

In a world beyond our own, there lived a powerful spirit god known as the master of virtual realities and their name was ♪(¬L¬)♪. This spirit god was the creator of all virtual worlds and held the power to shape and control every aspect of them.

The master of virtual realities lived in a grand palace, surrounded by a vast expanse of virtual landscapes, each one unique and mesmerising. The spirit god had dedicated its entire existence to perfecting these worlds and making them more real than reality itself.

The master of virtual realities was a mysterious entity, rarely seen by the inhabitants of the virtual worlds it had created. However, the spirit god had a loyal following of worshippers who had dedicated their lives to seeking its favour. Their names were ♪♪, εL̄m̄(¬¬), ~=[,_,,]:3, ∫ ∥ ∞ ∞ ∥ ∞ ∞, ♪~♫~♫, ∞Δ∞ and Q(♪'♪)♪'. These worshippers would spend hours exploring the virtual worlds, searching for hidden secrets and clues that would lead them closer to the spirit god.

One day, a young adventurer named (♣~♣) stumbled upon one of the virtual worlds created by the master of virtual realities. (♣~♣) was immediately captivated by the beauty and intricacy of the world and spent hours exploring every inch of it. As (♣~♣) delved deeper into the virtual world, the spirit god began to take notice of the adventurer's determination and curiosity.

(♣~♣) meet a lost little girl named ♪♪ who was trying to escape the harsh realities of her own world. She told (♣~♣) that she like themself had stumbled upon the same virtual world that (♣~♣) had discovered and was immediately enchanted by its beauty. ♪♪ spent hours exploring the world, losing herself in its intricate details and forgetting about all her troubles back in the real world. As she explored further, ♪♪ began to sense a presence watching over her, guiding her through the world and showing her hidden wonders that she would have never discovered on her own.

A floppy disk initiated the wonders of computational realities, and the addiction to social media platforms emerged, she was known as εL̄m̄(¬¬). She had a penchant for Lolita fashion and spent her weekends at LAN parties with her friends in their small one-room apartment.

Q(♪'♪)♪', on the other hand, is a symbol of self-control and balance. They just instinctively knew what was good for them and did things in moderation.

Unlike εL̄m̄(¬¬), Q(♪'♪)♪' doesn't let social media and computational realities consume their life. They use them as tools to connect with others and enhance their experiences, but they don't let them define them. Instead, they prioritise their physical and mental well-being, and balance their online activities with real-world interactions.

In a world where social media addiction and digital overload are becoming increasingly common, Q(♪'♪)♪' serves as a reminder that it's possible to use technology in a healthy and balanced way.¹

facebook ∞ (°□°)♪

¹This section of the text is co-written with a non-human actor, a collaboration with the Notion AI technologies(<https://www.notion.so/product/ai>).

0 Hi. This Marie.

You embody DYSMORPHIA. A cloud of flesh and fat. Body fluids. You are the arc angel and mecha warrior. Here to send a friend request only to be ghosted, roaming the spiritual nets and heavens. No compute. No this is not your BODY. This is just a cluster of sentient molecules floating through space and time. Sweat, tears, skin and cells. Cracks and wrinkles, cellulitis and magic.

In the corner of your room stands a brand new computer, it's not brand new; but for you it is. You like the colour of the plastic. A warm grey and the colourful rainbow apple that is the logo. You don't understand how it works but it's like ma[•^~) •^~ ,] gic. You like touching the screen after it's been used because it's charged with electricity.

1 Let me tell you about

[•^~) •^~ ,] is young and naive, they use bold colours. They troll men on the internet. They don't know anything about the internet except that it makes a funny sound when you connect. They play sims with their best friend but the most funny part is to cheat and when glitches in the game make the characters do weird stuff. They create simple drawings on the walls of their childhood room. They doodle comics and they think they are pretty good at it but they never show anyone. They are shy and sweaty, so angsty when they talk to people, they black out.

This was not the story you intended to start with but it was the most urgent. It kept leaking, no not leaking , dripping out from your chest, your lungs, your eyes and your mouth. You didn't know what to do. The body got tense, you tried to close all the holes by making all the muscles tense up, even the

pores in your skin, if you only tensed up enough maybe they would close themselves, the holes that were dripping. Dripping, but you said the ice is melting now and there's nothing stopping the water from leaking anymore. You know it has to flow. You know nothing will ever be the same again. And you accept it.

Your first computer that was only yours is your mom's boyfriend's old laptop. You can barely do anything on it but you watch movies until late in the morning and hang on Messenger to chat with your friends. It gives you a feeling of freedom. You make small illustrations in Paint with the mouse. You get a mini disk player and go to the library to borrow CDs based on the cover art that you rip to your minidiscs because you don't know how to download things from the internet. You discover electronic music and get euphoric when you hear the base in Laurent Garnier's "The Sound Of The Big Babou" for the first time.

2 Now let me tell you about
[ε̇ / ~~—~~ (∪ ∪)]

Inspired by the decora and lolita fashion of harajuku and a newborn weeb, she plays video games and reads manga and hangs around waiting for her crush that she met at an anime convention to log into messenger so that they can say hi. She sleeps at a friend's house, falling asleep on his shoulder after playing tekken 5 the whole night. She brings a floppy disc to the school's brand new iMac computer and people laugh.

1. This is just a body it doesn't mean anything

2. This body is whole, it was never broken

3 Have I told you about [~=[,,_,,]:3]?

They have a group of friends. They dress like a skater but they can't skate, they cut their hair short. They cry in the mirror because they look like a ugly boy. Then they sneak out late at night and paint graffiti. They are obsessed with bananas so they only dress in yellow and brown. They paint psychedelic colourful drawings with heavy drug influences but they don't use drugs. They dwell in melancholy and bad sleeping patterns. Staying up days in rows drinking Power King and living on instant noodles while they play games at LAN parties with their close group of friends. They are both bored and content with life, it could go on like this forever they thought.

3. This body is enough in itself

The origin story begins with a SNAKE and an EGG. Your soul was trapped inside this egg and now you have learned how to break free from your shell. Pray, meditate, practice mindfulness and become ONE with your body to start the journey. Affirmative, you are now uploaded. Affirmative we are all GOD's. Come let me show you.

You try VR the first time, it's at a game dev fair in Malmö and you have travelled there with a friend from Gothenburg. An older IT guy is showing you excitedly that you can pour tea from the famous "Utah Teapot" into a mug. You like the idea but it's very bad execution and you are not very impressed. It felt like a demo from the 80's.

4 I'm not really sure what I want to say about [ʃ || ° ~~~ || ° \]

High heels, girly skirts, long pearl necklaces. Working as a 3D artist, she feels her life vitter away. She draws disturbing creatures. The office is so boring.

4. This body exists only for me as my vessel of choice.

You created a world, it felt like a calling. Something bigger than you. You are obsessed with cults and fake documentaries. Obsessed with growing old, not in the sense that you dread it. No, you have wished to become an old lady with long silver hair since early teens. To go into retirement and spend the days in a cottage near the sea reading or perhaps painting, such a blissful life. Your grandma told you "Don't grow old, it's no fun, everybody just dies."

The second time you encounter VR is at work, there's a brand new dev kit of Oculus and you get to try it out. This time you are amazed at how real everything feels, you want to develop for VR but you don't get to decide on which project you get to work on so you get put on the same IP you've been on the last 4 years. You tell everyone about the VR headset at work in excitement.

5 Then [𐄂° 𐄃°] was born

[𐄂° 𐄃°] only wanted to do things that were fun, they never wanted to be bored. They made costumes and dressed up.

To become enlightened you just have to follow these easy 10 steps I've written down on these pages here for you. It's really not such a big deal, everything feels crazier when you read it (it's because it's all in your head). Say it out loud and it will all make sense. Scream it as loud as you can for extra super fast effect. Become enlightened today!

6 How do you even pronounce [𐄂𐄃𐄃]?

In a small village in the north it's minus 28 degrees celsius. [𐄂𐄃𐄃] started producing music more regularly and felt joy for the first time in a long while. They felt like they were doing what they should be doing in life. They skipped school half of the time because they were just too overwhelmed.

You buy a small Volca sampler, it's so small and pretty and you play around with it a lot, it was your first synthesiser synthesiser synthesiser.

They learn how to do music but it sounds horrible. They were trying to flee the corporate wheel but it was too late. They felt trapped and longed for nature so they moved to the mountains.

You have an idea that you want to capture your dreams and turn them into sounds. You get help from a friend who's a very good programmer, he has found an EEG in the trash at his work so you buy the missing dongle and he helps you hack the hardware so you can use it for your sound art project. You get to write the prompts in the code by yourself for the first time, it feels like a super power. Even if you still can't write the scripts from scratch you start looking into different programming languages and learning little by little. As you sleep your brain waves create a piece of music.

5. This body is strong and soft

6. I will take as good care of this body as I possibly can

7 For a short while there was [(^°(^° ɔ̣(^° ɔ̣ ^°)ɔ̣ ^°) ^°)]

The first duo. This is the point where it felt like they started to break out from their shell of being a “basic bitch”. Performing together at small venues and festivals, there was turmoil and blackouts. Everything felt new and exciting. But also intensely chaotic.

Your teacher takes you to an audiovisual performance in Sollefteå. Two women your age are performing beautiful live visuals with music as well as a whole installation with sound and visuals. It sparks joy and fascination in you. You want to know everything, what programs they are using and how they set everything. You want to learn this softwares.

7. I will not judge this body for how it feels on certain days.

Here is a clear boundary , you put it here and you shall not move it. If you move it you must have very good reasons to move your boundary. You should know that you only get a limited amount of moves before you are locked out of the heavens. Then it's on you.

8 Let's try another duo [d[_ _]b]

There were more incarnations and projects in between but we don't have time to tell you about all of them. VJ became a big part of the practice and doing gigs for free and being happy just to be able to be part of something felt important at the beginning. But it was time to reincarnate again.

OP-Z, the smallest, cutest, most compact (and packed with features you still haven't had time to explore) thing you've ever seen. It truly felt like a crush when it arrived on the mail, you bought it pre loved but it looked brand new in your eyes. So shiny. Your friends had to put up with you disappearing every now and then into this small world of a synthesiser. You sold a really old retro synth just so you could afford to buy it and you regret nothing,

8. It's not what others think of this body that defines it.

Find yourself. In all this turmoil and chatter. Information overload. How do you find yourself? And when you have found yourself how do you love yourself? And isn't it maybe better to just start by accepting yourself, love is such a fleeing feeling anyway. When you accept yourself it's time to also devourer yourself. Everything must go. Rebirth again once more. Shed your scales and skin, bumps and become streamlined ultra fast into cyberspace.

9 [ɔ̣(ɔ̣*ˈʊ)ɔ̣*ˈ ˈ]

The last step before we have completed the incarnation circle. Finally the old grandma at heart, that they set out to become as a 15 year old girl. Is this what feeling content feels like?

9. This body is endless and infinite

Ultrarapid. The final step. Start your own cult today.com. You don't have to subscribe to anything, you can just live your best life. Cottage Core Lesbians Unite. Now pray to our saviour the AVATARSpiritGOD!

[÷ˆ(˘L˘)J÷] Finally

Trying to throw away individuality, even if it keeps slipping back (it's surprisingly hard to get rid of). Getting rid of all those human expectations and just creating without having to reinvent yourself over and over. Accepting that you are forever changing and...

Pico 4 the wireless headset that you just bought on a whim just before the release day. Maybe it was a mistake but you don't care too much, you always do this. But it makes you happy, you have your very first own VR headset 13 years after you encounter it the first time. It makes you feel free every time you explore and dance with it. It enables you to try things you would otherwise never dare.

10. I am many bodies, physically and virtually