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  $\dots$  screen-printed in a soft gray.

This was a gift from "pehu," a group of creative people in Osaka, Japan  $\dots$  where I did a <u>residency</u> back in 2019.

The bag came about because they invited people to come up with meanings /  $\underline{mottos}$  for their name, "pehu," which is just a string of nonsensical characters. (In Japanese, it's  $\wedge^{\circ} \gamma$  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.

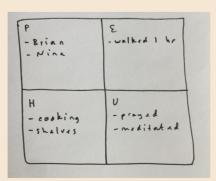
P = People ( hanging with friends, family )

E = Exercise ( physical activity with body )

H = Home (cozy security & centering activities)

U = Universe ( zooming out )

So for example...



I would draw this  $2\times2$  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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