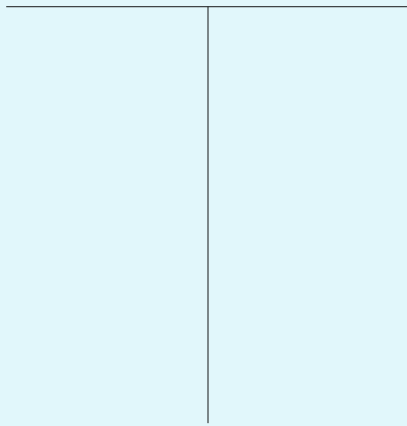


What starts
at the end,
goes
back-
wards,
and ends at
the beginning?¹



Marie Willfort

What starts
at the end,
goes
back-
wards,
and ends at
the beginning?¹

Marie Willfort

¹ <https://hobbylark.com/puzzles/riddles-about-time>

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moments I had over and with time

1:

I start sitting down at my desk. I notice I have been bothered by the chair I am sitting on for months.

It is too high for my table and too uncomfortable to lean back on. So instead of starting my work, I delve into the depth of marktplaats to find a new one.

I woke up from this marktplaats fever dream.

45 minutes later and realized that

I had neither found an
adequate chair nor
did I start my
work.

2:

I recall

many moments

during my high school

years when I would sit at home at

night studying for the exam the next day.

I would realize I haven't done enough and
just to clarify, I wasn't a bad student. Anyhow

I had a great strength in binge studying, up to the moment where it would be too late to actually squeeze more information into my brain. It mostly worked out as far as my grades were concerned and in consequence of this, I got quite confident about saving time on studying through this technique. For my conscience, on the other hand, it didn't work out and left me with plenty of evenings stress crying over not having started early enough and being scared of failing.

(1)

it needs
to start somewhere

01:07

In some way, this feeling is still haunting me today,
but my behavior as well...

I only remember my mum telling me one night, that
I shouldn't blame myself now as I won't be able to turn
back time and start earlier, but to remember for next time
to start earlier and learn from that feeling.

3:

When sleeping, time passes so fast and the thought
of the night being over, whilst going to bed
makes me sad occasionally.

4:

For the first
time in years,
I decided to
stop my
analog
calendar
and I am not sure
if the consequences will be
positive or negative. I will for sure
save money, paper, and weight in my
bag. I will 'never' forget about my calendar, as
it will from now on exist on my mobile end device.
Which hopefully will lead to 'never' forgetting any
appointment or plan, as well as hinder me from double
booking time. But as Justin already knew in 2010
"Never say never"!

The difficulty now though is, that I feel like I need to sched-
ule a time to organize my calendar aka my time. Sounds a
little wild to me. Digital calendars are great in the sense of
options, you can choose colors and exact time frames, and
you can also change and shift at any moment.

A lot of decisions are asked of you as if you'd have twenty
pens to choose from for that one note in your calendar,
but like anything new, it takes some time to get comfort-
able in handling it.

5:

When I am working on projects of mine, I often get into
time trouble too. It all started with my lacking ability
of settling for an idea or technique, and when I made
my decision, some methods were not realizable
in the time frame I had.

Ceramics need time to bake,
you need an appointment
to glaze, and are
in general very
bound
to the
workshop.
I like
techniques
where I can take
my time, where I don't
need to regard opening times,
booking timeslots, and debating
my abilities.

6:

Once I settle for an idea and know exactly what to do,
to realize it, I love working myself into a tunnel and
forgetting about time, forgetting to pee, and forgetting
basic needs. Until then I might be able to let days and
hours pass and haunt me and my project.

(2)

many times

By diving into the topic of time and its diverse interpretations and sides, I discovered new viewpoints and approaches towards this so seemingly basic topic. Some were eye-opening, others only proved my perception on a more scientific level.

I want to unfold my discoveries in the chronological (obviously) order, that I came across them. The first one I stumbled upon was CHRONONORMATIVITY, a concept first mentioned by Elizabeth Freeman in her book “Time Binds: Queer Temporalities, Queer Histories”².

“Chrononormativity is the expectation that we all follow the same timeline, that there’s the same right thing at the right time for everybody.”³

“Chrononormativity is simply the chronological expectations we have on the average human in our particular society.”⁴

² Freeman, Time Binds: Queer Temporalities, Queer Histories. Duke UP, 2010.

³ Chrononormativity – adventures in time and gender. (n.d.).

⁴ Leoh Blooms. (2022b, April 3). Chrononormativity.

A new word was just added to my vocabulary, although the definition and its consequences are simmering in many of us. Through giving it a name, and a definition, the often subconscious patterns, which follow ‘us’ through life, somehow become more apparent.

It makes me question how much of this time normativity I carry within myself. Which expectations do I have towards myself, as me being my strongest critic?

Is it solely major life achievements, like finishing school with a degree and finding a long-term source of income, starting a family or does it start with daily tasks?

And am I super chrononormative by proposing these achievements already?

Timetables shape our perception of time; grades do the same to our knowledge and exams give us the ability to classify our skills. All of that, we learn in school and then one decides to visit an art school and all the measurements change and need to be reassigned. And maybe faith is the only stability that is left.

Will I ever be finished learning?

What skills and techniques do I need to be able to tackle before I can give myself the title of BA? And what are the equivalent accomplishments for becoming an artist or following a career in the art world?

How

many

exhibitions

does one have

to have on their

CV within two years

after graduation?

I believe that the sphere around art is unpredictable and would expect it to be not normative. It often is connected to the right timing for yourself and your art. But also it heavily depends on your power and endurance to achieve your goals. Things might fall into place or you will have to chase after them. However, I wonder if even in that 'so' progressive art world, there is some hidden chrononormativity. There are milestones and springboards that many want and maybe need to reach and by those your success will be measured. Normativity is one thing to battle and overcome, validating the time another.

A few weeks later I read an excerpt from "Stijl de tijd" by Joke Hermsen. Hermsen is a philosopher and writer and the book is a collection of essays concerning the topic of time. I could also stop writing now and let you read her book, which I by the way also didn't fully read due to a lack of time, but I'd rather want to do quick dives into discoveries around the definitions of time.

First, there is clock time. If you google it it will give you the exact time from the place you are in, in my case it is CET 15:18. It is the time we live with, the time of our clocks, and usually the time that rules our

Western societys' life. But Hermsen states

that there is this other time that "*flows*

beneath our clocks so to speak,

calmly and imperturbably

and which appears

to touch on

a more

personal,

more internal

time."⁵

- ⁵ Joke J. Hermsen, *Time is Hope*
a flow of thoughts and
⁶ a connection of time and
human behaviour, 2023

This time is the one we often don't listen to enough. We get the feeling time slips through our fingers.

Because,

Time is unexpected.

Time is hard to grasp

Time makes decisions without asking.

Time is an unreliable partner. It plays hard to get.

Time is bad in communicating.

*A clock with four numbers is not enough. We also don't communicate enough with time either.*⁶

And by that, I don't mean any biological time passing or

the next deadline or task getting closer. I think time is vague and it is a construct whilst being so present. If that is the case, then it is a very old construct, about which the ancient Greeks were already thinking about.

CHRONOS is the god of time, from Greek: Χρόνος, [kʰrónos], “time” and his name is the base of many words in our present language, like chronological. Chronos stands for the “*universal, static, and quantitative time*”⁷ which feeds into the linear order of time. KAIROS on the other hand is the god of luck and opportunity.

Whilst KAIROS is also just another Greek word for time, its interpretation is what makes the difference. It is about timeliness and opportunity.

The focus is more on the moment and the individual circumstances that happen to be in every one of them.

It is distinguished from the generic perception of time in the way, that it is more dynamic instead of linear and that it seizes the opportunities given in that time, offering more possibilities and space for progress.

And compared to CHRONONORMATIVITY it can be very individual, there is not one right order or combination of circumstances and potentialities for everyone.

The right moment is not predictable. It can be a sensitive topic that we want to address, but it shouldn't just happen at any moment and place, the right one needs to be waited for, so emotions place, and action align.

*“Kairos meant the ‘interval’ into which we fall if we slow down, take a pause, focus our attention, or concentrate particularly well on something.”*⁸

That something, is then usually not time, we are then liberated from any pressure, stress, or time-related trouble. Discovering these perspectives on time and moments and knowing or rather believing in them brings me hope.

Whilst CHRONOS and its linearity rather feeds the normativity of time, KAIROS is the one who is more likely to break it.

Earlier I addressed the CHRONONORMATIVITY and its connection to the art world and my practice and left with the thought that we need to

deprogram ourselves and believe in chance.

But maybe we need to channel the

concept of KAIROS and

surrender to it because the

affinity it has to creative work is

unmissable. Creativity and its flow are

unforeseeable and very individual. It happens

when circumstances that we are sometimes un-

aware of happen to come together. The right soundscape, a good position of the body, the right weather, or some stimuli that will put me into the right state to create.

This momentum is what I am seeking for.

I am the mass and want to figure out what brings me into the right motion.⁹ Although as with many subjects in life it is easy to know things, but implementing them and realizing when they are there is the hardest.

02:16

Hermesen, Joke J. Kairos / Druk 7: een nieuwe bevlogenheid. 2015

7

⁸ ibid.

Momentum.

⁹ Merriam-Webster Dictionary
14 Apr. 2024

02:17

Time is a struggle and no matter if Greek gods and centuries
of philosophers and artists see the beauty of it, in new
perspectives and opportunities, it will be a journey to
discover and worship it for ourselves.

Especially in the speedy times,
we wander these days.

Our contemporary 'gods' and 'philosophers' are public
people on the internet who try to communicate
a different way of handling time.

(3)

In most cases, it is about scheduling, organizing,
and over productivizing our time.

This is a consequence of the battles
we face with time in our daily
lives. It seems like we
want to enhance
the already
existing
static and
linear way we
use time.

We see time as a
certain amount that we
need to fill.

grind of time

Filling is scheduling and with that time management becomes an essential factor. For it to eventually make a difference you need to master it.

I like structure and control but in relation to time, I am not at that point yet. Which is why I am seeking solutions to that problem. I am intrigued by time, duration, structure, and routine, as well as rest. Due to my incapability to understand, overview, and control it.

So what if I would hand it to someone else, let them decide, and plan my minutes and days?
Showing me how to handle it #better.

Good that in this age, our algorithms,
and our feeds are flooded with
self-improvement content
and trends,
#thatgirl
being one
of them.

10 Joshi, Shamani.
I Tried To Be TikTok's
'That Girl' for a Week.

03:21

It basically is
a way in which
mostly young
fem-presenting people
are following their own set up
routine, to make the best out of their
day and themselves.

It comes with the individual creating a mood board, a board of aspirations that is mostly filled with Pinterest and Instagram photos of places, meals, and aesthetics of bodies and beings that they strive to be their own. Or how a Vice article put it in words, "*To put it simply, get their shit together and look good doing it, too.*"¹⁰

They build their routine, which could look like this: a 7 AM wake-up call, followed by a photo-presentable matcha or iced coffee, accompanied by a matching workout outfit, which comes in handy when doing their daily exercise

after which they would have a healthy meal and write down the things they're grateful for...

Well, overall there are as many good things as bad things to say about a challenge or trend like this. I question the reason for it, why can we not find a middle path?

One that neither makes us feel like unproductive potatoes, who prioritize fun, nor like pathological health freaks, who have to structure every task of the day and make it pretty at the same time. An in-between state, that also allows us to see the beauty of slowing down, focusing, and delving into one of our activities.

Next to trends like the above, there is also a vast amount of challenges for self-improvement, increasing productivity, and mental health. They either build up by introducing one more task day to day or follow routines like 'those girls'.

They all aim to make you a better functioning being, a healthier version, and make the most use of those 24hrs we have in a day.

One specific challenge is called 75 HARD, introduced by Andy Frisella.¹¹ If you google it, you arrive at a webpage that looks like a PDF document, uncomplex like a high-school newspaper, and just as many type fonts.

The top is decorated with countless disclaimers about being entirely free of charge and advice to check your health before starting. It is a challenge where the participant will follow five rules for 75 consecutive days.

They will follow a diet of their choice, complete two 45-minute workouts (of which one needs to be outside), drink a gallon or 3.78l of water, read ten pages of a book and on top take progress pictures every day.

"THIS IS NOT A FITNESS CHALLENGE —75 HARD IS A TRANSFORMATIVE MENTAL TOUGHNESS PROGRAM

How To Take Complete Control of Your Life in Only 75 Days:

There's nothing worse than rolling through life in the passenger's seat. You wake up, go to work, and drift through each day with no direction or driving force...

Then you drive home, flip through your favorite TV shows, go to bed, and repeat that same cycle the next day.

Weekdays all run together, and you find yourself trying to pass the time until the weekend... so you can relax, unwind, and finally enjoy yourself.

But weekends have no meaning, and you have no real reason to enjoy them either... and like the weekdays, they all start to run together too.

You see people around you moving ahead...and you start to wonder what they have that you don't, and what they're doing that you're not.

You start doubting yourself...

*Your thoughts beat you up every minute of the day to the point
where you feel like you'll always be stuck right where you
are in this funk forever.*

*The mental struggle turns into a physical struggle.
You're not exercising like you used to,
because you don't see the point."*

This is only a small excerpt of the page, that you could
scroll down for minutes. Whilst reading it, I have a
vivid image of an American person, I dare to say
preaching his visions and goals to the audience
who managed to end up on this page.

Feeding for attention by explaining
what is going wrong in your
life and how this
challenge will
change
everything.

It might
open many
people's eyes,
mine were wide open,
but not in a positive way.

I must say this is scary, it wasn't so
much when I first read about it in a Forbes
article. Now I am subscribed and want to do a
week of 75 HARD.

(4)

soft time

Up to today, I did not even do 1/75.
The rules of my challenge have changed and the head of the program is myself. Whilst Frisella's mantra would be more like; you snooze you lose, mine is rather take a chill pill. I am seeking for the moment of slowing down and falling into a space of timelessness and focus.

*"It seems that we have to learn to re-experience the value and beauty of latency. In latency the unseen, unsaid, the slow things that won't find their place in the rush of performance..."*¹²

This quote from "Exhaustion and Exuberance"; a text by Jan Verwoert, is in some ways at odds with what the challenges above tell us. In those, there is no time to rest, no time to contemplate, and no time for latency. Slowing down is the new grind though. And I think I will never be that girl.

¹² Verwoert, Jan. Exhaustion and Exuberance: Ways to Defy the Pressure to Perform

04:27

We procrastinate as if a day would never end and wonder how weeks fly by without noticing. Either we are overbooking our days, trying to squeeze and juggle people and experiences into an unfeasible amount of time or we stare into the void of our mobile device, where we consume a pile of fifteen-second content, that compiles into a mix of new learnings and temporary amusement that we will have forgotten even before we lock our display. Time rules our life as if it is a durational performance and we are the protagonist. "Durational performance" is an expression that is generally used to describe artworks that

last a greater than usual number of hours, days, weeks, or months. Regretfully, this use of the word emphasizes the extensive and quantitative at the cost of the intensive and qualitative.¹³

When I found Tehchieng Hsieh's work, it fascinated me from the start. The connection of performance with time as in endurance and duration intrigued me. The link he makes between his performance and our society spoke to me and fed my thoughts on time.

*“Hsieh’s five ‘One Year Performances’
(executed between 1978 and 1986) give flesh to
concepts central to theoretical investiga-
tions into the mechanics of late
capitalism – presence
and surveillance,
production
and
control,
discipline
and
submission.”¹⁴*

In Terms of Performance 13
Tehching Hsieh. One Year
Performance 1980–1981 14
Google Arts and Culture

*PRESENCE. I want to be present and likewise absent.
Is that in my control?*

*CONTROL. I find comfort in control and
it hinders me as much too.
Is that rooted in my discipline?*

*DISCIPLINE. I think it is something ambiguous. Too much
makes you rigid, too little will take you nowhere, although
this is probably my discipline speaking.
My surveillance would be proud.*

*SURVEILLANCE. I see cameras,
I see systems being followed.*

*All of it is being put up
by myself.
My submissive
self.*

*SUBMISSION.
I surrender my
own rules.
I stagnate
and so do my thoughts
and my production.*

*PRODUCTION.
I feel the unproductivity, triggered through
all of the above.*

— —

The Above, is a quote,
a response, an excerpt of my thoughts.
Although time is not mentioned once, I can't help but see
the connection between these battles and time.

(5)

real time

On this thought, I often catch myself doing multiple things at the same time, not realizing that I am not the ultimate multitasker.

I don't leave my brain and thoughts the freedom of stillness of rest or self-development. I bombard my brain with podcasts, music, and other influences whilst I am biking, cleaning, cooking, crafting, and many other things.

I am exhausted by many things, not being aware that it might be the parallelity of things happening and me not being able to cope with it.

I am seeking structure and order and the major part of this is time.

Time
management
Time
structure
Timing
activities and
tasks.

05:33

Maybe we need to track and time our tasks first to get a realistic measurement of them, but then that means being very aware before and after every task to check, note, and remember to use these results. I have tried and failed miserably, the moment I stopped the timer it was 2 hours and 38 minutes and all I wanted to track was how long my morning routine would take. But in the rush of things I lost track of the time/er. This was also the beginning and the end of becoming not #thatgirl.

The classic way to structure your time might be the calendar unless your calendar spends most of its time either alone at school or in the bag you used a week ago. Only to be forgotten there for an unknown amount of time.

The paper calendar is not only connected but representable for my time management. It does exist, I often don't have it with me and I hope that I can find it again.

In general, it takes practice to know which task will take how long and when to schedule a break. We might underestimate the intensity of the following tasks and their effect on our productivity. And isn't that what we want – to be extra productive?

To find that moment when ideas fall into place and the *KAIROS* strikes, so to speak. But then we might have overbooked our schedule and are disappointed in ourselves for not sticking to our calendar.

We have to find a balance
somehow by
scheduling
work
and time
for reflection,
we need
windows of time
for the moments of
kairos, but we also need to
schedule rest and do nothing.

So far I am not able to do nothing, to hear nothing, and consume nothing.

But I want to rest, not necessarily sleep. A friend once told me to be intentional about resting, not thinking about all the things I could do to be productive, but to enjoy the free time and actively decide what I want to do and do it in the moment.

The most important thing is that I don't feel guilty so that the joy of my decision is not lost. Experience the joy of latency, postponing tasks, and taking a break.

On one of those grey Sundays, as I was writing parts of this

thesis, I realized that I needed to take the same responsibility I have for my money job for myself.

I could have a job at the Rest Company.

MARIE WILLFORT, [3 DEC 2023 AT 20:51:41]:

sending resting availabilities to the rest company shifts of rest need to be taken within all the coworkers the shop is open 8-8 seven days a week

you can switch shifts obv

we need a booking system a manager

and an estimated time we want to rest a week we can rest more than our contract says

but we need to be aware that we will have less time for school and social activities

/ a flow of thoughts

This is a utopian idea. An idea that lacks in many aspects. Lots of parts need to be defined still. Employees must be hired and the rest needs to be specified. What is rest? What is doing nothing?

During my research, I was recommended a book whose title hit me right in the face, or rather in the thesis.

It is called "Rest is Resistance," by Trishia Hersey who created and founded the Nap Ministry. She delves into the history of rest, in a specifically personal way, and

draws connections between rest and our fast-living society. She preaches for rest, resistance to escape oppression, and reclaiming power and therefore our lives. But for the better, I prefer to let her words speak for themselves.

“My inspiration to rest is deep and expansive. I’m inspired by invention and the opportunity to craft something new from scratch. I’m inspired by remixing and being subversive. I am inspired by disruption and tenderness. I am inspired by imagination. I am inspired by grief, mourning, and lament. I believe deeply in vulnerable, generative spaces for healing. I am inspired by rest, daydreaming, and sleep.”¹⁵

I am inspired by reading this.

I need more rest. I want to sleep. I want to sleep all the time.

I want to rest

from resting.

I rest

inefficiently at

times. I am even

able to bring efficiency to the sphere of resting.

I am restless.

I am running, mostly mentally.

And I hate running in both contexts.

I do rest enough I think. I do too much occasionally, which makes me want to rest. I need to slow down.

I need to do nothing every so often.

I need to know what is nothing.

I can do many things and it feels like nothing.

I can’t distance efficiency from my nothing.

I can’t detach it from my rest. I should find out what nothing is and I need to know, what gives me rest.

I need to google nothing and rest, the words of course. I don’t need to rest right now, I need to google. I need to find out what this is actually. As it is more than napping.

“What does it mean to be doing nothing? marked by inactivity or failure to make positive progress.”

“Is it okay to just do nothing? The key to being mentally sharp, productive, and emotionally healthy is to allow your brain time to rest. When you allow yourself time to do nothing, you give your brain a chance to process experiences, consolidate memories, and reinforce learning.”¹⁶

Well, I guess it will take more than a little Google search for me to find that out, although these two finds seem to

show the significance and ambiguity of the topic.

“This work is more than naps. Resistance in our Rest is Resistance framework means we rest no matter what the system says. We reimagine rest for ourselves.

We craft spaces of physical, spiritual, and psychological rest to disrupt and push back against white supremacy and capitalism. It is a lifelong deprogramming. A mind shift and an ethos that engages with rest as a tool for liberation. The body has information. The trauma response is to keep going and to never stop. Grinding keeps us in a cycle of trauma; rest disturbs and disrupts this cycle...

What miraculous moments are you missing because you aren’t resting?”¹⁷

05:36

Hersey, Tricia
Rest Is Resistance: A Manifesto.
Little, Brown Spark, 2022. (p.6)

15

16 The benefits of doing nothing.
(n.d.). InTheKnow.
17 Hersey, Tricia. Rest Is Resistance:
A Manifesto. Little, Brown
Spark, 2022. (p.81)

05:37

I feel like rest becomes more clear step by step.
Even though it will be a long journey for all of us to implement what we realize and learn. The vicious circle must become visible so that we can break it. And the body and mind must be ready to take their foot off the gas pedal and slow down. We need to rediscover the latency in things and ourselves.

“the fact of being present but needing particular conditions to become active, obvious, or completely developed. the delay between an instruction to transfer (= move) computer information and the information being transferred, for example over the internet”¹⁸

The Cambridge dictionary has two views on latency, or maybe rather two interpretations.

Whilst the first one gives a more human reference, it somehow still tends to explain latency as an action that can happen only by the circumstances not being right.

Though isn't the point of latency, in this case, the thought of not having to find the exact right conditions? To find the distance from the grind, and find peace without self-improving behavior or situations. The latter reminded me of the passage in the text “Exhaustion and Exuberance”¹⁹, in which Verwoert compares the binary system of a computer to human behavior in our performative society.

Our options are diverse, we do have possibilities, but to a certain extent, we still choose from several

predefined potential ones. It makes latency seem as if our brains would be too slow to digest the information we consume.

“How can we know what is to be done to make a better life possible for ourselves and others, now and in the future?”

We then face a two-fold challenge:

1. to understand the conditions of our agency in order to enable us to define them according to our own terms; and 2. to imagine another logic of agency, an ethos, which could help us defy the social pressure to perform and eschew the promise of the regimented options of consumption.

If we perceive the pressure to perform to be innately

linked to the re-gimentation of options,

to

imagine the ethos of a resistant practice implies an exploration of the conditions, situations and potentialities that lie beyond the option menus and the exclusivity of the yes and no.”²⁰

Processes like these will take time and need rethinking, deprogramming, and nevertheless accepting the change. Also, setbacks need to be recognized and not seen as a complete failure.

05:38

Latency. 10 Apr. 2024 ¹⁸
Verwoert, Jan. Exhaustion and Exuberance: Ways to Defy the Pressure to Perform ¹⁹

²⁰ ibid.

05:39

(6)

time in things

As much as I am trying to chase and catch time on a daily level, I am as well in my practice. Due to my personal nostalgia and attachment to objects, I tried in the past to involve and translate time into objects and installations. I talked about emotions that are kept in materials as well as memories captured in objects.

smell of wood

this is a sensation, which is probably impossible to recreate. it is impossible to carry around and to hold. its experiences from the past are told like stories through its smells.

*stories about hot summer days,
where the wind blows
through the open
windows and
doors,*

*a
story
about rainy
afternoons, when
the rain hits the earth.*

*a story about winter days,
where the oven is on all day, log after log.*

when candles have been burned, an onion is being fried in the kitchen, or bread is baked.

I believe that all these smells settle into the structure of a house and in its wood. besides the stories that the wood tells through smell, it also is my memories that I project onto this smell.

memories of puzzles, memories of big dinners, memories of good friends and family, memories of card games, and glasses of wine all night long.

wood is a harmonious material that brings so much warmth to a space. though its surface is often harsh, scratchy, and holds danger. the feeling of a splinter in either my foot or my bum is strongly related too.

This is a description of a smell, a material, and a place, but even more, it is a text about comfort, past times, and how these memories travel on in time and sentiment.

Time and emotions are too intertwined for them to disregard their mutual feelings for each other. In a creative process, there are always emotions involved along the crafting process as well. Especially if these processes are time-consuming and uncertain of their turnout.

Analog photography is one of the techniques I used and it is the slowest way of capturing time on a two-dimensional piece of paper. It is a risky endeavor, where you need to trust the camera as well as your own hands to make the right decision. I capture a moment, forget about it, and cross my fingers when I am waiting for the developed photos. I photographed people I love, motifs of places I feel rooted to, and of sunny breakfast in tranquility.

When I then decided to knit it on a machine that is more stubborn and independent in its decisions than I am, I certainly lost track of time.

After casting on 200 stitches and knitting 400 rows, probably eight hours had passed. The picture became a

knitted piece, pixels became stitches and a brief moment from years ago became time-consuming work, catching up with the past, present, and future.

We live time and so do the objects around us. The time taking, the focus, and the realization of a spontaneous and also ambitious idea are intriguing. To create with material that demands depth in technique and execution is what lets me thrive and despair.

But knowing that my thoughts, hands and gut feeling became a part of it, is worth the time and hustle.

Capturing time and moments in work is beautiful and perhaps something I can pursue when I feel like I'm running out of time.

It takes time and space to be creative.

And it takes time to make.

It takes dedication and endurance at times.

Sometimes it takes planning, but many times you cannot plan the focus, the headspace, and the moment of slowing down. The moment of *KAIROS* is precious because it is difficult to grasp.

I am on a search for these moments.

Moments that remind me of puzzles, when nothing else matters but the search for the next matching piece. In 2020, when I was living with a few dear friends in the solitude of the Austrian countryside, I experienced the deceleration just like many others who were forced to step back, stand still, and focus on the simpler things.

For four consecutive days, I worked on a 1000-piece “Pieter Brueghel, Children’s Game” puzzle. Whenever I sat down, I got tunnel vision and the urge to finish it even though I was beaten. I wouldn’t think about drinking, snacking, or smoking whilst my friends around me would make homemade pasta and binge-watch “Fleabag”²¹.

In addition, the puzzle contained particularly odd and non-normative puzzle pieces, which made it even more difficult to find the right fit. But I didn’t give up and Andy Frisella would probably be proud of me, but that doesn’t matter.

This puzzle is retrospectively exemplary
of the moment of KAIROS.

It’s unpredictable and
non-standardized,
and when the
moment of

slowing
down

comes and

our attention is
focused on one

thing, that’s the beauty of

it. Since I can’t puzzle forever

and probably don’t want to, I’m looking

for the environment, the sounds, the people,
and the right motif as well as the right amount of
pieces within my artistic practice.

It will take me a while to find out what the right recipe
is for this. For now, it’s time to say goodbye.

Thank you for taking your time to read this and I hope
you will take your time in general.

Let time slip
and try catching it too.

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thanks,

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