

DEAR NANCINE —

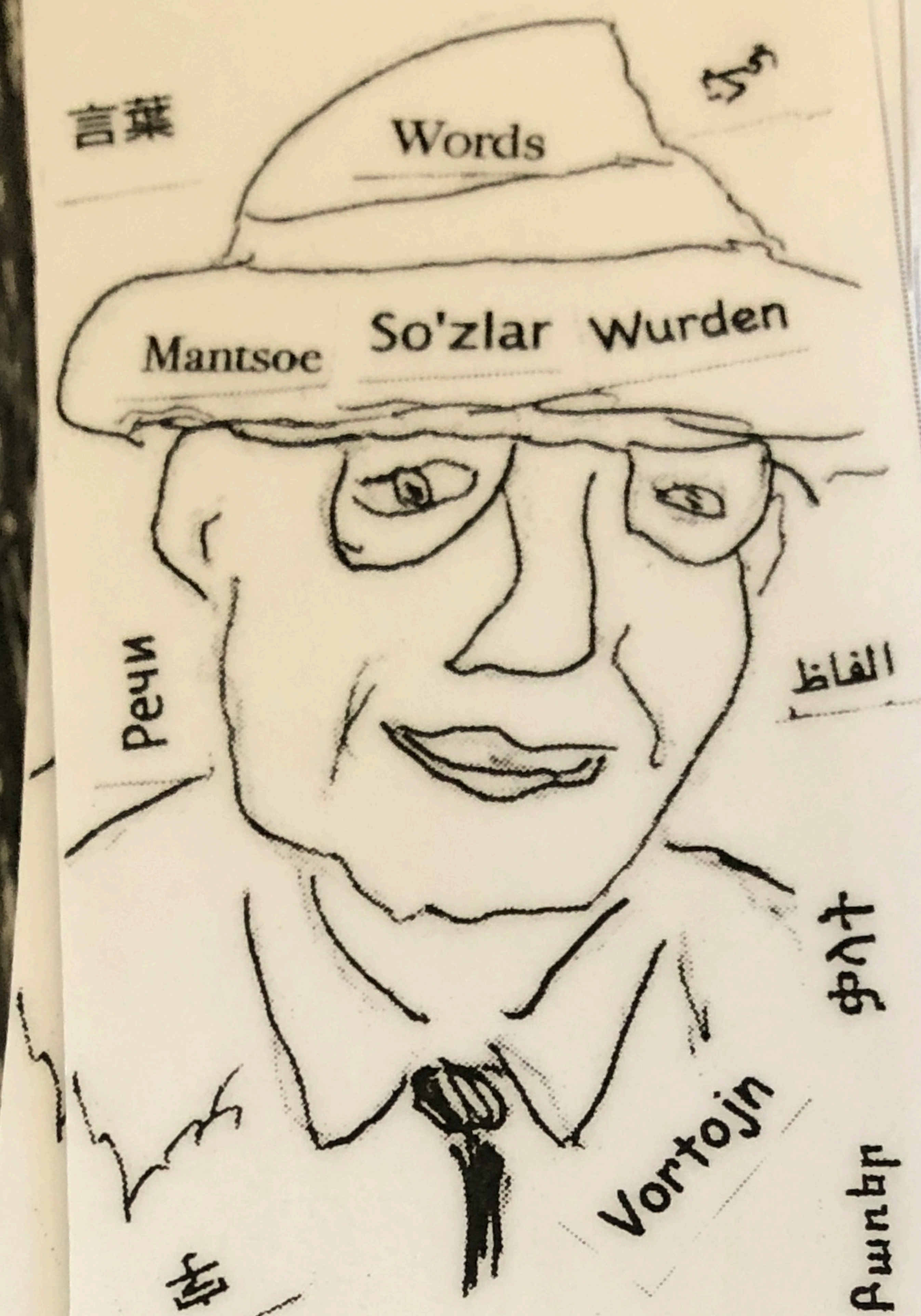
5/3/21

WHEN I WAS YOUNG I TOLD MY PARENTS THAT ALL THINGS HAD BLACK LINES AT THEIR EDGES THAT SEPARATED THEM FROM THE REST OF CREATION. LIKE IN THE COMICS. LINES TO SEPARATE THE FOREGROUND FROM THE BACKGROUND, TO SHOW WHAT'S MOVING & HOW. RIGHT NOW I WANT TO FIND THOSE LINES THAT MARK MY EDGES. THEY MUST BE THERE. IF I COULD FIND THEM MAYBE I COULD BLUR THE LINES & MOVE THE PAIN FROM THE INSIDE OF ME TO THE OUTSIDE OF ME, AND IT WOULD ALL BE SO SIMPLE.

MAYBE THE LINES OF THIS APARTMENT WOULD BE MORE EASILY TRANSCENDED IF THEY WERE JUST LINES ON PAPER. IF I CAN SEE THAT THE LINES THAT ARE KEEPING ME INSIDE ARE SIMPLE MAN-MADE CONSTRUCTIONS, MAYBE I COULD MAKE MYSELF LARGER THAN THESE FOUR WALLS.

Yours,

DAVE



My Dear Nancine,

The great William S. Burroughs said "Language is a virus from outer space." Two people reading the same words in different locations is a very specific form of intimacy I enjoy sharing with you. I offer you this bookmark to celebrate our mutual appreciation of the strangeness and surrealism of language especially in written form. Thinking of you with words in my brain.

Happy reading Nancine!!!

Love in strangeness,
Andrew

Walls, walls, walls. Keep the cha ri-ots in, keep the what-e-vers out, keep the o-thers off my law - n.

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Walls, walls, walls. Keep the cha ri-ots in, keep the what-e-vers out, keep the o-thers off my law - n.

The image shows a musical score for the song 'Walls, walls, walls'. It consists of four staves, each with a treble clef and a key signature of one flat (B-flat). The melody is written in a simple, repetitive style. The lyrics are printed below each staff, with the words 'Walls, walls, walls.' aligned with the first measure of each staff. The lyrics continue with 'Keep the cha ri-ots in, keep the what-e-vers out, keep the o-thers off my law - n.' The music is set against a background of a dark, textured surface.

Inner Cartography

A Guide to Map Your Internal Sense of Place

Created by Gelsey Bell and thingNY
as part of thingNY's *Dear Nancine*
May 2021

Page layout by Paul Pinto
Bound by Cassandra Baim
Thanks to Woody Leslie

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4

Now add the places
you go to often
on a weekly basis —
favorite restaurant, park,
gym, grocery store, etc.

5

Next, add the major
land features
that you feel
often aware of,
even if you're
not going to them—
a mountain,
a body of water,
even a city skyline...

6

In the locations on your map, add the windows and views you behold the most often. Any quotidian spaces that invite staring off into a distance or a view to a physical outside or elsewhere.

7

In addition,
include the screens
or any kind of
t e c h n o l o g y
that acts as a partial
sensory portal to
somewhere else.

8

Indicate the places
and routes on
your map where
you daydream.

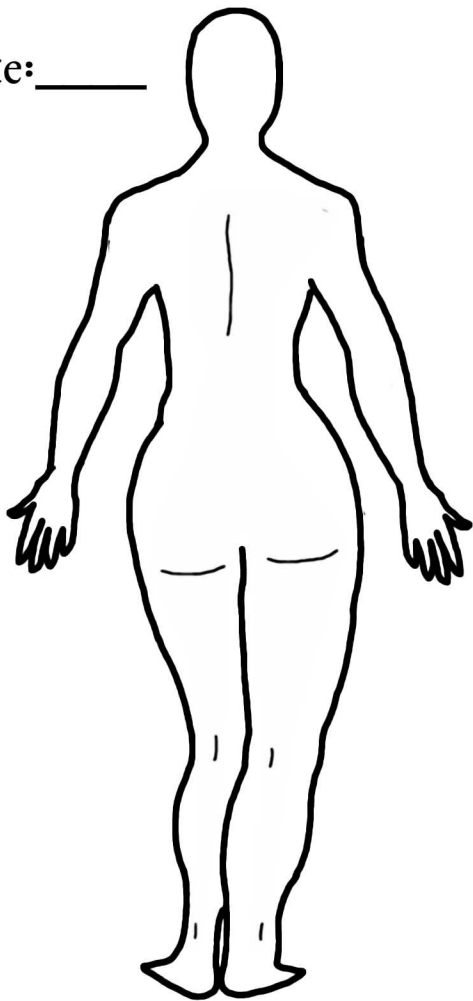
9

Add boxes for any faraway places that you visit often in your mind if not your body—
p e r h a p s
a childhood dwelling,
an ancestral home,
or the location
of a loved one.

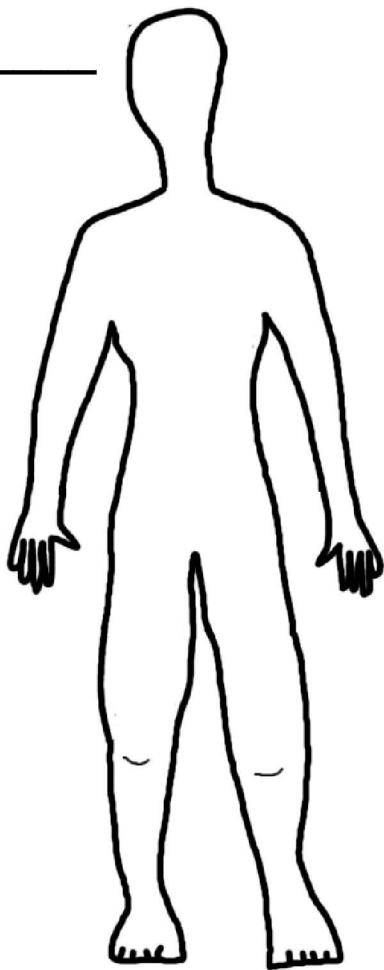
10

Indicate any places on this map where you might, for any amount of time, lose a sense of this map.

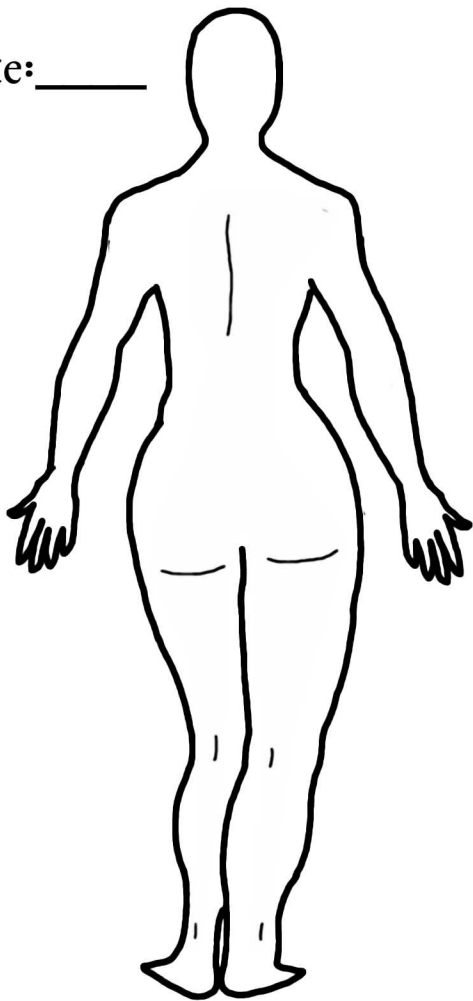
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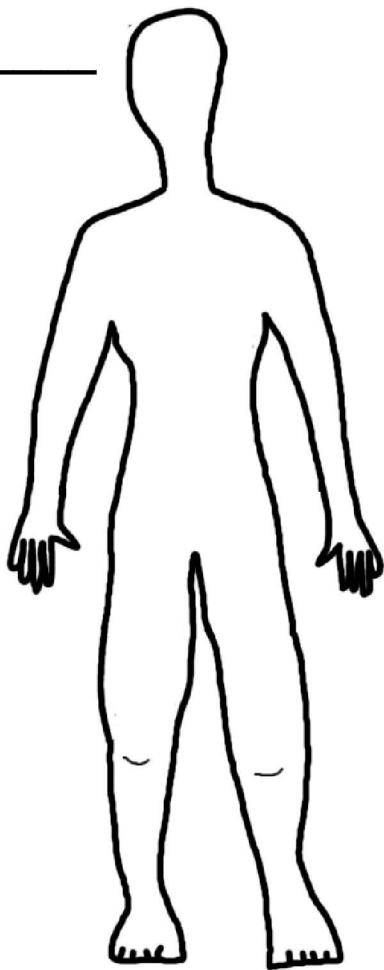
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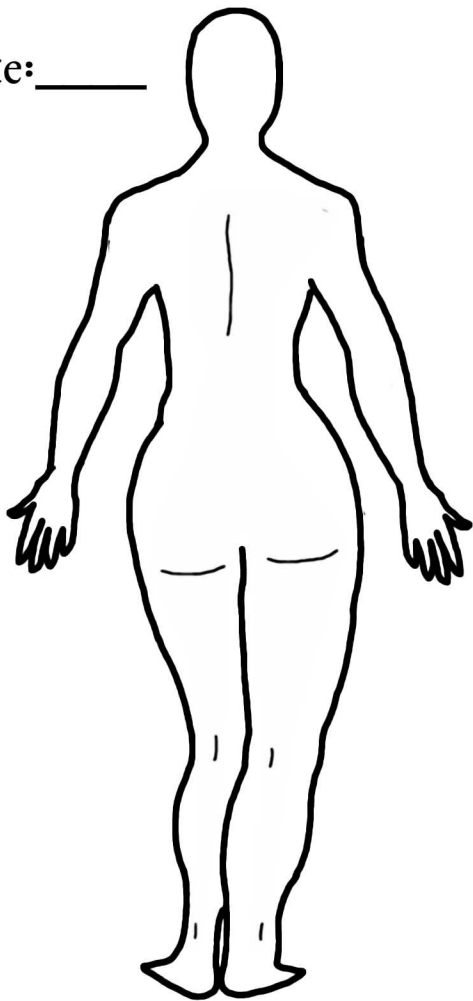
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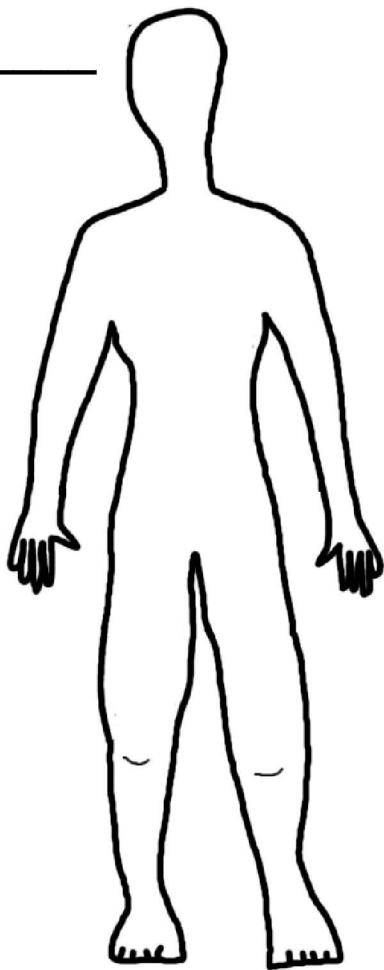
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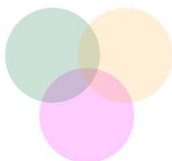
Using the diagrams of bodies provided, or on other paper or a screen, follow these instructions to create a clearer map of your body and what it's holding.

Top layer - Color the areas of your body that feel bad right now

Middle layer - Color the areas of your body where you would say you've been feeling pain "lately"

Bottom layer - Color the areas of your body that you associate with chronic pain or are historical sites of pain/difficulty/trauma

Use any three distinct but light colors so that each layer is clear, and it's possible to see any overlap.



Extra body diagrams are at
www.thingNY.com/inner

Inner Cartographer

A Guide to Map Your Internal Sense of Pain

Part of thingNY's *Dear Nancine*

Created by Dave Ruder and thingNY
as part of thingNY's *Dear Nancine*
May 2021

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Inner Cartographer

A Guide to Map Your Internal Sense of Pain

“A map is a silhouette,
a contour that groups disparate
elements together, whatever
they are. To map is to include as
much as to exclude. To map is
also a way to make visible what
is usually unseen.”

Valeria Luiselli
Lost Children Archive

“My mind [...] would let go of the map of the place where I had fallen asleep and, when I woke in the middle of the night, since I did not know where I was, I did not even understand in the first moment who I was.”

Marcel Proust
Swann's Way
translation by Lydia Davis

On a fresh piece of paper or the blank slate of an empty electronic page, follow these instructions for constructing a map of your internal sense of place. For best results, use the colors indicated for each step when drawing your map.

Here's a tune
to accompany you
during this task.

www.thingNY.com/inner

1

The first thing to go on your map is where you spend the most time in a 24-hour period consistently day to day.

Any place where you stay put for multiple hours—perhaps a bed, a desk, or a long commute.

2

Next, add the places you go to often throughout the day—
toilet, refrigerator, sofa,
vehicle, sidewalks, etc.

3

Among all
those sites,
add the doors
you open and close
throughout the day.