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Newsletter 5

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Hello all. I miss you x

It has once again been a long time. Almost exactly one month actually. I am slowly figuring out a natural rythm for these emails. I also like to write when I feel good, something that is not always a given in these dark winter days. I will employ the same format as last time, I like it.

Links:

- strange Insecurity parody video (but also genuine) : <https://freejacob.com/26-11-2024>
- Final workday sculpture with Moshtaq in the back : <https://freejacob.com/16-11-2024-2/>
- psychedelic mushrooms growth process : <https://freejacob.com/11-11-2024/>
- my families' weapon shield : <https://freejacob.com/01-12-2024/>

List of contents (selection of things that happened in the past time)

- Sister back home
- Armistice & Return of big S
- Job, massage and TCM.
- drawings & psychedelics & friends
- T-shirts
- Moving to Rotterdam (trivial but life changing?)
- now

1.

Sister back home

My little sister Saartje is back at my parents house. She came back about three weeks before I left for rotterdam. It was nice to see her more often and she is doing good. That makes everybody happy.

2.

Armistice & the return of big S

Together with Flore I went to brussels to break down the exhibition in maison des arts. With heavy bags we made our way to an artspace in development. There we helped drill the concrete floor in an attempt to level it. This annihilated my already low energy. The days after were something like this :

early train for work ----> Antwerp ----> flibus to Amsterdam ----> see shino (big S) again for the first time in a month --> Flibus to Rotterdam --> sleep ----> flibus to Brussels ----> pick up more stuff form maison des arts ----> train to Waregem ----> sleep --> early morning train to go back to work.

It is probably not a surprise then that the process of seeing each other again and trying to match each others energy was a difficult one. It was very hard on me. The isolated world of a full time job in an immigration centre was not very compatible with a new york city life. Up until this week, when we started living together again, I found it very confusing and hard to make sense of my expectations, feelings and desires. This resulted in the past time being one where I was really in my head a lot. (during one of these days I made this edit of an old video I found where we were having fun together. My slo-mo deformed face in combination with the bright lights and multiple screens/frames underscored by the 'you don't love me anymore' song seemed to me a way of making a kind of emotionally charged parody out of this situation and my insecurity. It is a strange thing to do but it is nice I think : <https://freejacob.com/26-11-2024/>)

3. Job, massage and TCM.

I finished my last day in the immigration centre (and made a sculpture with my colleagues : <https://freejacob.com/16-11-2024-2/>). With the foresight of going to Rotterdam I started unseriously browsing for another job. This made me realise strongly that I am in dire need of new skills that can bring me jobs I actually want to do. Doing massage jumped out as the first thing. By looking into this, and especially energetic forms of massage, I stumbled on Traditional Chinese Medicine and became really intrigued by it. It seems to make so much sense in combination with an artistic practice. Especially something like acupuncture for example. Both are so concerned with energy, attention, people, care,.. Being able to possess the knowledge and skill to practice acupuncture is an ambition that snuck in my head in the past weeks. Its my goal to reach this is when I am 30, together with being fluent in Japanese. I have enough years ahead :p.

4. Drawings & shrooms & friends

A few months back I was listening to a podcast with artist Ian Cheng who was saying that psychedelics had been quite valuable in his development as a person and artist. This made me think fuck yes it is also time to do it once more. So I bought a shrooms grow kit some weeks ago. The process of seeing them grow is quite funny and beautiful (progress video : <https://freejacob.com/11-11-2024/>) . I ate the first harvest with two friends on an evening that turned out to be very strangely funny, lost, rainy, wholesome, lonely and sleepless. We also made a selection of 8 drawings out of 120+ to frame them at the company where I won the prize. The process of selecting turned out to be way harder than expected. They will look very official. Maybe like something a rich person would pay some money for 🤔🤔🤔

5. Moving to Rotterdam

Moving to rotterdam was very weird. Its just packing your bag and taking the bus. It feels so trivial but at the same time I was very aware of the significance of this moment. It is a completely new phase of my life that starts. I have been here a bit over a week now. The moment I walked into the new apartment I felt my heart become a lot lighter. I had my own space again. From this first minute I am much more at peace. It is remarkable. Being deprived of this for a long time makes it so that I have a lot of energy stored to engage with this new environment. I am really excited to shape my own life here in this new place. I was in Ghent for around 4 years, in this time you change so much and you have to reckon with the person you used to be. Not in any big way, but just in small things and certain dynamics. Here I am free of that and it really does feel different. In the past year I have also grown my social skills immensely, and that is already translating into fun & meaningful interactions with people here. Shino has always sworn that I am not fully Belgian but also a bit dutch. A chilling statement but socially I do seem quite at home based on the few interactions I have had.

6. T-shirts

A few emails ago I wrote about the dream I had about the shirts with words on them. I have been continuing this project in small ways and am getting some results that are actually quite beautiful now. I am planning to properly continue it. I will share some results here, but expect more and diverse ones in the future. 2 examples that are in friends' ownership now. :

(I deleted my friends head because I did not ask permission to use this picture and it is kind of funny like this. The works behind her are her creations 🤔🤔)

Shoutout Lynn : https://www.artandpopularculture.com/Lynn_Van_Hoydonck)

front : BLISS MEANS BLISS



back : MISERY MEANS MISERY



example 2
Front: DOUBT IS DOUBT



Back: IGNORANCE IS IGNORANCE



7.Now

Now I am in the couch of my appartement and shino is next to me singing and dancing while doing her work. It is really fun to live together and I / we are in a much much better place now. I am impatient to be out and get to know people in Rotterdam, but the fact I got sick immediately after coming here is a sign that I should move without hurry and take things as they come. I also stress about work. I have to find a job again. I have a year to be here and I want to make the most of

it. Twice a week I am visiting Junko, Shino's mother to practice Japanese with her. I am already improving a lot. The days are very free and quite empty. Despite the occasional stress I am really enjoying this. Its life and nothing else.

I will leave you one last video. It includes a picture of my families' weapon shield found in a family tree book that someone on my fathers' side made 20 years ago. It goes back to the 1700s. (<https://freejacob.com/01-12-2024/>)

Today I will try to take some time to engage with the idea of what my dream life would look like. Succes? Inner peace? Here and now? How do you think about this / what would your dream life look like? I am genuinely curious to hear about it.

Also please let me know how you are doing if you feel like it and find the time. Or call me if you want. +32 456 04 27 91

much much love ♥

Jacob