

VMNOTSAFE

Beyond the Bubble 2022 Cambridge

Concept:

Escape the algorithm, take notes and return to the innate, anti-pirate privacy of physicality. Small handwritten koans scattered through the pages prompt inner journey and reflection.



VM NOT SAFE

"OFF THE GRID" 2022 Ink on notebooks	"OFF THE GRID" 2022 Ink on notebooks
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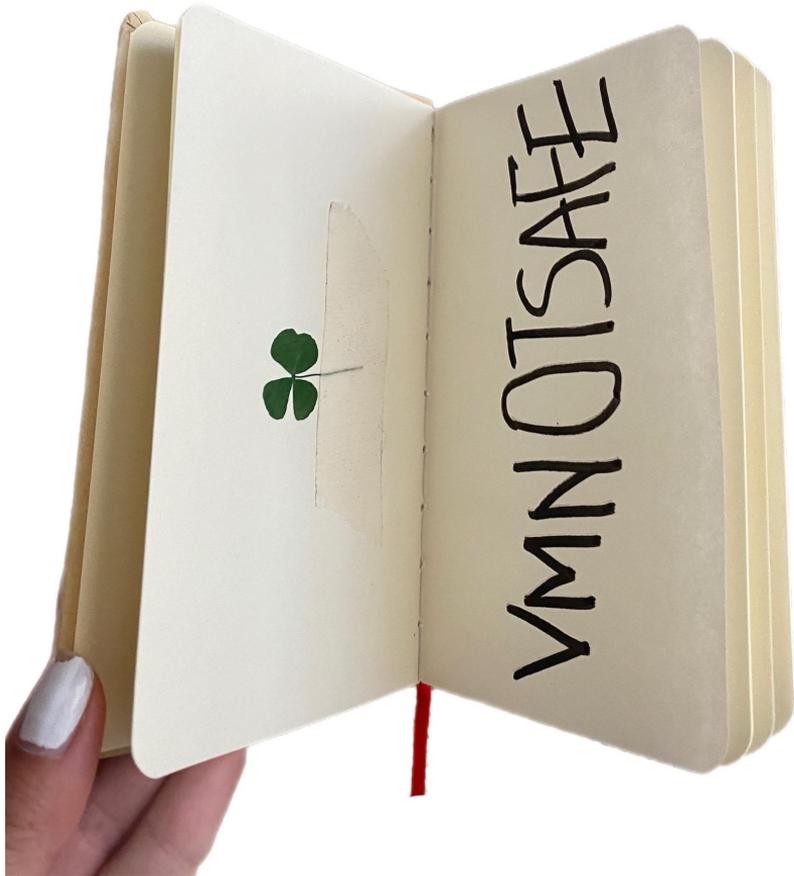




Manifesto

Mass mental health
the choice matrix
are you hungry or thirsty?
stuck in a loop of short term dopamine rushes
Reaffirming and crystallizing my goals and
vision
Are you hungry or thirsty
Stillness is the key to success
Visualize and crystallize
Plotting and scheming 101
My destiny
Reflect on today's work
Ikigai
goals and how to achieve them
Get that tunnel by optimizing my mornings
Unconditional self-love
Reject modernity
What are my goals
I deserve
Be your own hero

When you're invested in the process and not just the results you can take some pressure off yourself
I can't be bothered to be addicted to my phone
Make a list of activities that always make you lose track of time and be completely in the moment scheduled to do those things weekly
Well all I needed to turn around my life was your inspirational quote said no one ever
I was angry with my foe: I told it not, my wrath did grow William Blake
Cleanliness contentment austerity recitation reverence for God
Truth non-violence non-stealing non-possessiveness celibacy
Restraint discipline posture regulation of breath withdrawal concentration meditation
If you are the smartest person in the room, then you are in the wrong room Confucius
Three things never come back time, word and opportunity. Therefore do not waste time, choose words and do not miss the opportunity
Is better tonight one small candle than to curse the darkness
Work on clearing your thoughts if you do not have bad thoughts there will be nobody
Your life is what your thoughts make it
Forget injuries never forget kindness
You cannot open a book without learning something



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Cleanliness contentment austerity recitation
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Truth, non-violence, non-stealing, non-possessiveness, celibacy

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Conceptual framework

Tik tok has access to the file names and keystrokes of its users. The social media algorithms have particular objectives / purposes. To steal your attention, to give you a consistent short term dopamine release to keep you engaged in the platform. The algorithm uses cookies across platforms and feeds your digital and personal self excessively personalized advertisements. It knows you better than you know yourself. It has clear goals, do you? The habit of writing in books is precious as it gives autonomy and independence from the surveillance state of society we find ourselves in during 2022. The books are the same size as my favorite book to have as I travel and it's pocket sized. Tik tok can access you as a database, on the other hand you can reclaim privacy through a simple physical act. These books are infused with knowledge that I have gathered along my journey of self development. They are inspirational, motivational and wise in the way they make you reflect and take action. Some lucky few might get some extra help from a four leaf clover type of luck ;)

Return to writing

Do you agree with the terms and conditions? Yes or Yes points to the Choice Matrix. “Off the grid” signals to a revolutionary mind which expresses through each individual who dares to control their own destiny. The privacy pirates seize the subconscious. The project “Off the grid “encourages people to return to writing to dimensionally bypass the span of the surveillance technological state.

“Wow, all I needed to turn my life around what is your inspirational quote, thanks” – said nobody ever.

These quotes are related to my journey and research into culture, tradition and religious text. Some Buddhist values are conveyed. Others are direct quotes from Confucius. The text, scattered through the pages of the book break up the space and prompt the viewer into interacting via thought or writing.

A book is a fresh opportunity.

For the catalogue

- Tik Tok has access to you keystroke patterns
 - The algorithm has a clear purpose, do you?
 - Written in third person
 - Togetherness and nostalgia
 - The privacy pirate seizes the subconscious.
- In relation to the Curatorial context, the artist explores themes of togetherness and nostalgia through the site specific work "OOFF THE GRID". It aims to promote autonomy through the sacred, ancient ritual of writing. The simple act of pen to paper as opposed to writing on a multifunctional device allows for a different sort of brain wiring.
 - The technological state which the artist critiques refers to the short attention span inducing algorithms which diminish boredom and this creativity and autonomy. Marketing companies receive data on you which allows for an extremely targeted experience. The companies which advertise to you know you better than you know yourself.
 - Intellectual property is the wealth and luxury of tomorrow.
 - Nostalgia is reflected in the ancient rite of writing. When physical journals and books were full to the brim on a regular basis as opposed to filling up the notes app on your iPhone and buying more storage for all your data to just be accessible at the end of the day.
 - This physicality grants you data protection as it exists in the physical realm. Technology has advanced to such a state that it can convert write text to digital text the moment you take a picture you surrender your data to the unknown.
 - The state of mass consciousness and togetherness is arguably at an all time high as we extend ourselves through our little lithium's devices. This togetherness in the digital has are suited in a separation within the physical. What's more is that it has created the opportunity of mass surveillance and mind control. In order to reclaim your mental space which now holds space for tik tok sounds and memes, you can now use for or=ersonal development and reflection.to be able to re-direct the stream of thought and make new neural pathways. Ones where your idea of a summer holiday goes beyond flying through your social media applications all day.
 - The books are infused with good vibes for a positive trajectory and are interactive.

Catalogue

- WHAT:exhibiting a conceptual artwork encapsulated by a stack of annotated books.
- WHO: the artist VMNOTSAFE highlights the following facts: Tik Tok has access to keystone patterns and file names across your devices. The artist thus highlights the technological state we live in and the relinquishing of personal data. The value of social media applications lie in the algorithms devised to maintain attention,achieved through extreme personalized advertising. The second fact the artist highlights is that of how the brain works. The human brain is conceptually comprised of neural networks which become strengthened with use. The usage of your brain and power/time can be spent self-empowered or otherwise stuck in a short term dopamine filled loop.
- WHY: the curatorial concept
- HOW the act of writing creates mental spaces. A theme explored in VMNOTSAFE's oeuvre.
- WHERE

How:In relation to the Curatorial context, the artist explores themes of togetherness and nostalgia through the site specific work "OOFF THE GRID". It aims to promote autonomy through the sacred, ancient ritual of writing. The simple act of pen to paper as opposed to writing on a multifunctional device allows for a different sort of brain wiring.

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Catalogue Short

The artist VMNOTSAFE is exhibiting a conceptual artwork encapsulated by a stack of annotated notebooks. The artist manifesto is reflected in the title of the site specific artwork: “OFF THE GRID”.

The work echoes the curatorial concept of togetherness. The artist reasons that mass-subconscious and togetherness is at an all time high, as a result of the lithium extensions (phones). Proclaiming that the consequences are: physical separation and the surrender of privacy and mental power.

The texts scattered through the pages promote interaction via thought and prompt new motivated perspectives. The work allows for personal empowerment and reclamation of mental space by prescribing the nostalgic habitual act of pen to paper activities.

The algorithms behind popular applications have a defined purpose, yet humans struggle finding theirs through life. Extremely personalized advertising and data collection is used to fuel algorithms, designed to maintain attention. The artist proposes that the price to pay is that of suppression of boredom and thus creativity and autonomous thought.

The artist contends that writing provides the antidote by bypassing the surveillance state through the physical and mental existence of a book. A constant composition found throughout the books is: “GOALS and How to ACHIEVE”.