

Thursday, 23 December 2021

# People, Exercise, Home, Universe

Recently, I received this amazing tote bag:



It has the words “People, Exercise, Home, Universe” on it ... screen-printed in a soft gray.

This was a gift from “pehu,” a group of creative people in Osaka, Japan ... where I did a residency back in 2019.

The bag came about because they invited people to come up with meanings / mottos for their name, “pehu,” which is just a string of nonsensical characters. (In Japanese, it’s ぺう which is also mostly nonsensical, but forms a nice sort of visual picture of perhaps a mountain with sun and a table.)

One day over the summer, I came up with “People, Exercise, Home, Universe” because it was a useful rubric for me ... in the sense that I could try to follow it on a daily basis to have healthy balance in my life.

- P = People ( hanging with friends, family )
- E = Exercise ( physical activity with body )
- H = Home ( cozy security & centering activities )
- U = Universe ( zooming out )

So for example...

P - Brian - Nina	E - walked 1 hr
H - cooking - shelves	U - prayed - meditated

I would draw this 2×2 for every day over the summer and fill it in. Sometimes it would help me have a bit more of a healthy day if I realize one area is missing, for instance.



I hope this motto of PEHU helps anyone who needs it.

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