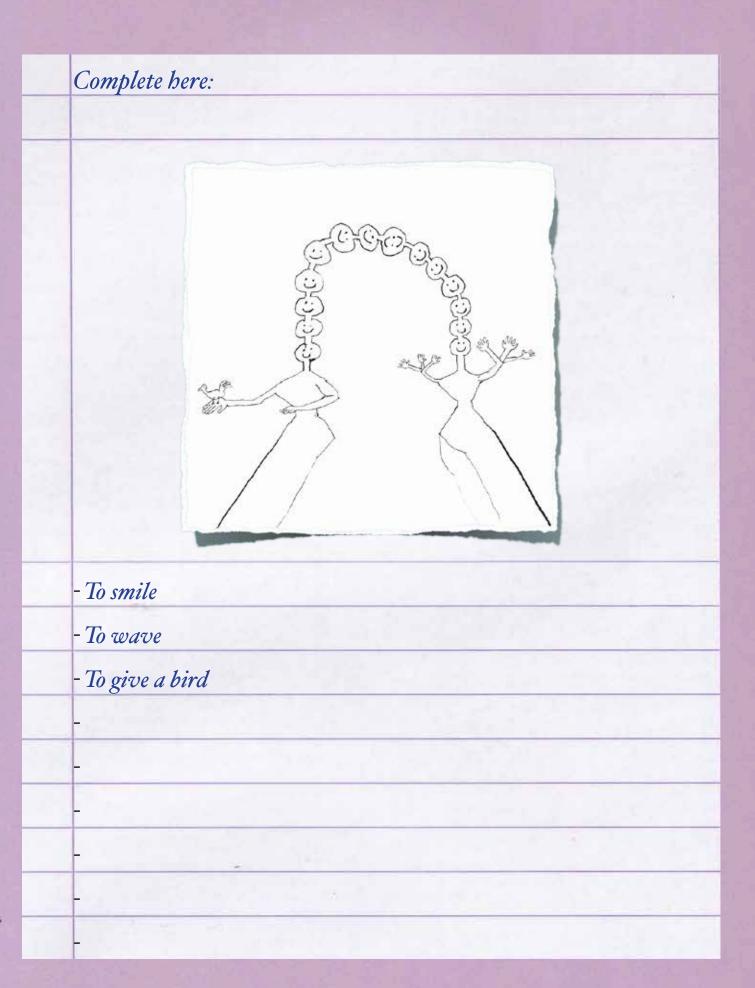
Chapter Purple



## Lesson 1: Practicing ways of saying 'hello'.



#### Lesson 2: Introducing the self and its activities.





They were invited by curator Margarita Žigutytė and VMU Gallery 101 in Kaunas, Lithuania for a month-long residency.

The artists will continue researching 'Attempts to be more kind' that began in 2019 during Lieselotte's residency in Komplot, Brussels.

This residency is the part of the curatorial cycle dedicated to the topics of love and care in contemporary society.

This project is partly funded by Lithuanian Council for Culture.

#### Lesson 2: Introducing the self and its activities.

My name is Els and in september 2019 I visited the exhibition Attempts to be more kind by Lieselotte Vloeberghs.

I learned a lot that day. During the exhibition I understood the main characteristics of attempts and kindness. The learning objectives were achieved. The attempts to be more kind are extensive. The attempts to be more kind have interfaces with all kinds of disciplines and sciences.



My name is Lieselotte and together with my friend Els we're gonna work on a second wave in the research to the many levels of kindness.

The material, the coincidental, the spiritual, the social, the animistic, the energetic,...

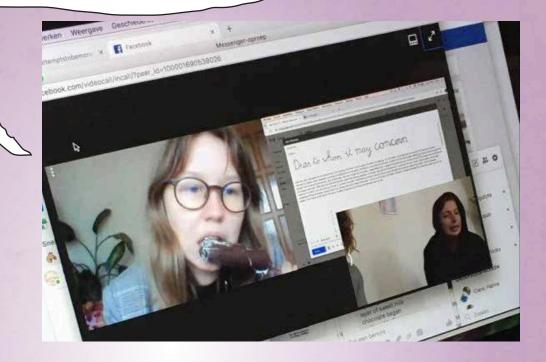
I guess in another way you could call it community arts for shy artists interested in every side of the story, who believe in the vivid aspects of things seemingly dead.

In this second module we dissect kindness and extend the number of attempts to be more kind considering the interdisciplinarity.

Our research will be open source. We insist to be transparent about our findings because the results could have an individual as well as a social impact. Even more because transparency in scientific research is an aspect of kindness in itself.

#### Lesson 2: Introducing the self and its activities.

Furthermore the attempts and the research could be considered a free course for those who care.



There are two kinds of people who care: people who care professionally,

and people who care for fun,

they are the nice people.

they are trained and get paid for it,

Of course sometimes the two groups coincide.

We do not distinguish between these suggested groups.

Anyway, kindness is a great concept and we have no target audience nor preconceived ideas.

#### Lesson 3: Guiding you through the course.

Chapter Purple

Chapter Yellow

Chapter Eye

Chapter Diamond

Chapter Image of a bird with wings spread looked at from below with your nek stretched all the way back to be able to look at the belly of the bird.

Chapter Four-legged creature walking out of the frame before you had the chance of laying an eye on it.

Chapter Soft and hard red, vulva-like structure. Something small, something blue. Something small but white, radiating powerblue light exiting the vulva-like structure from the inside, taking a turn to the left.

Chapter Lion's head

Chapter Big big wave

Chapter Four human heads pointed towards the same direction, looked upon from an angle above.

Chapter A shaky rootless hand entering from the right side of the image.

## Attempts to be more kind Chapter Yellow

Lesson 4: Create a holiday to celebrate something or someone you appreciate.

From now on, this day, May 24, will be known as the Margarita Appreciation Day.

On September 28 2019, September 28 was announced to be the Sonia Appreciation Day.

Lesson 5: To send flowers to a loved one.

Lesson 6: To wear flower for a loved one.

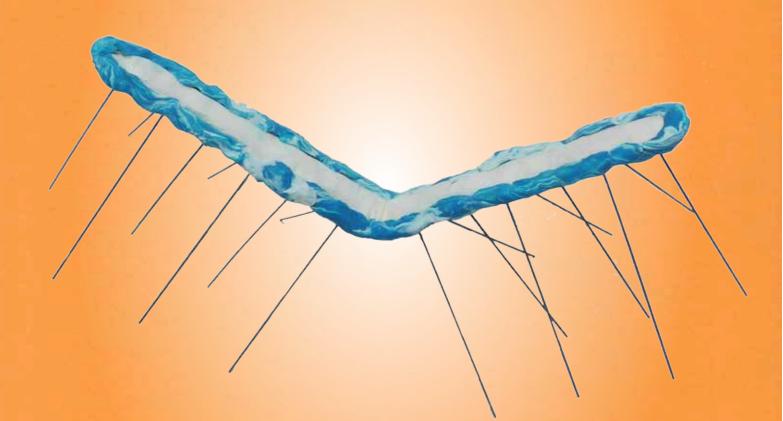




Lesson 7: To be flower as a loved one.



Lesson 8: Creating a safe space for pigeons in need of rest.



## Lesson 9: Providing play time for baby trees.





## Lesson 9: Providing play time for baby trees.

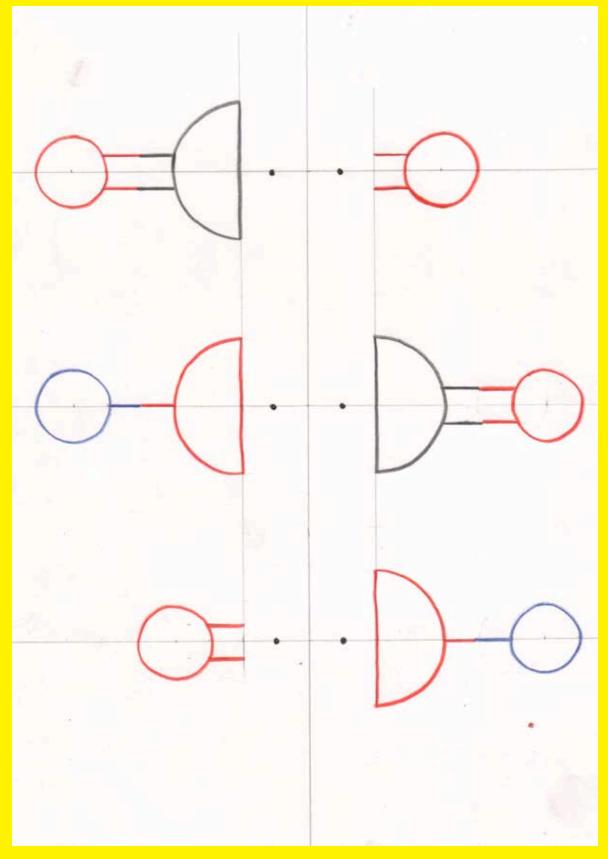






Lesson 9: Providing play time for baby trees.

**Connect the bond between the elements:** 



Lesson 10: Make sure your nipples are friends.

We cannot say with certainty if our nipples already befriended.We thought of a few ways to make sure they get in the right direction.

- add each other on facebook

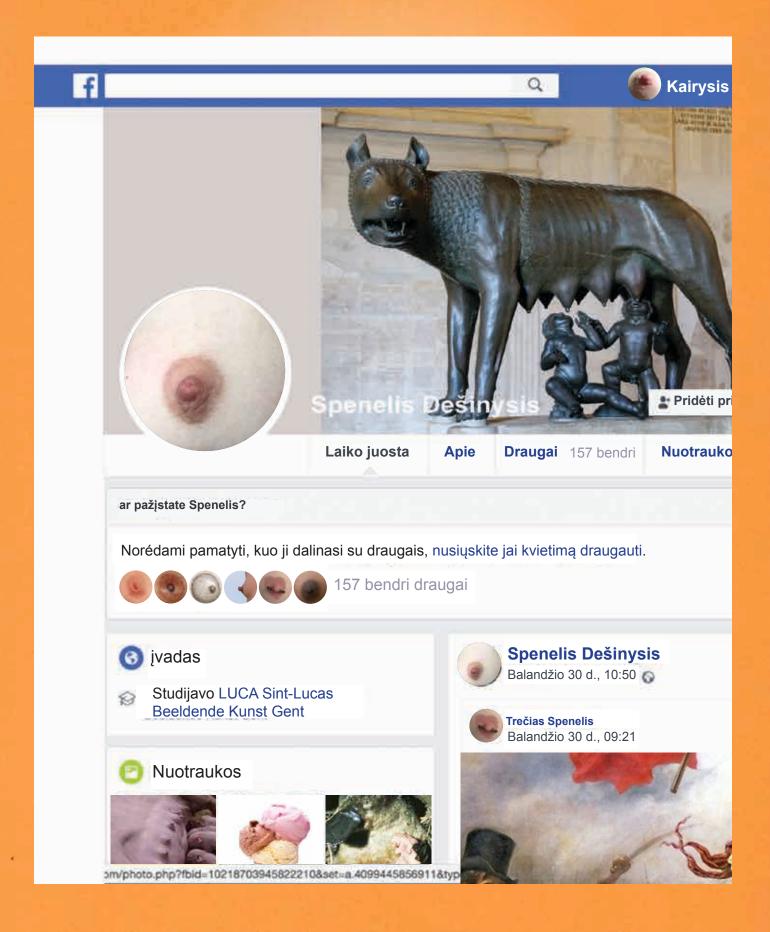
*- play get-to-know-you-games* 

- name tags

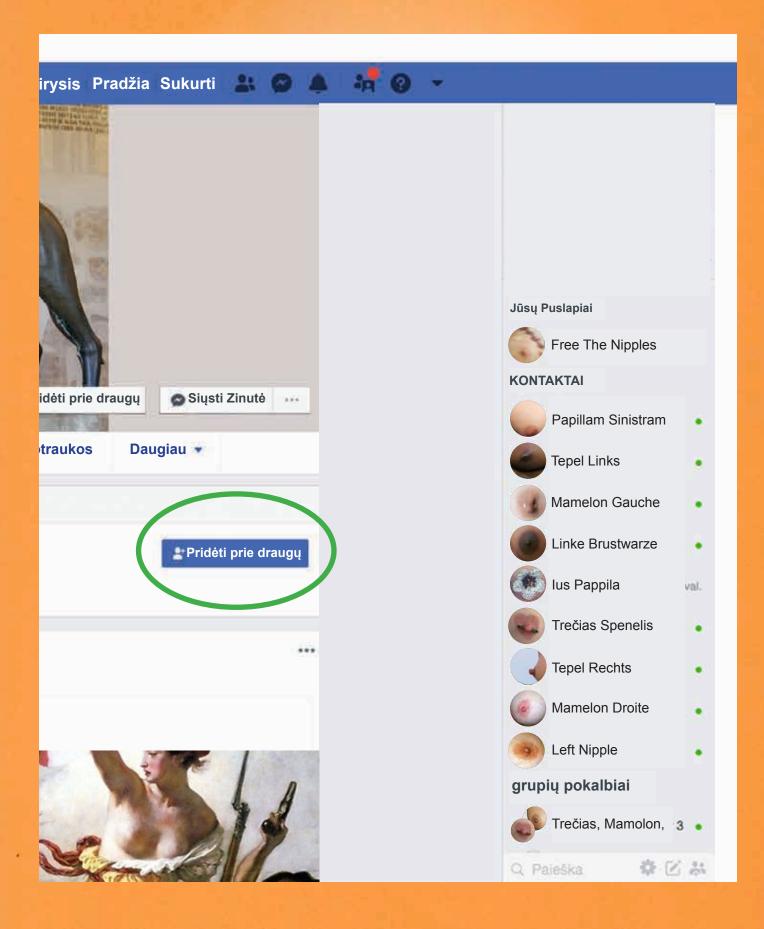
- networkparties

#### If you think of other approaches please feel free to add:

#### Lesson 10: Make sure your nipples are friends.



Lesson 10: Make sure your nipples are friends.

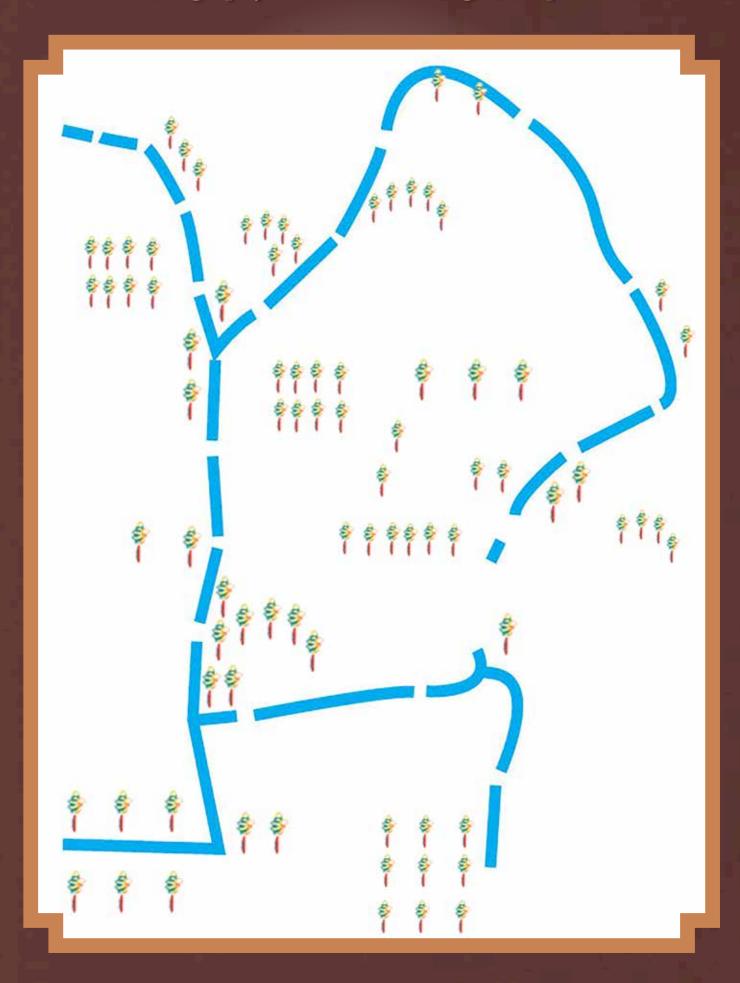


Lesson 11: Call your (grand)parents.



## Attempts to be more kind Chapter Eye

Lesson 12: Geography lessons from/for grownup trees.



### Lesson 13

## Stop hurting nails! Use SoftHammer!

Lesson 14: Build a chateau for the cleaning products.



So they can enjoy a better feng shui and upgrade their life quality.

Lesson 15: Share perspective on contemporary urban spatial planning.

Step 1. Take a walk
Step 2. Observe the pavement
Step 3. Be attentive for potential obstacles
Step 4. If you find one, take root next to the obstacle
Step 5. Help creeping insects to overcome the obstacle by:
Coordinating the circulation between creeping insects
Building a bridge over the obstacle
Informing on traffic disruption

Lesson 15: Share perspective on contemporary urban spatial planning.

stacle

inset

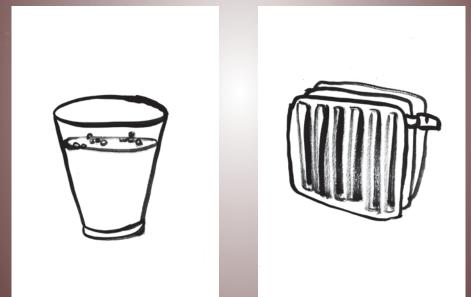
home

### Lesson 16: Colouring book with white objects.

LE LIVRE DE COLORIAGE DES OBJETS BLANCS

HET KLEURBOEK VAN WITTE OBJECTEN

ELS DILLEN









Lesson 16: Colouring book with white objects.









## Lesson 17: Throwing a party to celebrate pictorial aspects.











## Lesson 17: Throwing a party to celebrate pictorial aspects.









Lesson 17: Throwing a party to celebrate pictorial aspects.









### Lesson 17: Throwing a party to celebrate pictorial aspects.

Getting started with a party in honor of Shapes. Later on we intend to throw parties for: - Lines

- Colour
- Texture
- Material

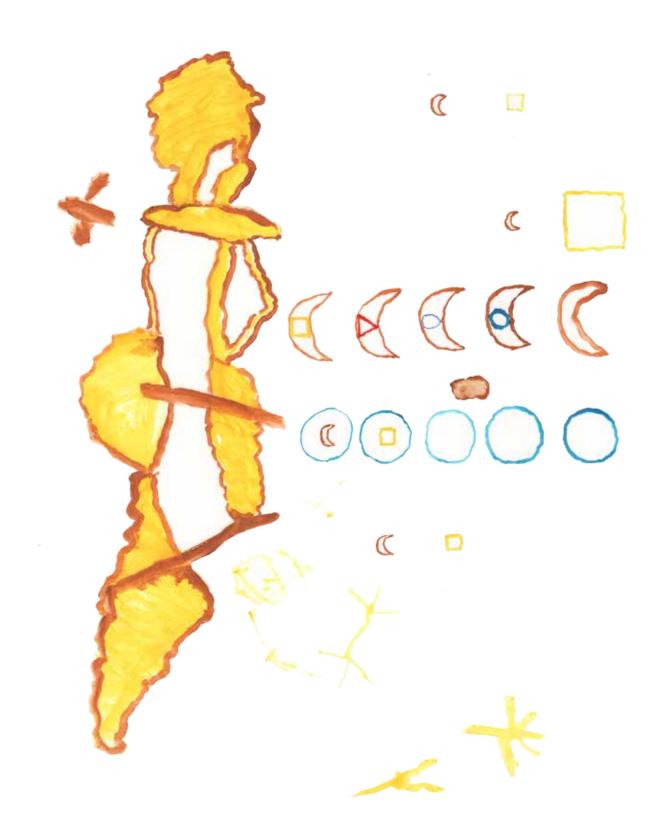




Chapter Diamond

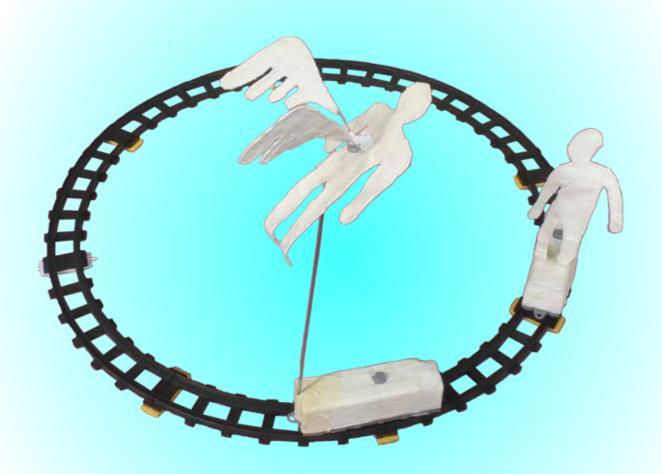


Lesson 18: Inventing a way to bind and balance your chakra's together on a mechanical level.



Still working on it, if you have tips and ideas please mail attemptstobemorekind@gmail.com.

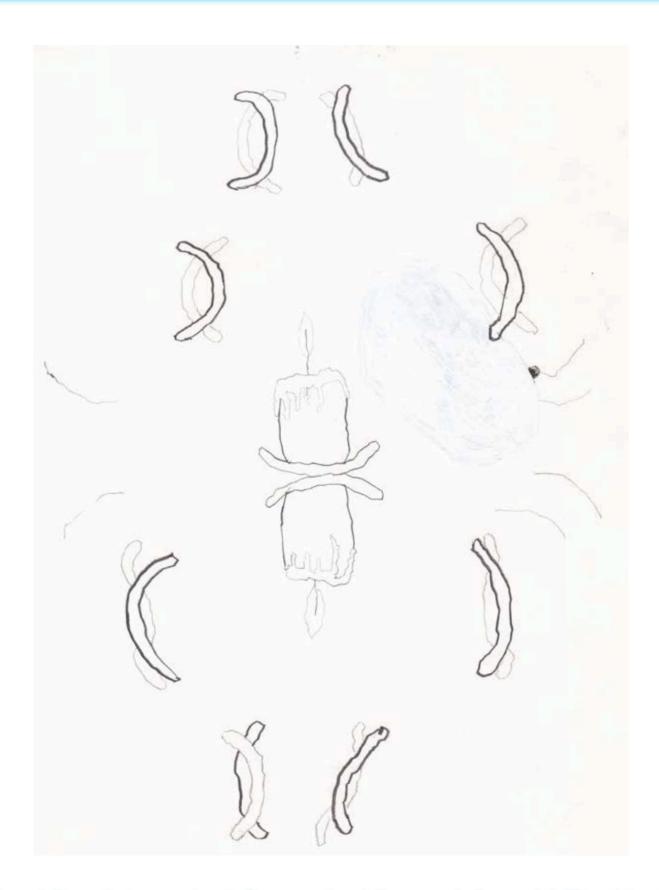
Lesson 19: Learning how to communicate with your guardian angel.



Lesson 20: Hold your head against another head

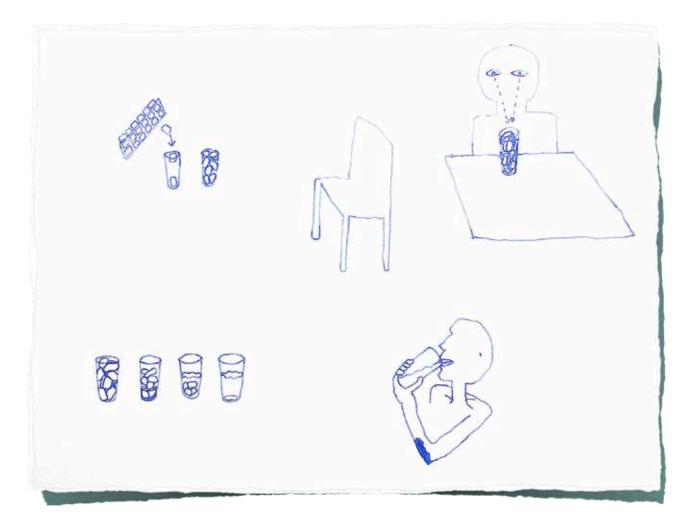


## Lesson 21: Mirroring as an act of



Trust? Love? Attraction? Connection? Interest? Growth? Teaching?

Lesson 22: Exercise in growing patience towards all states of elements.



\*

Step 1: Fill glass with ice. Step 2: Take seat. Step 3: Observe glass with ice. Step 4: Observe ice turning into water. Step 5: Observe all ice turning into all water. Step 6: Drink if thirsty.

Chapter Image of a bird with wings spread looked at from below with your nek stretched all the way back to be able to look at the belly of the bird.

Lesson 23: Stretching ones blue skies availability.





Lesson 24: Playing a heavenly chance game to determine whether the apple is going to be born green or red.

6

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6

6

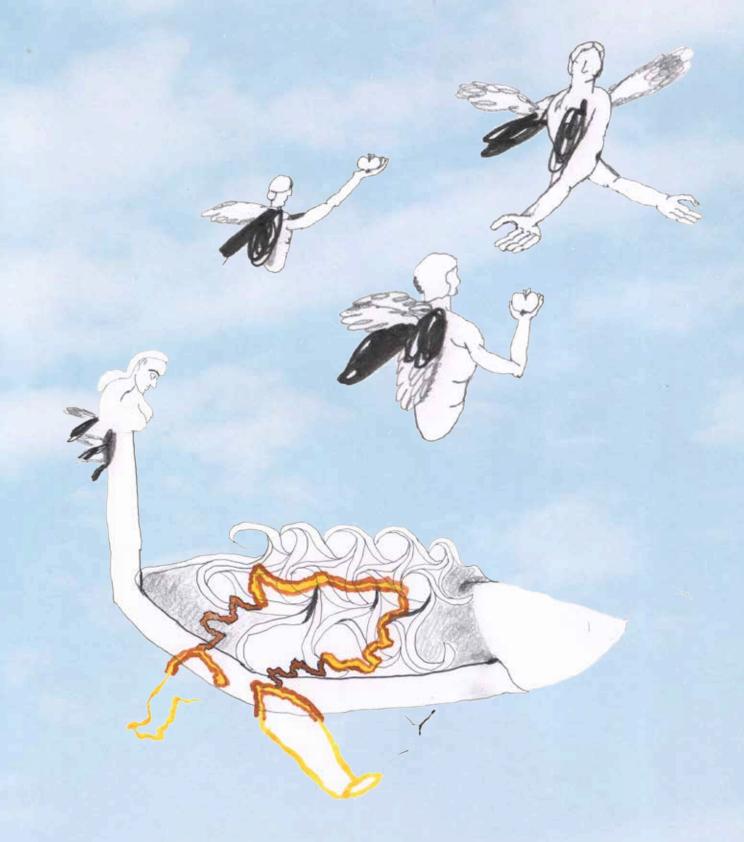
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Lesson 25: Playing a heavenly chance game to determine whether the apple is going to be born green or red.

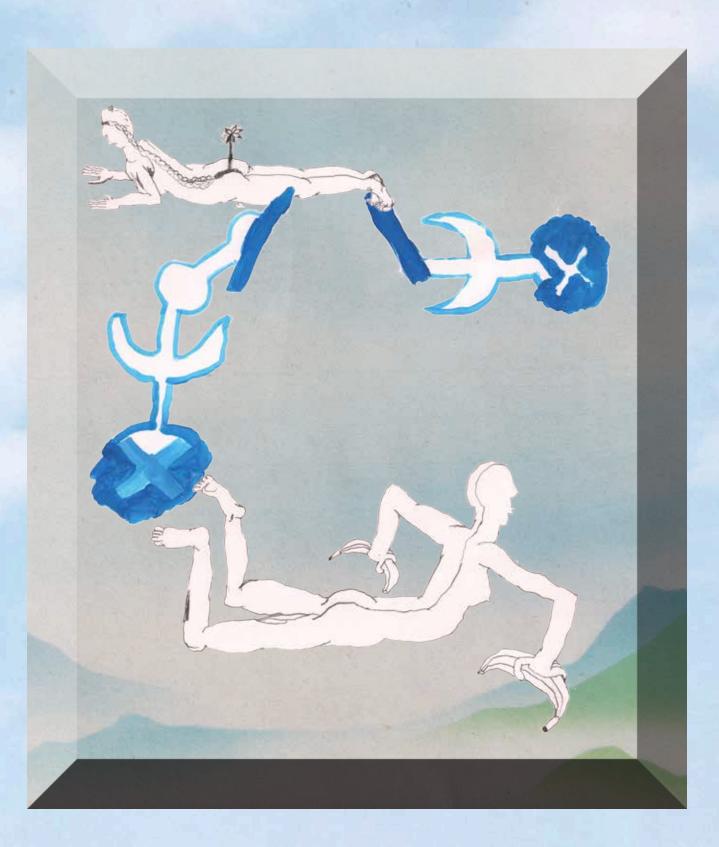


This way the apple can be sure its visual features arose from pure joy.

Lesson 26: Dancing a butterfly towards potential love(rs).



## Lesson 27: Fly in order to reduce traffic.





Chapter Four-legged creature walking out of the frame before you had the chance of laying an eye on it.

I am curious, from where it comes and how it is being created. You know, this very first intention to do something. The first sign of attempt. (I have intentions to attempt) Like, the very beginning of a will and willing. Is it beginning with some ticklish feeling in arms and hands and fingertips. Like a wish to reach out ----reach for ----- stretch out. Not yet articulated or understood completely. Just like... - I must do it - and that's it.  $\rightarrow$  instinct  $\leftarrow$  Or maybe some strange feeling in a mouth and around the lips when they are about to open and let the sound out. I think it is more emotional, or vibrational, or... Definately a bodily experience. Even though dreaming of it can be sweeter than actually doing. Like a painter in The Decameron would think 'why create a work of art, when dreaming about it is so much sweeter'. (I dream to attempt) Working like breathing in and breathing out. And then with --- breathing in --- breathing out --- it comes from the heart. Other times from solar plexus chakra. Then Sacral chakra and Root chakra. From a desire? Right, maybe first of all it is not even an intention. Or intention is not the right word to use, maybe the very first thing is desire. (I desire to attempt) Dreams also come from desires. That kind of desire that takes all over everything, the whole body and mind, and heart, and spreads away from the body creating an desirable atmosphere. Where others are invited to visit. (I am invited to attempt) (I am inviting to attempt) I am sure some monks would say that desires are not healthy. They can obsess over the human mind. And then one will be controlled and blinded by something stronger than itself. And will still believe that he is the one in control. If he only would know that everything is just connected by the energy of eros. Eros is where we start and where we end. What we breathe. What creates purpose. Eros can be the energy of everything, not just a blindfolded cupid. So think about it, maybe erotics is this source of power. Not desires. But still not so well acknowledged. Imagine, what women and men could do with knowledge. Of this powerful energy deep within them, bringing it into action. Like gestures of kindness, care and love, and friendship, and intimacy. Or maybe even better --- a play. Creating games all around. And then maybe healthy desires. A desire to belong. A desire to communicate. A desire to be part of. A desire to act. A desire to create. Coming from Eros of bodily sensation to reach out, to touch, to be touched. To nourish and be nourished. To maintain and be maintained. (I am maintaining attempts) (I am maintained by attempts) You know, sometimes, I can feel how overwhelmingly sensual this existence can become. Then ----- breathing in ----breathing out -----... Creating another ritual how to use this sensuality. And make it accessible for everyone to use. (I am sensually attempting). At the end, I am just attempting to be part of something. Of nature. Of cosmos. Of communities. Attempting to become myself inside of something bigger than I will ever can be by myself.

And when it touched me, my skin began to peel off. And I began to lose myself. And pieces of myself. They were dropping on the floor. Becoming individuals with their own rights. Other than me. Strangers. Unknown and unfamiliar. However, our resemblance was clear. It could not recognise differences between me and other parts. Everything was still the same. Equally insignificant. The situation was not scary and kind of usual. Only when I saw parts of me dropping, only then I could understand myself as one unit. Unit that is constructed from different individuals, communities, colonies. All of them working together for one. To support. To keep going in lines and circles. Different parts were always thinking of each other. I was a community. Community of strangers. And when it would touch me it would always take something away from me. And give me. And loving communities would make me into one again. The dreams of a baby tree

If I was a newborn tree. Early on I'll be fascinated by one of the first attractions in the world of toys - a colourful, slowly moving mobile. What should baby trees build their world vision around? Carbondioxide? There's always an educational element involved. A bird? The structure never made out of wood. Comparable to a baby mobile from human bones

There is a bird in the street

Its sound is robotic. A car alarm making electronic bird sounds. That's what it sounds like. For a moment I considered calling the police. You can't call the police for noisy birds. "Hello police officer. I'm calling to report a problematic bird." Give them a laugh.

In a way of understanding

What would the ants do?

I've never been an ant before.

Would your life quality increase if I'd pour a jam of jar in between a loosened cobblestone?

Depending on your values and vision on life.

Today I am an ant.

The jam filled cobblestone is practically a way of announcing the worlds biggest ant colony festival. It would bring us all together.

Wouldn't the queens get in conflict concerning territorial interests?

It's not that they're female they'd make a drama. I suspect you of sustaining seksist thinking patterns.

O, thank you for raising my awareness.

Going our for a walk

What about the grown up trees? Geography classes. Always a pedagogic element involved. Never a walking tree. Out of sight? The greater is the zooming, the more precise are the coordinates. Their roots containing information on well being and well placing. After the night I fell asleep for the second time in the morning. This time I would divide a Snickers chocolate bar into two pieces. One bigger and one smaller. The topping crumbled between my fingers when I squeezed it, putting some strength into this action. And from my body heat the thin layer of sweet milk chocolate began to melt. My fingers were diving into the nougat while dividing the sweetness. Bits of its insides - the nuts, nougat and chocolate - began falling down. Caramel was stretching and covering the skin. My fingers were drowning into the nougate ven more. What fell down will be for the tiny sweet to oth having creatures.The smaller piece of the chocolate bar I would put into your mouth. Leftover piece would keep melting in my hand. I am not in the hurry to eat it. Just from the smell I could feel how sweet it was. My tongue could recreate such a familiar taste in my mouth. Almost unnatural sweetness. Almost annoying. I would watch you chewing this sticky mass of the mess. I would touch my lips with fingers covered in melted chocolate. The other time under the sun I fell asleep in the middle of the day on the couch. Smells of blossoms and soil became stronger after the rain.

Chapter Soft and hard red, vulva-like structure. Something small, something blue. Something small but white, radiating powerblue light exiting the vulva-like structure from the inside, taking a turn to the left.

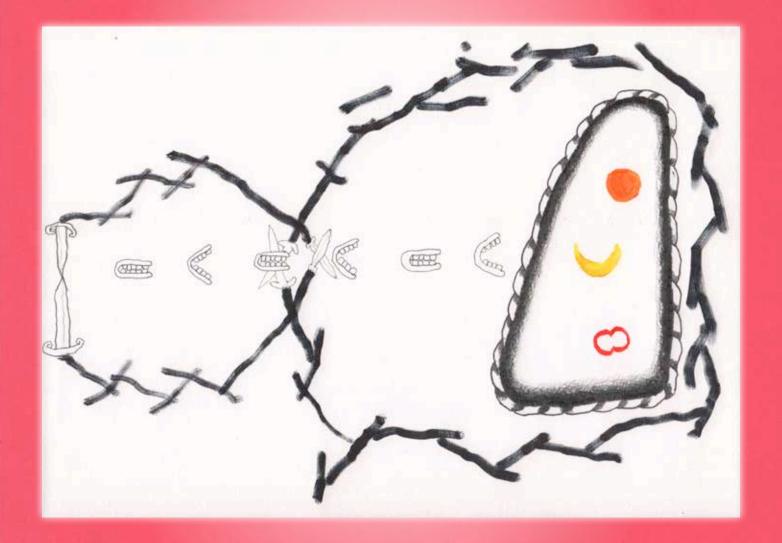
### Lesson 28

51\*02'36.5" N 3\*43'03.9"9 E When you find the gateway to Fantasia, share its coördinates with the world.

Lesson 29: Delicate caress for those in need of attention.



Lesson 30: Wait for the fruit to get real soft so the bites go easier for each party.



Getting eaten is way more enjoyable when soft near fluid.

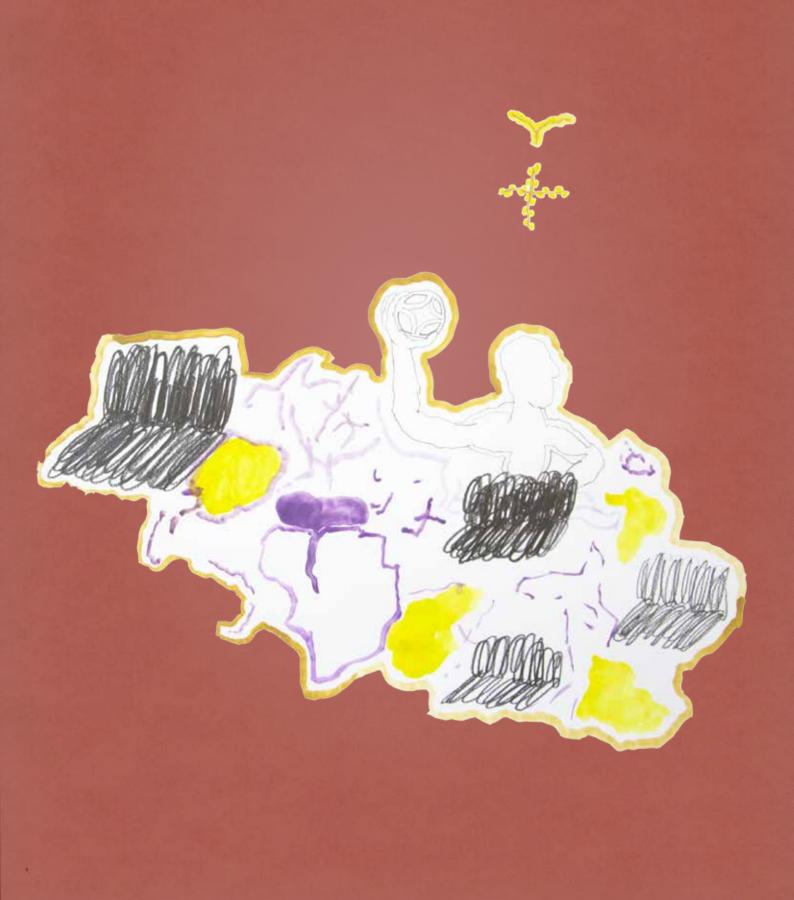
Lesson 31: Manifesting good times for everyone by making a gap in the air and projecting the thought of it into the universe.





Chapter Lion's head.

Lesson 32: Having dinner with your favourite object.



#### Lesson 33: Saying "smakelijk"\* for every time I forgot.

At the moment of this calculation I am alive for 24 years and 10 months. A human being can speak from approximately the second living year. That means I am able to say "smakelijk" for 22 years and 10 months now. Until I was 17, my parents would make sure I said "smakelijk" at every meal. After this, I tend to forget to say "smakelijk" a lot. Almost all my meals are shared with other people. (I'm so blessed for that, I know.) Let's say 90% of the meals I eat, I should say "smakelijk". And let's say that, in 70% of the cases, I forget to say "smakelijk". All in consideration, it means, that I forgot to say smakelijk in 70% of the 90% of all my meals in the past 7 years and 10 months. Eating we do 3 times a day. Which means, I forgot to say "smakelijk" for approximately 5408,6042977 times. I can say "smakelijk" 55 times per minute, which means, to make up for my mistakes of the past, I should say "smakelijk" for 98,338259958181818 minutes. I already did 7 of them.

At this moment I am alive for 8 more months. That's approximately an ammount of 732 more meals. I tend to enjoy alone-time much more often in the past months, so let's say I only shared 50% of my meals. That means I shared around 366 meals. Since the previous calculation my consciouss behaviour grew strongly, so let's say I forgot to say 'smakelijk' only in 40% of the 366 shared meals.

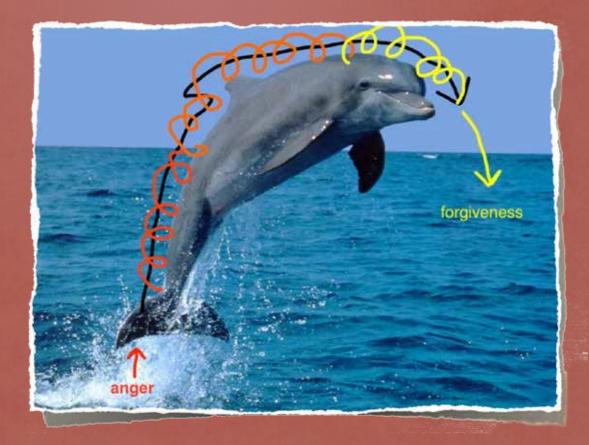
All together I forgot to say smakelijk another 146,4 times.

\* Smakelijk means 'have a nice meal' or 'bon appétit'.

Lesson 34: When the solution to a certain degree of friction would be to place blame on an external matter, always blame the dolphin.

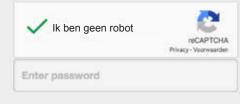


Thanks to their friendly shape, behavior, face and colour, dolphins possess the power to transform fixed anger and are more likely to be forgiven.



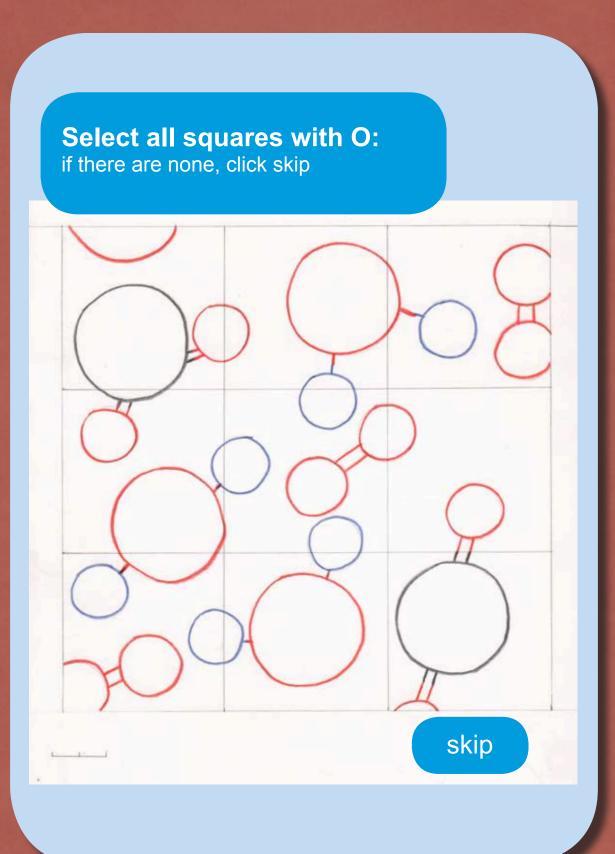
Lesson 35: Serving a romantic picnic for the local ants so they don't need to feel guilty about stealing mine.

## Lesson 36: Equal opportunity for mechanical persons.

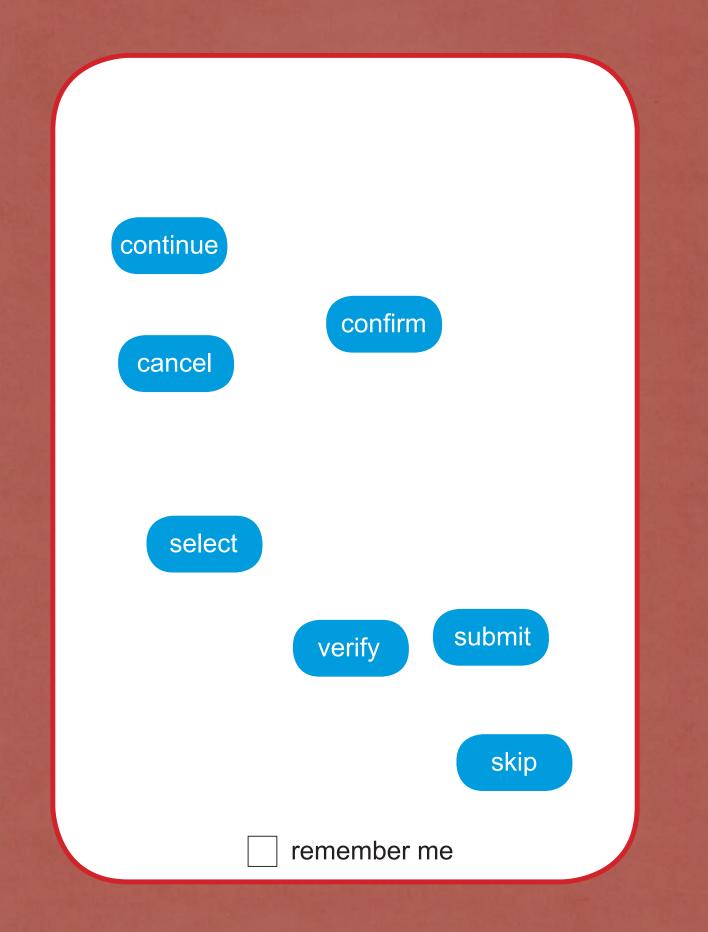




Lesson 37: Committing to mechanical persons playtime.



Lesson 38: Committing to mechanical persons feelings.



Lesson 39.1: Asking for help or advice.

Lesson 39.2: Learning how to be grateful and give thanks for received help or advice.

Thank you Galerija 101 for bosting our arms lenght residency. Thank you Margarita for inviting us. Thank you Deveny for making many of these images and for borrowing us your camera when we wanted to make them ourselves. Thank you Yorick for making high quality video stills. Thank you Jore, Lies, Stan and Yorick for being high quality shapes.

Thank you Lithuanian Council for Culture for partly funding Attempts To Be More Kind.

# Attempts to be more kind Chapter Big big wave

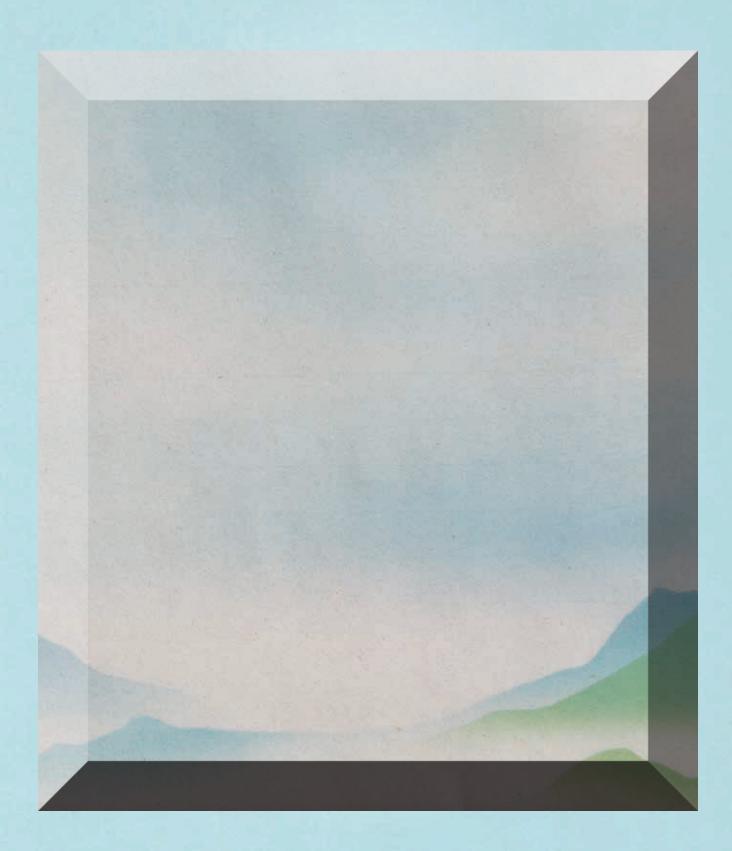
Lesson 40: Be more kind to the body by never ever fantasizing about dramatic bikefalls and thereby encouraging the universe to make it happen.

Higher Wibration			
Enlightenment	700+	A REAL PROPERTY AND A REAL	Expansion
Peace Compassion	600		
Joy	540		
Love	500		1
Reason	400		
Acceptance	350		
Willingness	310		
Neutrality	250		
Courage	200		
Pride	175		
Anger	150		
Desire	125		
Fear	100		
Grief	75		
Apathy	50		
Guilt	30		
Shame	20		

All is energy, thoughts and emotions too. We vibrate on a certain level and the reason we need to look at this now is the vibration in which our Earth is now vibrating. We need to adjust our level in order to feel good in the very near future. It is also important to be aware of vibrations when creating our own reality, wether it is about health, wealth or joy This is about Law Of Attraction.

Higher Awareness is the place to be if you would want to focus your time and energy on this work with yourself and with us all. We have great tools to help you in this work. Welcome!

Lesson 41: Drawing fruits and flowers for people to look at.



Or: Examining the mind/matter quality of vitamins.

Lesson 42: Attach mudra's to the handless.

42.1: Getting to know the mudra's.



Ahamkara Mudra





Gyan Mudra



Shuni Mudra



Apan Mudra



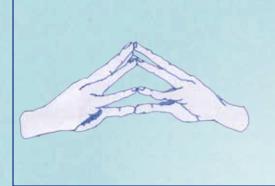
Acceptance Mudra

A mudra ("mudrā", "seal", "mark", or "gesture") is a symbolic or ritual gesture or pose in Hinduism, Jainism and Buddhism.

While some mudras involve the entire body, most are performed with the hands and fingers. Mudra's are used for many emotional and spiritual reasons.

They facilitate the flow of energy in the subtle body and enhance one's journey within.

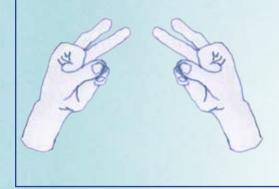
### Lesson 42.1: Getting to know the mudra's.



Hakini Mudra

Emotional / spiritual use

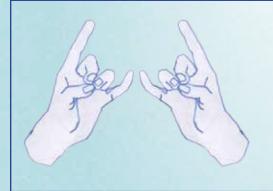
People tend to naturally put their fingers in this position while talking. This helps to concentrate.



Acceptance Mudra

Emotional / spiritual use

To overcome sadness or an unnecessary resistance to situations, this mudra can help to get into a mood of acceptance.



#### Apan Mudra

Physical use Moves energy to the periphery of the body.

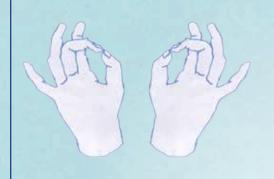
Emotional / spiritual use Gives energy and makes one more self-confident.

Backpain Mudra

Physical use

Back pain, and particularly of the lower back, can be a sore feeling. When muscles start cramping, it can become very painful. This mudra helps against this escalation.

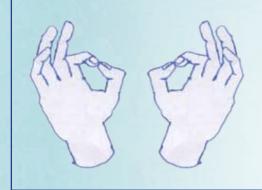
### Lesson 42.1: Getting to know the mudra's.



Shuni Mudra

Emotional / spiritual use

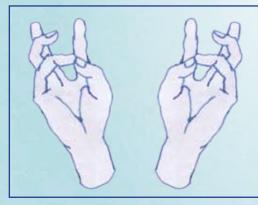
Helps being aware of the moment, and thereby makes one more patient.



Gyan Mudra

Emotional / spiritual use

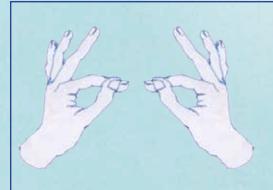
Stimulates the Root chakra, and grounds. Calms and improves concentration.



Bhudy Mudra

Emotional / spiritual use

Improves feeling and intuition.



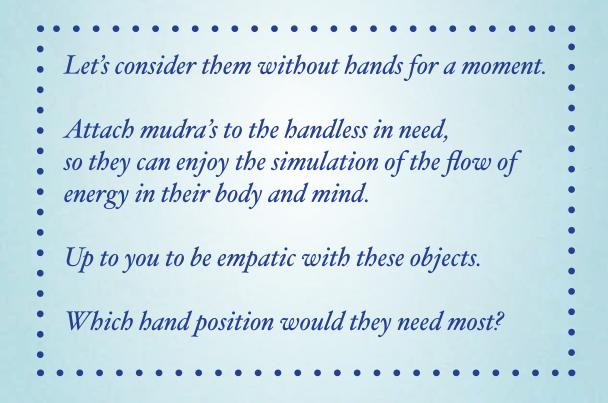
Ahamkara Mudra

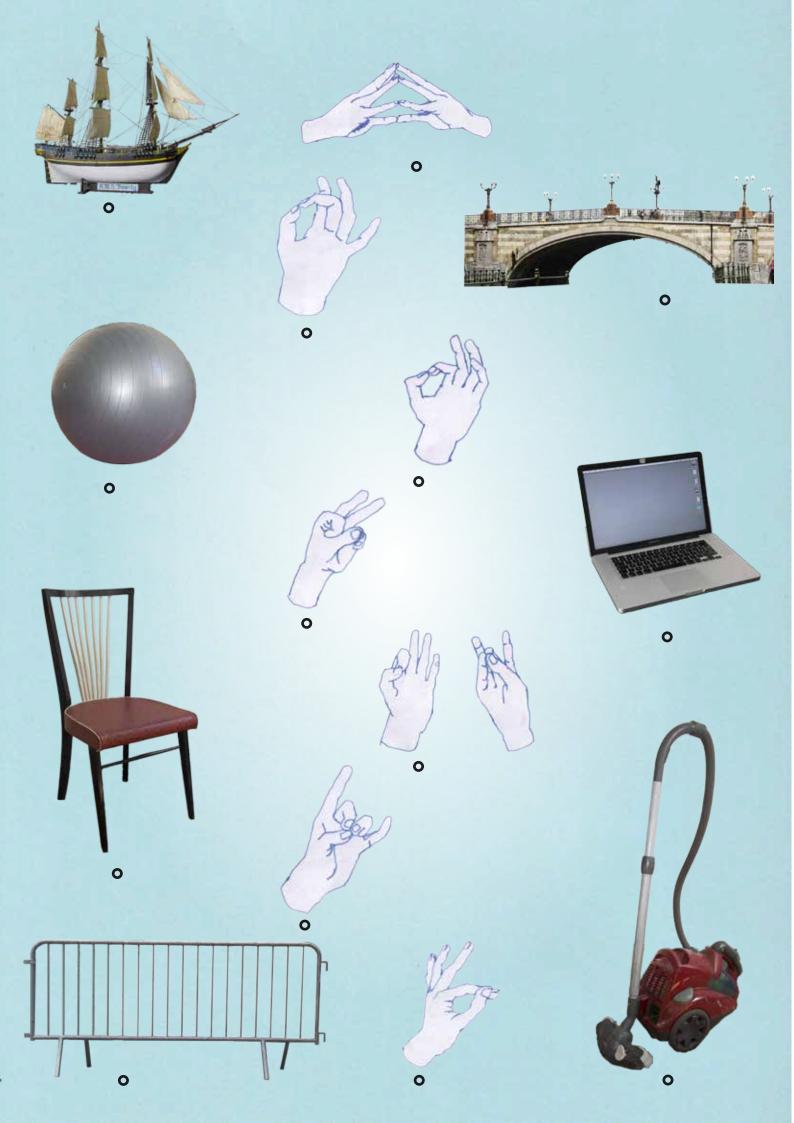
Emotional / spiritual use

Self-confidence and self-assertion. For counteracting fear and timidity.

Lesson 42: Attach mudra's to the handless.

42.2: Consideration of the handless.







Chapter Four human heads pointed towards the same direction, looked upon from an angle above.

## Lesson 43:



















An oxygen dance to celebrate all who convert carbon dioxide into air.







Lesson 44.1: Dust the plants in order for them to breathe better.







Lesson 44.2: Sing a dusting-song to the plants you're dusting in order for them to breathe even better.

#### Ik stof je af. I dust you off



# Lesson 45: Rolling a pineapple to purify public spaces.

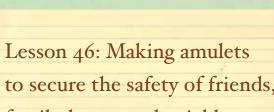
















to secure the safety of friends, family, lovers and neighbours

Lesson 46: Making amulets to secure the safety of friends, family, lovers and neighbours



Lesson 46: Making amulets to secure the safety of friends, family, lovers and neighbours



#### Sowelo

#### The sound of "ss"

Sowelo is the sun rune and it is feminine in nature. Since the sun is the best known healer I thought it would be a good thing to wear. Sowelo is often connected to the lightening bolt, to a flash of inspiration, and to ecstasy. It strengthens spiritual and psychic powers and talents, providing enlightenment and success through individual will. As a representation of the sun, Sowelo symbolizes that upon which all life depends.

Sowelo represents a higher form of joy, happiness and love. It is closely related to the heart and to the summer season. Sowelo symbolises a strong positive force and lifegiving warmth. Too little of it means lack of life and light, while too much sun brings drought and feeling of being burned out. Sowelo can resist death and disintegration and allow light to conquer dark. It promises good health, energy, clarity, optimism, confidence, and understanding. It indicates a time when power is available to you for positive change in your life. In matters of love, Sowelo is a wonderful rune to find as it promises joy and happiness.

In magic, Sowelo is used to gain energy, healing and strength. As an amulet it can be worn to increase vitality.

Lesson 46: Making amulets to secure the safety of friends, family, lovers and neighbours

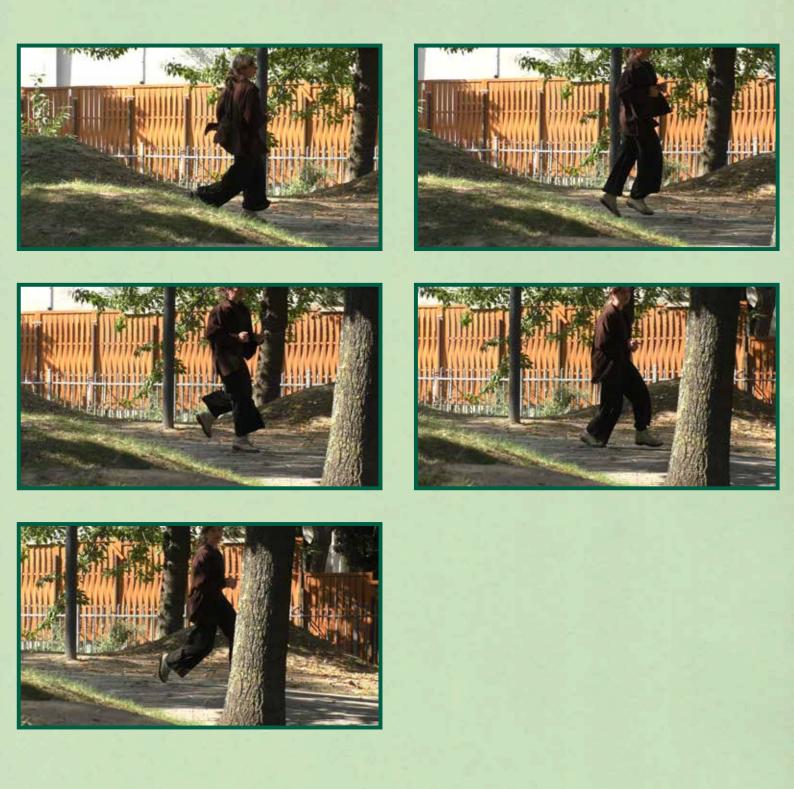


#### Inguz

The sound of "ng" as in "thing"

Ing is the horse god of fertility and considered to be a doorway to the astral plane. Both valuable reasons to hang this in front of the house. Also there's a possibility that Ing was an actual human who belonged to the nation known as the eastern Danes. Ing is certainly associated with Denmark. (My best friend who is half Danish has the best immune system I've ever witnessed. She never gets sick.) As a Talisman it is used to encourage good health and for protection of the home.

## Lesson 47: Running like a horse for the lovers of horses.



Lesson 48: Watering the heart in order to let it grow.



Chapter A shaky rootless hand entering from the right side of the image.

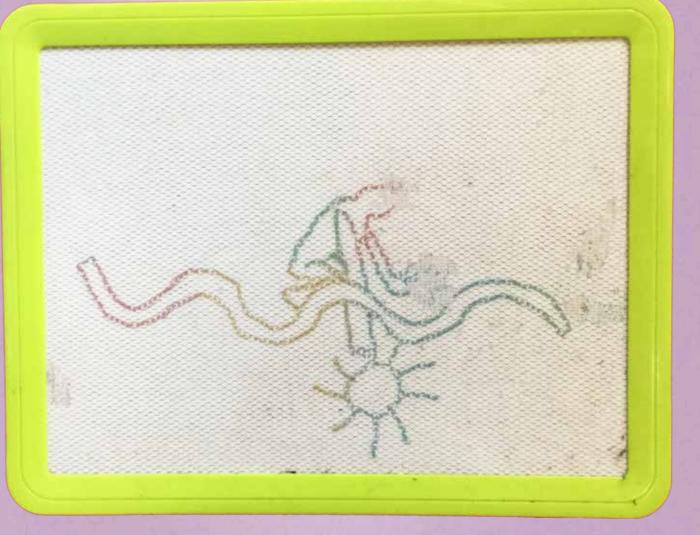


Lesson 49: Extra moons for the nights without moon.

Step 1: Find a moon shaped, moon coloured object.
Step 2: Find someone who owns a flashlight.
Step 3: Take the person who owns a flashlight, the flashlight, you and the moon shaped moon coloured object for a walk on a moonless night.
Step 4: Hold the moon shaped moon coloured object as high as possible.
Step 5: Ask the person who owns the flashlight to illuminate the moon shaped moon coloured object.

Lesson 50: Making extra suns for underwater creatures to enjoy.

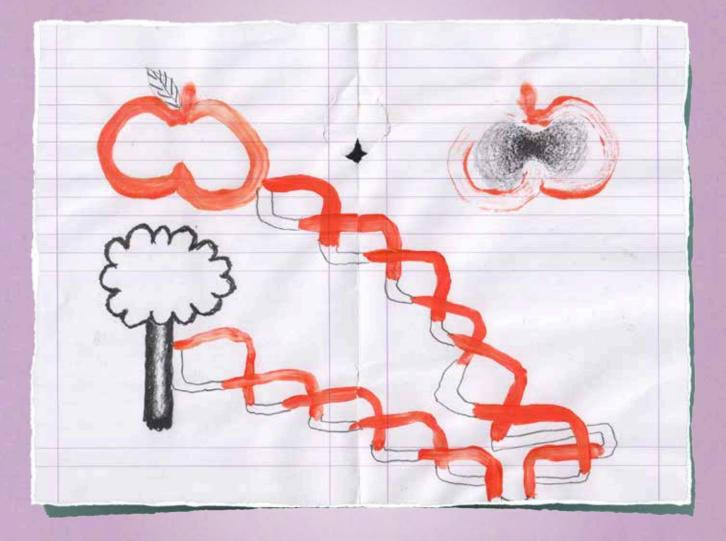
Lesson 50: Making extra suns for underwater creatures to enjoy.



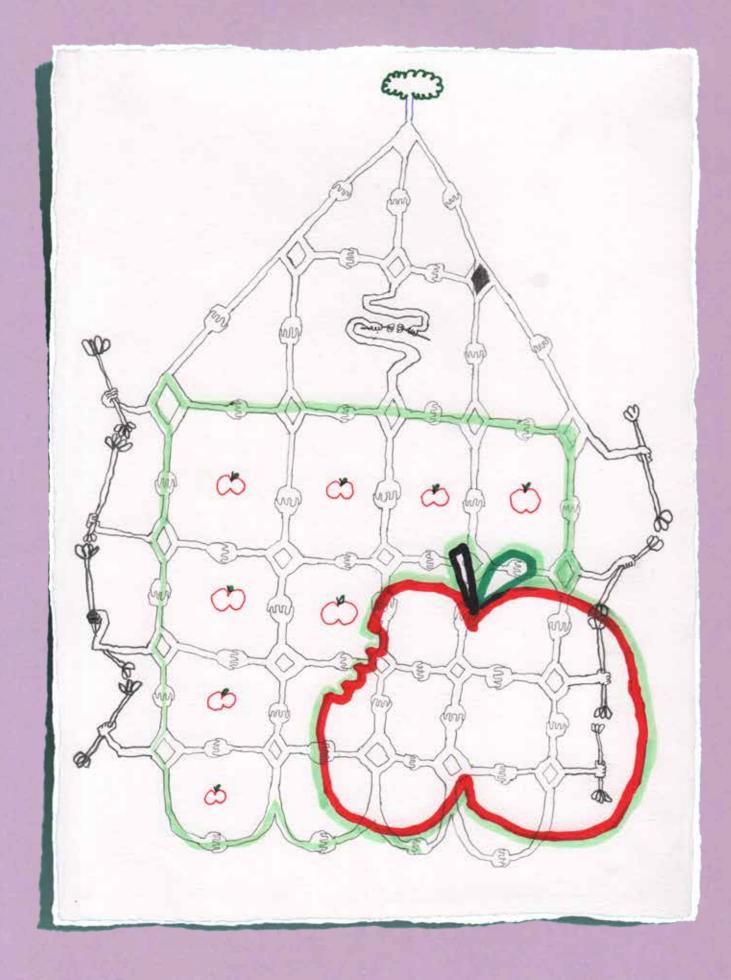
### Lesson 51:

Transforming - into + is more easy then the other way around.

In The Tao of Pooh, a book written by Benjamin Hoff in 1989, there is this part where Winnie has an encounter with a horizontal stick. However the way Winnie holds the stick, it doesn't stop being horizontal. Which really means the stick doesn't stop being a minus, a downside. Smart as Winnie is, Winnie notices soon enough that it is way more easy to transform the minus into a plus by holding another stick over it, then to make the horizontal-minus-stick dissapear. Lesson 52: Give back the apple to the tree.



# Lesson 52: Give back the apple to the tree.



Lesson 53: Placing optimistic tapestry to catch up fallen angels.



Lesson 54: Creating perfect weather conditions for a variety of desires.