

SHAM: Thinking Out Loud Vol. 1

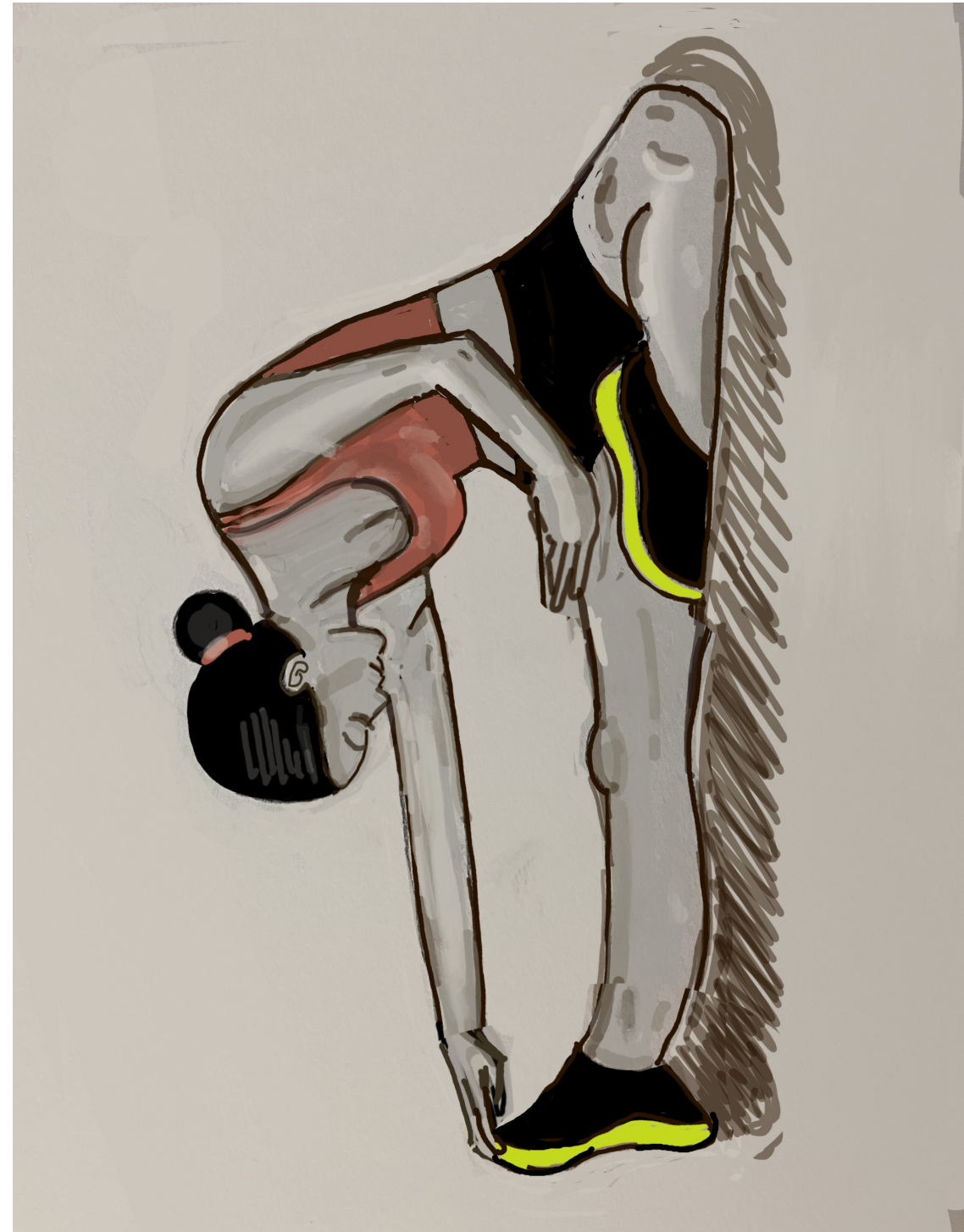


Introduction

This zine touches on the importance of gaining control over the mind, since it can become a breeding ground for thought. Through personal accounts; we explore being more than just this literal discord and how creativity emanates from chaos. Join us in celebrating the aesthetic that is born out of life's commotion.

I. Internal Commotion

Why am I loudest in my own internalized thoughts?! It's hard not to lust after those breaks from insanity. During the fleeting moments of silence that occur in between activities like exercising, going for a walk or cooking; I escape the clutches of disorder. It is in this sanctuary that I am able to commune with the divine. Otherwise, let's face it! The brain is chatty and it's hard to get out of my own head.



II. Neti, Neti, Neti

Thoughts about my past continue to haunt me. Questions emerge like why I didn't choose different people to hang around with? What could've been? What should've been? My own thoughts betray me sometimes- overflowing like a showcase with visitors making their way through the gangway of my consciousness but surely I am not thought.



III. Redemption

As if being nagged about my life isn't enough during the day; these intrusive thoughts are like marauders who thieve from me at night but this often becomes the best time to create. In a sleep-deprived space, some of my most transformative work happens. Improvisation takes the lead; reducing the contents of my mind to some creative good like making a zine to share.

Thank you for reading!
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