

BAN KI-MOON
TERMS PARIS DEAL
'MONUMENTAL
TRIUMPH' FOR
PLANET EARTH

The Times Of India, December 13, 2015, Online

TRUMP PULLS U.S. OUT OF
PARIS CLIMATE AGREEMENT

NBC.com, June 1, 2017, Online

The
Story
of My
Foggy
Mind

Naz Bescan

*This text is written in a state of foggy mind and not edited afterwards.

Can we please turn the music off??!!

When there is music on in one language and people are speaking in another, I understand nothing. Same goes for reading in a language, I cannot listen to music in a different language. Seriously sometimes I cannot listen to any music at all. There are too many notes, too many different sounds, too many lyrics. Too much poesie. Lying in bed and just listening to it: That is pure joy. But listening to the music walking to the tube, that is tricky some days. Don't even mention the podcasts. Seriously how can one concentrate on a serious interview while dicing onions?

- Multi-tasking is not good for me. I know it is a crazy thing to say in these contemporary times. But here I'm saying it:

' I'm not a multitasker'.

And my foggy mind is to blame.

Sometimes I get ridiculously silent.
Those are the times that my brain
is short-sighted. My mind becomes
a big smoggy cloud. I cannot see
further.

My brain can only take so much.

This happens when I'm at a
dinner and there are multiple
conversations going on around
me. I always fail to prefer one
over the other, fail to sideline
the uninteresting one. I end
up hearing everything at that
moment, but hearing nothing.

This also happens when I am seeing
something or place for the first time.
This happens while visiting exhibitions,
where I want to focus on art but there is
also text and there are people around so
I have to put them into an order to deal
with them. This happens in cities where
I have never been before. Trips during
which I want to take in everything. It
is has to do with my obsession with
remembering. And it has to do that my
brain fails to filter. I am most of the time
seeing too many details. Hearing too
much of sounds. These are the moments
when I become a total introvert, even
though I am definitely not a one,
because I just cannot add on another
layer of stuff to process.
This did happen in Shanghai.

LEADING WELLNESS INSTITUTIONS ARE ALREADY CREATING
RETREATS AIMED AT CLEARING FOGGY MINDS.

My foggy mind.

Makes some days more difficult than others. Sometimes even walking down the road from my usual bus stop to home is too much. There are so much stuff going on simultaneously in a city like London. Somedays it is such a hard work to concentrate. If I was telling this story to you in person believe me I would be pausing every now and then because I got distracted. Sometimes I get distracted quite easily.

But when I manage to concentrate, when the fog dissolves, then I am unstoppable. Nothing distracts me. I finish one task after another. I love making myself checklists, because I check things off of them so fast.

Until the smog invades again.

MINDFULNESS AND MEDITATION

I am so grateful these are trends now. I am the typical yoga girl. I try to apply the rules of mediation to everything. I do the quite intense Jivamukti yoga at least three times a week. It helps me cool down. It helps my mind to cool down. Some days it never works. I feel completely detached from the bodily experience of yoga, being lost in the brain fog. Some days it works so well, I feel like it is the main thing that keeps me sane. Apply mindfulness to anything you do! I am so happy these are trendy now.

Or maybe I am not.

COLOPHON

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