

How to do the H

In embarking upon the delicate art of the H one must gird oneself with both patience and trepidation. It is a practice steeped in obscurity, wherein the nuance lies in the act itself. The journey is labyrinthine, and each step must be approached with the utmost decorum and precision.

This manual serves to prepare those which are not experienced in the ways of H. Those with enough experience and wisdom may do the act of H without such tremendous preparations.

Chapter 1: Assembling the necessary implements

Before one may even consider "doing the H", it is imperative to gather a specific assortment of items, each more crucial than the last:

1. **A fine linen handkerchief**, preferably monogrammed, to be folded with acute exactitude.
2. **A small pewter teaspoon**, polished to a high gleam, which shall remain unused for any other purpose.
3. **Three lengths of silken ribbon**, each measuring precisely $14\frac{3}{4}$ centimeters, to be arranged in the shape of a nonagon.
4. **A pocket-sized volume of select Keats**, annotated only in pencil, for reference and, if necessary, consolation.
5. **A teaspoon of Malvern water**, cooled but not chilled, to be decanted into a crystal thimble.
6. **A solitary brass key**, the lock to which it belongs is both unknown and irrelevant.

Chapter 2: The Environment of the H

The proper environment for "doing the H" is of paramount importance. One must prepare the room in the following manner:

1. **Select a chamber** with east-facing windows, where the morning light is neither too harsh nor too tepid.
2. **Drape the windows** with curtains of deep burgundy velvet, ensuring they are drawn at a 47-degree angle.
3. **Place an armchair**—preferably of Edwardian origin—directly beneath a chandelier that does not work.
4. **Arrange the items from Chapter 1** on a small, round mahogany table, in no particular order, yet with deliberate placement.
5. **Commune with the silence** for a duration of no less than fifteen minutes and no more than an indeterminate span.

Chapter 3: Mental and Spiritual Preparation

With the setting thus arranged, one must turn inward to prepare the mind and soul for "the H":

1. **Consume a single biscuit**, dry but not stale, while contemplating the transience of clouds.
2. **Recite a passage from Keats**, chosen at random yet imbued with a sense of grave purpose.
3. **Adopt an expression** of mild curiosity, tinged with a hint of ennui.
4. **Focus on the handkerchief**, imagining it as both a symbol and an absence, until a state of serene indifference is attained.
5. **Repeat, internally, the phrase** "To H, or not to H?" until it ceases to have meaning. (The answer must be obvious, we all know it by heart)

Chapter 4: The Physical Preparation

Having prepared the mind, one must then prepare the body:

1. **Stand upright**, with feet precisely 58 centimeters apart.
2. **Raise the left arm** to shoulder height, while the right hand holds the brass key delicately between thumb and forefinger.
3. **Rotate the head** slowly in a counterclockwise direction, allowing the neck to crack exactly once.
4. **Inhale deeply** through the left nostril, whilst holding the teaspoon aloft in the right hand.
5. **Gaze towards the horizon** (or the nearest approximation thereof) and exhale slowly, releasing all earthly concerns.

Chapter 5: The Moment Before

As you stand on the precipice of doing the H, allow yourself a final moment of reflection:

1. **Ponder the journey** you have undertaken thus far, each meticulous step leading inexorably to this very instant.
2. **Adjust the silken ribbons**, should they have shifted during the process of inhalation.
3. **Utter a single word**—any word will suffice—into the void, that it may be lost to time.
4. **Permit a single tear** to form, but not to fall, as a testament to the gravity of what is about to occur.

Chapter 6: Doing the H

Now, and only now, are you prepared to commence the ultimate act. Proceed with the utmost solemnity.

Doing the H.

Chapter 7: Post-H Reflection

The action having been completed, one must now ease oneself back into the ordinary world:

1. **Sit down in the armchair**, ensuring that your posture remains impeccable.
2. **Contemplate the experience**, or the lack thereof, without judgment.
3. **Refold the handkerchief**, though it shall never again be as it was.
4. **Return the brass key** to the depths of your pocket, knowing that it has served its purpose, whatever that may have been.
5. **Sip the Malvern water**, not for thirst, but as a gesture of closure.