

Wondrous words from around the world

**Lu-fuki** - Ki Kongo word meaning 'positive sweat', the sort you get from dancing or having sex, but not from working.  
**Kos/ Koselig** - Norwegian word for 'the feeling of cosiness'.  
**Skammdegisthungleyni** - Icelandic word for 'the heavy mood of the short days'.  
**Puhpowee** - Potawatomi word which translates as 'the force which causes mushrooms to push up from the earth overnight', and is also used to describe a man's erection.

On moving forward:

"With many people, there is the sense the world is falling apart and it creates a feeling of just giving up. And that inertia is the real danger to society. People have to realise we can create change by changing ourselves."  
- Marina Abramovic

"I can see the change  
Come what may  
I won't regret today  
I am what remains"  
- Celeste

On how to read a book: "Do not dictate to your author; try to become [them]. Be [their] fellow-worker and accomplice. If you hang back, and reserve and criticise at first, you are preventing yourself from getting the fullest possible value from what you read. But if you open your mind as widely as possible, then signs and hints of almost imperceptible fineness, from the twist and turn of the first sentences, will bring you into the presence of a human being unlike any other."  
- from Virginia Woolf's *How Should One Read A Book?* via the *Analogue Sea Bulletin*

On endurance:

"Even after immersion in liquid nitrogen at -195°C lichens revive rapidly. And they live far longer than most organisms. The record-holding lichen lives in Swedish Lapland and is over 9,000 years old."  
- Merlin Sheldrake's *Entangled Life*

On desire:

"Bicycle, bicycle, bicycle  
I want to ride my bicycle, bicycle, bicycle  
I want to ride my bicycle  
I want to ride my bike."  
- Freddie Mercury

"Nature is a brilliant engineer and builder. It knows how to create seashells that are twice as strong as the most resistant ceramics human beings can manufacture, and it produces silk fibers five times stronger than steel."  
- Neri Oxman

On finding your counterpart:

"Just as time knew to move on since the beginning  
And the seasons know exactly when to change  
Just as kindness knows no shame  
Know through all your joy and pain  
That I'll be loving you always."  
- From Stevie Wonder's *As*

"When you are  
full  
and i am  
full  
we are two suns"

- From Rupri Kaur's *the sun and her flowers*

On oneness:

"We are all androgynous, not only because we are all born of a woman impregnated by the seed of a man but because each of us, helplessly and forever, contains the other - male in female, female in male, white in black and black in white. We are a part of each other."  
- from John A. Powell's *Racing to Justice: Transforming Our Conceptions of Self and Other to Build an Inclusive Society*

"We can look upon the face of anyone and say, 'you are a part of me I do not yet know'."  
- Valarie Kaur

On sexual pleasure as transformational power, not an end in itself: "Thus, attain enlightenment by applying oneself most diligently to the activities of erotic play."  
- Chakrasvara (*Wheel of Bliss*) Tantra

On personal growth:

"The fear that we cannot grow beyond whatever distortions we may find within ourselves keeps us docile and loyal and obedient, externally defined [...] when we begin to live from within outward, in touch with the power of the erotic within ourselves, and allowing that power to inform and illuminate our actions upon the world around us, then we begin to be responsible to ourselves in the deepest sense."  
- from Audre Lorde's *Uses of the Erotic*

"Most of us are not obvious to ourselves. But we occasionally pick up indistinct signals, some kind of vague longing, from something that feels like a ghost-self, deep within us, something that refuses to die but is not quite alive either. That ghost is our true self, trying to come out. Listen out for it. We have to turn our ghost-self into a real person. We need to bring the ghost to life."  
- Alain de Botton

On saunas: "Saunas have been shown to trigger the release of nitric oxide, which appears to boost cardiovascular health [...] One regular described the mixed sauna at Ribbersborg as 'like a British pub, but without the alcohol, and where everyone is naked' [...] [Saunas are] 'the most democratic place on earth', because when everyone sits in the sauna together naked, they represent only themselves and not their roles in society."  
- from Linda Geddes's *Chasing the Sun*

On what lies before us when we disconnect from the digital world: "That vital stretch of time when distraction fades and deep wells of thought and feeling emerge."  
- the *Analogue Sea Bulletin*, Nov. 2020