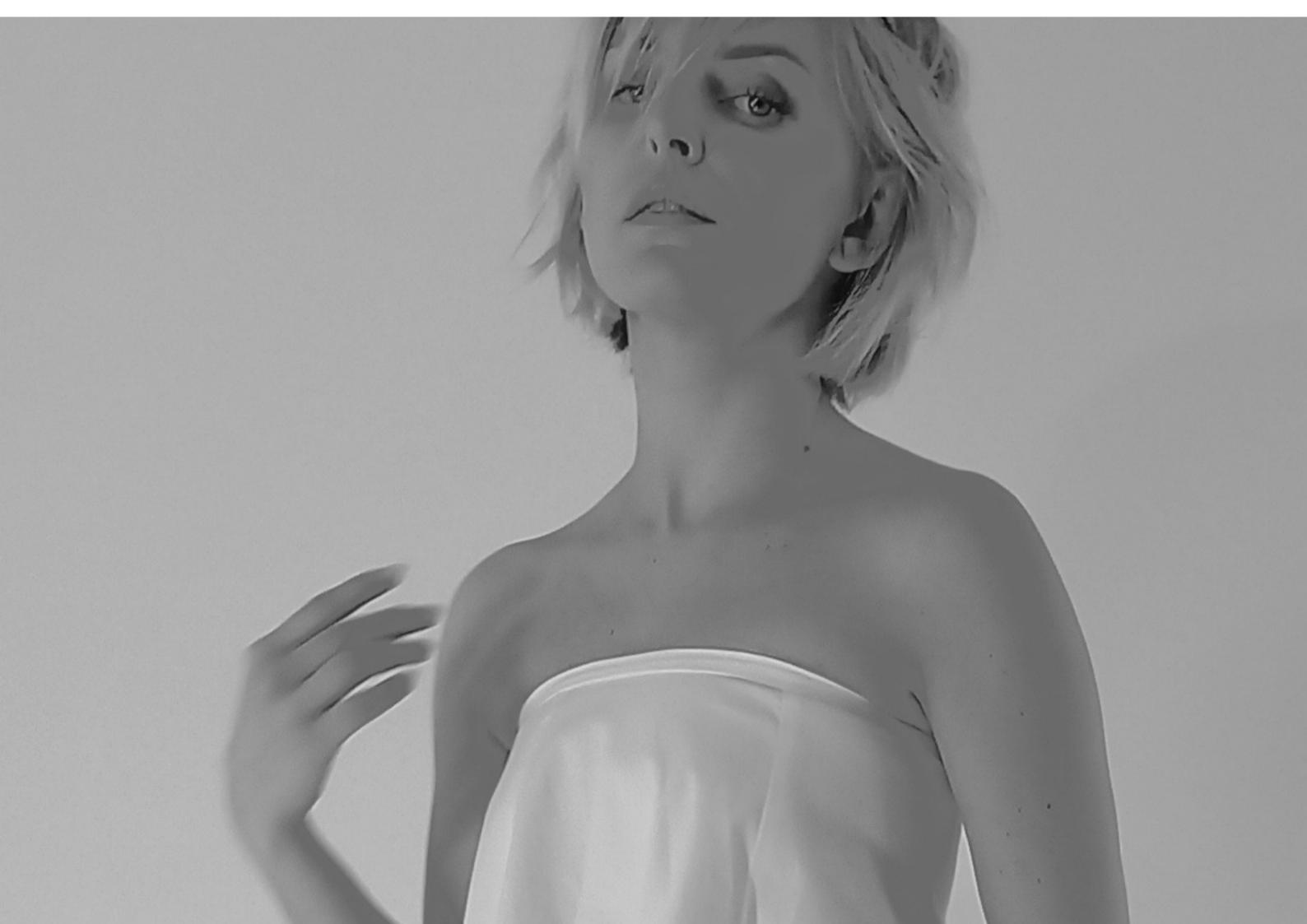










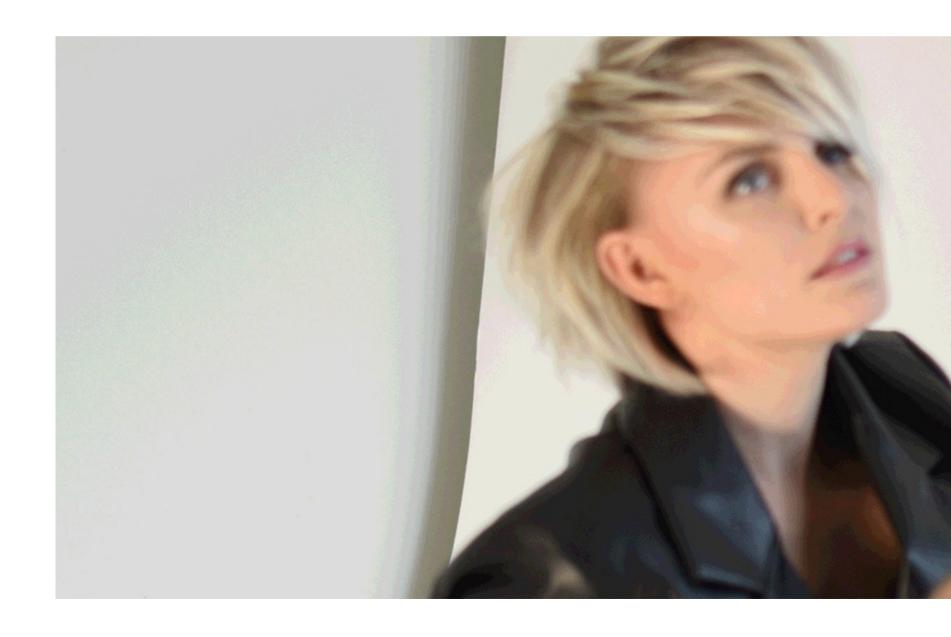












--Frans Widerberg, painter, priv.comm. with Aristo Tacoma



<<When somethin g is a masterpi ece, you can do anything You like with it. Cut it up, paint on it, walk on it each bit is still a masterpi ece.>>





AND FUTUR E OF NETSH OPS

The present of netshops [overstated]:

the guys running physical stores raise, however slightly, their eyebrows if you come to their store with any even slightly unusual request--such as getting pants which long enough to fit you. And they tell you to go their netshop.

There are exceptions-there are the dazzling ones who, with glitter in their eyes, convey that they are happy that finally someone has left their PC and flat little devices and come along, physical person and all, to their real and manifest shop on this planet.

But those are exceptions, as far as I can tell.

The general impression one gets is that upon entering a physical shop, the salespersononce locatedcan hardly lift his or her eyes from the screen, and when the person does lift his or her eyes, it is with the air of someone who has to complete a

national
budget tonight.
A glance at the
screen shows,
however, that
it is neither
Microsoft
Excel nor
LibreCalc that
is the topic of
concern, but
rather it is
not loosing out
on a game.

As a result, one does indeed go to their netshop. At least, digitally, it says a pleasant vibrant Welcome!

However on the path to it, trying search engines, it can easily be the case that all sorts of wares come up in search engines but most of them are sold out and the links aren't working.

Each ware that come up in the netshop is poorly described, badly photographed,

and nobody has any idea, even slightly, of e.g. what fabric the pants so neatly depicted are made of.

If the ware doesn't fit, and three out of ten cases it doesn't, it is only a few select individuals on the planet who has the time and bother to carry out a return procedure.

Unless somebody figures out a new way altogether of how package mail systems work, it is only one pathway: the netshops must find a description of their wares that is--when there can be any doubt-infinitely better than at present. And the search engines, if their budget shows that

they earn
billions on ad
income from
companies, must
start
bothering to
update their
year-old lists
over which
company has
which ware to
what fits the
present.

A good thing about netshops -to be optimistic -- is that if You know what You want, and know that the shop is right **a**n**d** the ware is right, it is superultra fast to pay and order and as a recurring customer a matter of an easy wait to get it to the home address.

Comment

ABOUT

THE

PRESE

NT

iB

AWAR

E

BEAU

TY

Comment

Text: Aristo Tacoma

MEAN INGF

ULLY

If you like me have read novels and such where phrases like, "and there was nothing selfconscious about her, her beauty seemed innocent, have appeared, You may have been doing some thinking: just when is the thing about being 'selfconscious' relative to own radiance a good thing?

In looking at my own

have had both experiences: I have been excited about how someone has been aware of own beauty, and happy and playful about it; and, on the other end of the spectrum, I have been turned off by how someone seemed to be 'aware' of a beauty that they didn't quite have, at least not to that extent. But there are more experiences like this: I have found myself a bit fascinated when someone seems to possess far more beauty than they show awareness of; but also a bit disgusted when someone dismisses a rare feature of beauty about themselves as insignificant. Would it not be

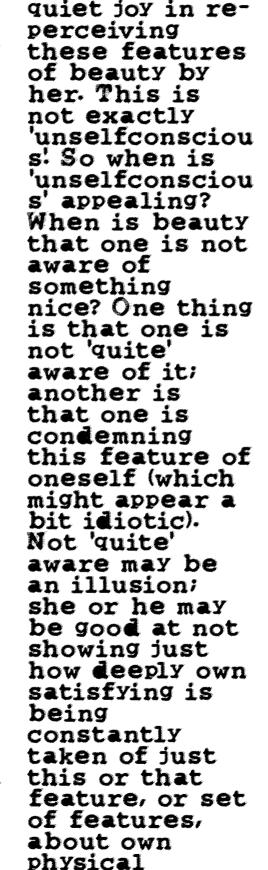
experience, I

wiser, I have been finding myself thinking, that she was aware of that feature so that she cares for it? Is it not simply lack of beauty education to dismiss a a superb feature of oneself like that? A sort of 'bad upbringing'?

When someone is meaningfully aware of own beauty, it means that this feature of beauty--which is, when real, always an infinity of course, always something to explore more, not something finite, --is something that this person that you encounter is in a way actively engaging in exploring and perceiving. And You, agreeing to the point, may find Yourself

radiance; or skill in movement; or personality or voice feature.

It may also be a potential for this sort of shared awareness of a person's beauty, that this person is not-yet-enlightened to the greatness of a feature. And that can also have an appeal.



sharing in the

perception

and her,

process; You

together, may

perhaps find a







Fashion model
Kathinka,
@sweetlittle
violinist

Fashion
photographer
Tom Frank
Rasmussen,
@fotomanden.dk
fotomanden.com

Stylist: @wanderlust onworld

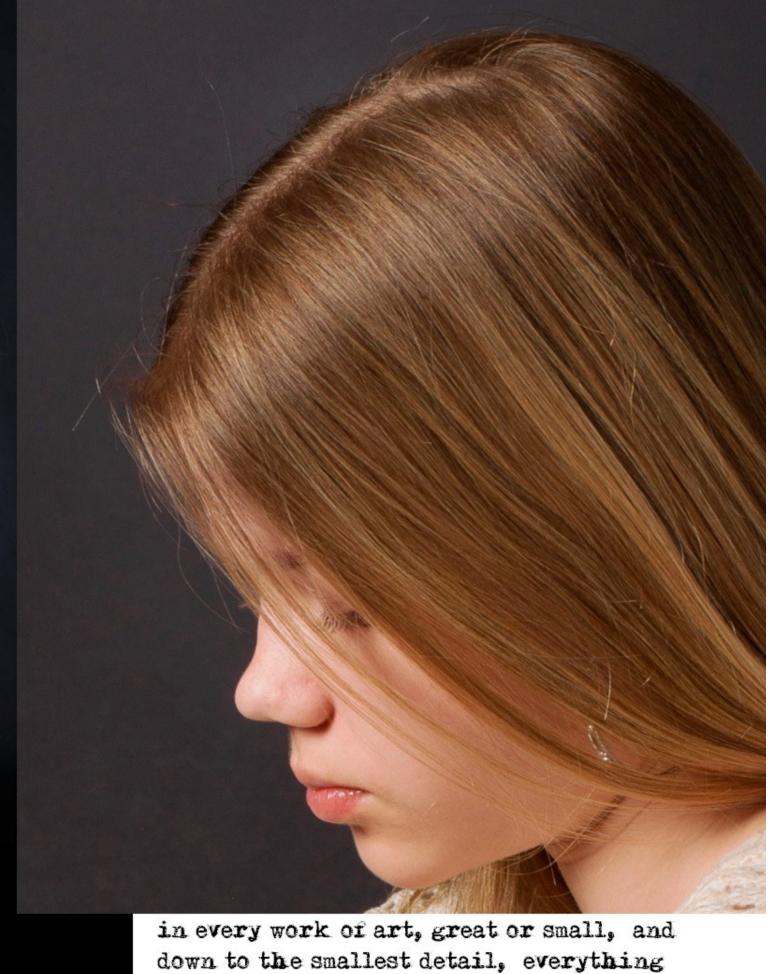
Fashion brands
in editorial:
H&M at @hm
Nelly at
@nellycom
Zara at @zara
Jewelry at p.82
is homemade

General styling
advisor:
Aristo Tacoma

Photographic assistant and choreographer:
Julijane Celin Rubin,
@julijaneceline

Location:
Denmark





in every work of art, great or small, and down to the smallest detail, everything depends on the initial conception Johann Wolfgang von Goethe,

Maxims and Reflections, 1833, transl. E.Stopp, ed. P.Hutchinson





































THIS IS A

PREVIEW OF

SOME PARTS

OF THE

MAGAZINE;

MORE TO

COME!:)

the T.N.S. [True Nonsense Section]

Text Aristo Tacoma

The big boss

Has it struck you that there is a way the phrase, "God is good!" (or its particularly apt variation, "God is good today!"), is sort of genetically wired into the genes of quite a few humans—typically men, and indeed, very male men; though in this time and age it can be any gender at all of course. Let

me explain by being unusually politically incorrect, and not just politically incorrect but quite possibly religiously incorrect and historically incorrect as well. Suitable for a nonsense section.

Well then, it so happened one day around

26.5 AD or so

that Jesus was riding with his disciples in a bus. Or perhaps you didn't know. Bus it was. As for its motor, I'm a bit unsure. Let us assume that it was pulled by asses but the point is not essential. It could even be camels.

The boss had just made water

into wine the other

day, and walked on water and such, and his disciples were as full of admiration for their leader as they could be, but it was not entirely reciprocal as Jesus found them just that day a bit boring; especially as they had all taken to speak to him of his eternal greatness in a in a dumb-witted choire.

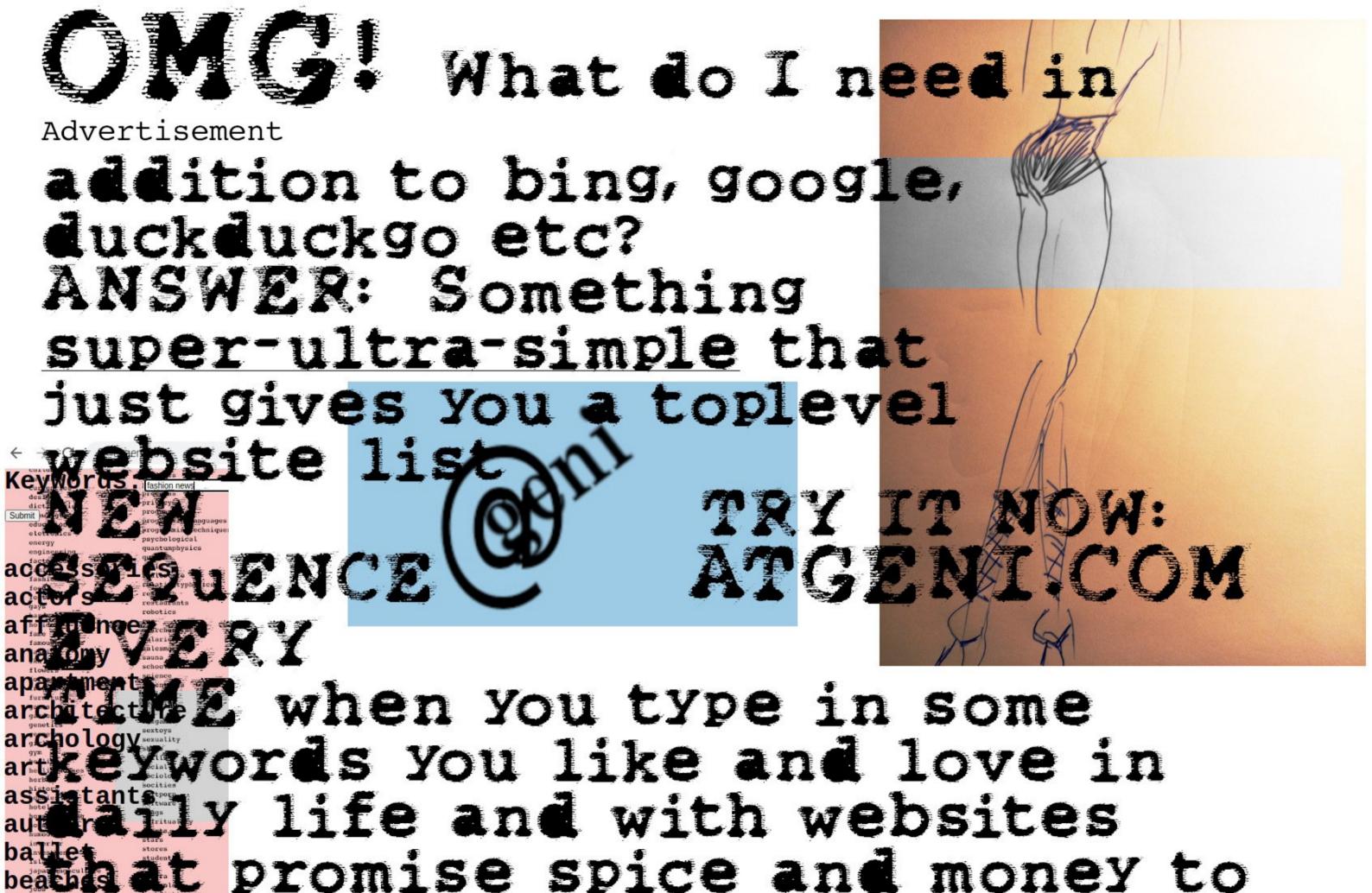
Sitting upfront behind the bus driver, he let his eyes wander and longingly gazed out of the window, hoping for something to divert his attention.

And circumstances wanted it that his eyes suddenly beheld the slender young grace of Maria Magdalena, who, practically next to the bus, and in Eve's clothes, was taking a good wash and not caring a damn. Inadvertedly, Jesus exclaimed, as quite a lot of, well, people would do, "God is good!" or the

corresponding in Arameic. And the disciples, as if by command, replied in a choire, "Yes you are!"

The point? None at all. But when the scene came to my mind a day, it sort of made





beautwolfests SCUEY and WOIK, like NEWS

POLICY COMMENT Freedom from "AI"; authentic ity of photos

[IT HAS BEEN THE POLICY OF BERLINIB SINCE ITS INCEPTION IN 2019 NOT TO ENGAGE IN ANY 'TOUCH-UPS' OF ANY PHOTOS; WHEN ANY PIXELS ARE COLOR-TONED, THE PROCEDURE IS APPLIED UNIFORMLY ON THE WHOLE PHOTO OR AN OBVIOUS RECTANGULAR MARKED AREA IN IT, NOT SUCH AS TO CHANGE SHAPES OR HIGHLIGHT AREAS]

When you beautify your face by a bit of make-up, or so, you are still in real reality. When somebody photographs you right after, you are still in real reality, and the photograph reflects that real reality-supposing there are no 'filters', no touch-up, no automatic fixing along the lines some video-oriented social media platforms impose on their users. The photo reflects you, and reality, in all its infinity. Now it may not be a great photo, or not all parts of it may be great. So you take more photos, vary

this, vary that, more light, different light, different angle; you do the obvious little modifications that does not rob the photo of its authenticity—brightness, contrast, overall color tone, and such. You crop the photo. And if you are a fashion photographer, you do so for dozens of photos, out of, say, a thousand.

Now with what right do I say that there is an infinity about such a photo? Before I justify that claim, let me justify a much easier-tojustify claim, namely that there is a finiteness to all computer algorithms--whether in our phones or, through the so-called internet 'cloud', in a computer owned by somebody else. Why is it so that anything shifted around by an algorithm--a filter, a touch-up procedure--such as Photoshop is full of--becomes 'finite'? Because the digital is just that: finite. An algorithm is a set of rules, a finite set of rules, for shifting data around, digital data.

Before the algorithm, the photo reflected reality, and reality is beyond the digital, beyond the finite. But once an algorithm has 'touched it up', it has done something at once drastic and subtle, at once serious and nearly invisible, namely to rob the relationship between the photo and reality of any existence.

Some would argue, isn't that fine? A little escape is healthy. And I totally agree: a little escape is healthy; it may even keep the doctor away. So you switch on a game, or a scifi movie, or another fantasy

movie or movie made with a more realistic tone, or you read a novel, or a set of short stories--and in all these cases you indulge to perhaps sweetly 'escape' reality a little bit; and the mind may feel relieved. But if you close the book, or turn off the game, or switch off the movie, and you are no longer certain whether you are in the game or in reality, it is no longer an escape, but a mind-condition that in its mildest cases are called 'confusion' and in more severe cases lead to apathy or depression.

So the context of the 'fake' situation—the indulgence into the 'lies' of a good novel, or the 'realistic' illusion of a game, is good when the context is clear and when you can step into the context just as you step into a bath, and step out again and get your clothes back on again and move into reality again, refreshed.

Now reality is infinite, I claimed. And a photograph that hasn't been messed with by an algorithm has, if not its own infinity, at the very least a reflection of this infinity. This infinity is something we in a way take for granted as we gain consciousness as kids: we regard the world around us as flowing on with an interconnectedness that is beyond any fixed rule-book. Now a philosopher may come around and arque, say, at high school level, that this complex, infinity-looking reality may in fact be an expression of something humanity may one day discover to be more digital than what is until now understood. So may it be. Yet, as far as we know, the

play and dance of light and water and fire and earth and air and body and mind and trees and birds and animals and history and machines and money are all parts of a cosmos which is completely beyond the finite—in other words, it is infinite.

And why does that matter?

Because once the world is experienced as a whole, once our lives are experienced as flowing whole in movement, into which we seek to connect some causes with some effects, by being, as it were, modest relative to reality, to truth, we come to be more and more able to navigate this life. It is a fool's mission to dismiss truth or brand it as the name of one's own program, ideology or software platform. It is by the hardto-achieve scientific humility relative to the world of experience, also subjective and felt direct experience, that we gradually come to chisel out some hard-won truths, and from these we may more and more masterfully accomplish what we aim at, and what we aim at may be more in tune with reality than what it otherwise would have been.

When we appreciate the infinity of reality, we also appreciate that the mindfulness we are given as infants, and which evolve with us, has the stamp of this infinity itself. And that is the natural. Natural = infinite. In contrast to all this is that (fairly paradoxical) term, 'Artificial Intelligence' or 'AI' (which is paradoxical for, as we have just seen, intelligence relies on the infinite while artificial here refers to the digital

which is pr definition finite).

So it follows that, obviously, all forms of 'AI' should be neither used nor further developed by anyone, given a moral attitude; now this morality is not necessarily fitting with the commercial agendas of technological companies or the supervisory agendas of certain types of governments, left or right, --but there it goes. And in order to loosen up, can there be any role for the so-called, 'AI fake' (which is an unnecessary expansion of the term 'AI', since the 'A' stands for 'artificial' which in praxis means 'fake').

And, yes, of course. But only when it is called such, and when one doesn't have the risk of the snake of AI to escape the obvious cage connection with the infinity of reality, which means it looses connection with itself.

"Do you see humanity as having a good future? Are you an optimist?" The question is upon us all who read the news, characterized not just by AI but by wars started by politicians who are afraid of loosing their jobs, and a society characterized by technology that gives power to some on the expense of giving such power to a proportion of humanity.

The only possible approach to answering such a giant question, I think, is by means of intuition,—ie, a leap of that intelligence inside which is deeper than reasoning and beyond mere guessing, which springs from the infinity we are born with in relationship to this



it must be put into, for humanity to have technology serve itself rather than the other way around. The 'AI fake' can show us a pathway to more imaginative fashions; to new scifi stories; to new ways of bridging what seems unbridge-able in reality. A small doses, the 'AI fake' can contribute with a dash of creativity. Too much of it, and the mind looses

reality. Humbly, by this intuition, I find, having long quested into it: for sure, yes. All will work out nicely--"AI" is just an infatuation-with-the-artificial phase we're going through. The future is not as mapped by statistics. The quantum leaps of history are before us (and I don't mean "quantum computers").



Aristo Tacoma

Video s and photo s, brain and being

Have you ever encountered a photo that made you feel that something just 'solved

itself'? Something that took you out of stress, gave you leisure, a sense of all making suddenly more sense. A moment of stillness—but of the ripe, creative kind. So a photo, like a painting, or a drawing, or a fantastic piece of music, can be like a meditation—a holiday of the mind, taking place perhaps while in the midst of other things.

A sudden moment of clarity, real clarity, a sense of overview--insight--awakening to your own natural intelligence--these things typically go together with what the brain scientists talk of as 'coherence' between the various parts of the brain, and the various forms of activities -- waves, whatever--that the brain radiates. A form of synchrony--or "symphony", if you wish to be poetic. The turmoil-like stressfluctuations that crisscross the brain in a mildly frustrated mode may change and the mode of the brain may be more holistic: and at such times, there is, as psychologists report, have I read, a tendency for learning to take place faster, for insights to go deeper, and positive changes have a more easy time to take place.

This 'change of mode' is something that it seems children, when happy and laughing and playing and learning seem to dabble in quite a lot esp. before puberty, while to adults it is, typically—statistically—a more rare phenomenon—although not at all impossible. It is just somewhat more demanding.

And let us note that the 'change of mode' is not a

mere 'change of emotion'. It is not a mere switch of mildly or strongly negative emotions to positive ones. Not that such a switch is meaningless. It is just that it is something very different.

The change of mode from what we can call a mildly or notso-mildly frustrated sense of being to one in which (as also A. Maslow called it, in his philosophy) there is a 'sense of abundance'--an "abundance mode"--in contrast to the "deficiency mode"--is more than change of feeling, more than change of perspective or 'gestalt': it is a deeper and more profound alteration of the sense of existence, --a sense of transformation of consciousness-- although such words might seem pompous or even meaningless. But whatever words we may use here, it is not a mere flip of one emotion for another.

The flipping of emotion can be triggered by many things, and one of the most effective emotion-flippers that, so far in the technological evolution of human society, we --ie, humanity--have come up with, is that of the video-- or movie-with-sound--especially when this is fairly new, has some surprising elements or features about it, and triggers straight into something you already were at least a little bit emotional about. So a video can flip emotions -- and indeed many other things can do so, but a video can be massively reproduced in this society and so flip rather massively the emotions of a multitude. And indeed this is at the foundation for much buying-action or at

least a hopefulness on behalf of the advertisement industry that they have a way to efficiently hypnotise at least a portion of the buying behaviour of a portion of humanity that way.

Videos, despite their obvious aptness in triggering emotions, may not be as efficient when it comes to the change of 'mode' of mind; the movement from a more frustrated sense of existence to one in which an overview and a more sanguine sense of existence is felt. For that, the more meditative approach, less full of the fast-andsomewhat-surprising triggers of emotion and more so that it brings together that which in some way may have been 'torn apart' in consciousness. Not so as to say that 'everything is positive', but rather so that the grounds for frustration seems to fall away while grounds for a more relaxed, more leisurely sense of cheerfulness--and even dance--can emerge. This sense of dance and wholeness can arise in many ways, and sometimes may be impossible due to life circumstances for a long time--but typically, what is required is a meditative presence of something of really high quality--or what is experienced as having such high quality.

If you at all dabble in brain research--a very valuable thing to do, for anyone, in my opinion--you won't have to look long to find articles like the following. The very respectable "Nature" scientific journal published, for instance, in July 2020, the following article by Daniel C. Richardson et all: "Engagement in video and audio narratives: contrasting self-report and physiological measures". In this, listening to a story were shown to have deeper physiological effects on a person than watching a video. And in another study, reading a story was found to be much similar to listening to a story as far as brain activity goes. In sum, less is more, when it comes to brain activation.

Now if it is the case that one read story can say more than one videographed story, it may also be that one gorgeous photograph can say more than a video over the same. A video, whatever it is called, is a succession of quick flashes of still photos, as we know--and it takes at least 25 of them pr second to give the retina of the human being an experience of 'fluid' movement; and the sense of there being a little bit of realness to it is enhanced

by appropriate sound. Now this juxtaposition of images is in a sense an appeal to emotion to see things in a certain way: but it is also a signal to the brain to lay off any attempt to go deeply into any photo, for it is soon to be replaced with another one, then with another one, then with another one--as if the source of these images were uncertain of self, and as if it is on a pathway of escape --whether or not a joystick or something similar to that can 'interact' with the sequence. It is still a sequence that is more or less 'thrown' at the person. And so it passifies the person. The person may not quite believe in this passification, -- but this may be a confusion as to just what sort of response it's about. The emotion the video, the movie, the 'reel', the 'animated' story or '3d game' or 'meta game' or whatever we call it conjures up may be real enough, and lead to intense action. And yet the brain may be rather passive, -consciousness rather unaffected.

Not so with a gorgeous photo.

A gorgeous photo, as a great piece of art, the fantastic painting or drawing, or a whole landscape, or a piece of music (and in rare cases where the videogrammer has an experience of wholeness and finds the means to convey it) can do something that a video rarely can: to change your feeling of the whole of life, not just a bit of it.



may do it mathematically well, they may be rather



COMMENT

On the hidden ocean

Aristo Tacoma

As one who has grown up with science on all sides, so to speak,--near a university and with university folks often in the house--I know only too well that many scientific studies are characterized by an eagerness on behalf of the scientists to interpret results in a certain direction: they

cautious in drawing conclusions, but the whole ship, so to speak, of interpretation is typically weighing many tons and may not reflect nearly all nuances.

I say this because, as far as I can tell, scientific research on human sexuality has scarcely begun. This is echoed in culture, which, though sexuality dominates from the sides, so to speak, it has not a serious stamp on itself, whether in science or in society. Add to that the condemnations of sexuality rampant in many cultures, whether religously based or founded on more secular or political ideas.

There is a way in which sexuality and intelligent creativity belong together, and, as far as I can tell, has

always done so, in ways which are subtle and complex and which rarely are talked about in rarified and adequate terms. Of course, many who have read their Freud etc have said things that give a flavour of credibiliity to sexuality in this or that way. For instance, they may have suggested that such and such person perhaps Picasso, Dali--'channeled their sexual energy or libido'. So, there, at least, sexuality has got some reputation--'energy'. But energy is also adrenaline, electricity, caffeine – and oil. Energy is not necessarily subtle.

Even in cultures that to some extent honor sexuality as divine, such as in the tantra/chakra traditions, there is still a tendency to say: sexuality is an animal instinct, and lower than the golden impulses of the compassionate heart. It is the raw, sometimes aggressive force that also has procreation as part of itself. Now there is no denying that some forms of testosterone-driven action can have an aggressive slant or even involve killing; nor is there any denying in that procreation can be, and in fortunate circumstances can be intended to be, a beautiful result of healthy sexuality with mutual benefits.

But in one way or another, every one of these types of attitudes to sexuality, as just mentioned, appear to me to be mere aspects of what sexuality is all about. To me, it seems like we have an hidden ocean here--sexuality--and that, for reasons of fear, haste, prejudice, have got into the habit of focussing on geometrical features of some shapes in that ocean near the shore, overlooking, in the process, the majesty and presence of the whole hidden ocean.

There are exceptions: there are those who have honored the oceanic vastness, but they have somehow too often become marginalized in how society have plowed on to discuss sexuality eg in political terms.

Let us try here, motivated by this background, to set some records about the concept of sexuality straight—so to speak. Here:

Sexuality is not merely an energy, it is a shaper of energy. It is not merely an animal energy, but something which connects to the most humane and most soulful of all feelings, namely compassion; and it does so in its fascinating and sometimes mysterious mingling with the appreciation for beauty tinged with cosmic spirituality. Sexuality is not merely an orientation or attraction or an energy that goes this way: it is a source of mental events.

intuition, intelligence, creativity and order so as to make action magnificent and esthetical. Sexuality is not merely tied up to such orders of health as are connected to human procreation: it is, while perhaps fuelled by human beauty, something that touches on and indeed deepens every form of technical, logical, intellectual, physiological and procreational capacity that a person possesses. The awakened and realized sexual energy is a mental and spiritual peak, far greater than a merely physiological response of the body—just as the greatest joy of sex is not in the physical climax but in the long dancing activity before that--a peak that nurtures the refined aspects of our minds and heartfelt feelings, and rejuvenates the skin and replenishes a fresh outlook on life and a bright sense of the future.

scientific evidence for one thing that ties beauty to sexuality in a way that may not to all be entirely obvious. A study [reference for anyone who is interested can be provided] indicated that polyactivity is statistically favoured to a far greater extent by those who are typically considered beautiful. So!



True
Nonsense
Section]

Text Aristo Tacoma

Humour is not just humour and there's the big

Now this. I have to say, almost extremely respectable. TNS column is all about being fantastically decent--like the most, ever--and very politically sensitive-- nobody being more politically sensitive-- and in all senses correct. And so I cannot engage in naming people like somebody called, according to WSJ, Humpty-Trumpty. I mean, I didn't name anyone there did I? But upon reading the news. I have been chasing after ways of sort of getting the annoying bits of news away -- because they are a bit many of some such bits sometimes-and the annoying bits of news tend to go together with some people, though perfectly good nice people I am sure, come through as a little bit annoying themselves. And so I have found a master solution, but I cannot say to whom I apply it: Mr Fitzgerald Pumpernickel.

You see, whenever I read the name "X", mentally, I substitute,

"Mr Fitzgerald
Pumpernickel" and the
associated bits of news
ceases, like magic, to
be annoying. They
become almost fun.

Try naming the Earth as 'flat' for instance. and you are in good company: a YouGov poll some years ago-if I remember it correctly but I probably don't-indicated some 3 out of 4 or 5 young adult Americans vote for 'not altoghether convinced' that Earth is round. But all this is beside the point. The point is the Big 0. Those who study the Big 0 and what leads up to it while also measuring

brain activity-

of scientists have done such pertinent research as yet—find there are some forms of symmetries and nonsymmetries that also sometimes involve Alpha EEG brain waves during such humane sports.

Interestingly—and I beg you to remember that each one of us, in happy days during growing—up, statistically laughs many hundreds of times pr day—good—natured laughter goes

along with the same EEG brain frequency. Now just listen to this: good-natured laughter, in other words, not the sarcastic laughter. And what is the difference?

In the sarcastic laughter, there is an object and the object is suffering, and that seems to diminish the degree to which the laughter gives Alpha waves.

But is there anything to laugh of unless one laughs of someone? All we need is one clear-cut example. Hm, let's go to a common source of TV-originated laughter: Seinfeld. He sometimes got this point right on, as far as I can tell. Eg, the 'I didn't bring a towel' episode. Know it? If not:

Seinfeld, who is a humorist also inside of his TV series, has a very okay girl-friend or date or whatever in an episode, I think she's called Sandy. Except that—as he complains to his close friend George that, when he (Seinfeld) tells a joke, Sandy typically responds, gravely serious, that it is very funny indeed. I mean, honestly replied, but completely without a

laugh. Kind of not what Seinfeld considers a big success in the realm of humour, and we agree with him.

Got the picture? Seinfeld dates Sandy and Sandy, in turn, lives in a NYC flat

with pretty

Laura. So one

day, as we know,
Seinfeld was to take
Sandy out for the
night or something
and he knocks on the
door and the door is
opened by the
dazzling Laura.

'Hi, you must be Sandy's boyfriend. She's in the shower right now. Do you want to come in?'

And Seinfeld replies, 'But I didn't bring a towel.'

Now Laura, much to Seinfeld's delight,

nearly collapses in rearing laughter.

Seinfeld explains this later to George.
"Trouble is," Seinfeld says, "Laura has attributes that appeals to superficial men."

George nods meaningsfully and replies, "Oh "

And on it goes.

Good-natured laughing puts the brain in order: it feels that the world is pretty okay, and so it indulges in bringing about some neat Alpha EEG waves, may be even a bit of Theta. You know, brain wave wine. In doing sarcasms, on the other hand--and remember this, good mr Dumpty-Tutti (oops, a sarcasm may be there)— there seems to be a feature of some kind of guilt or something inside that reduces the prestine quality of the slight big-0 feature of Alpha.



Want some big timeless (ha!) words from BERLiNiB behind closed doors as it were? On repeat? OK. Here we go:

FASHION IS THE UNFOLDING
OF THE ESTHETICS OF MATCHING
WORLD, POLITICS, MORALITY
TO THE INWARD SURGE OF
PINK FLUIDITY AND GETTING
A BUSINESS FROM IT AS WELL:
the industrial modelling babes
#ja #pinkfluidity #gracefully

BACKGROUND: FINE ART, Dali, Henry & June, and LGBTQ+ in all its variations are schooltext stuff and trivially integrated in a health and beauty and sensuality and fitness and wellness consciousness of a modern young human being

FOREGROUND:
Excellence in esthetics;
in touch; in relaxing
hyper-well-trained muscles;
in freedom from fear; in
feeling relatedness; in
crossing old morals when
they no longer make sense;
and being ready to kiss
the flower

MANIFESTATION:
In wellness meditations in which the beauty of the human being is celebrated by the subtle indications that the freedom to unfold is now

#ja #pinkfluidity #gracefully

Pashion models in wellness cover editorial for EERLINIB 20216 are, in alphabetical sequence Anna Airaldi. Sannasiraldi and Sabrina Macheo, Suabrina Macheo, Stylista are Airaldi & Macheo General divling advisor. Af Fashion brandin Benetton, Srocka, Labello, Lancaster, Tally Weil, Terraneva, Tamanay, Location



June 30th, 2022:
the first time
ever in Instagram's
history anyone
used #pinkfluidity
and it was used
for BERLiNiB
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