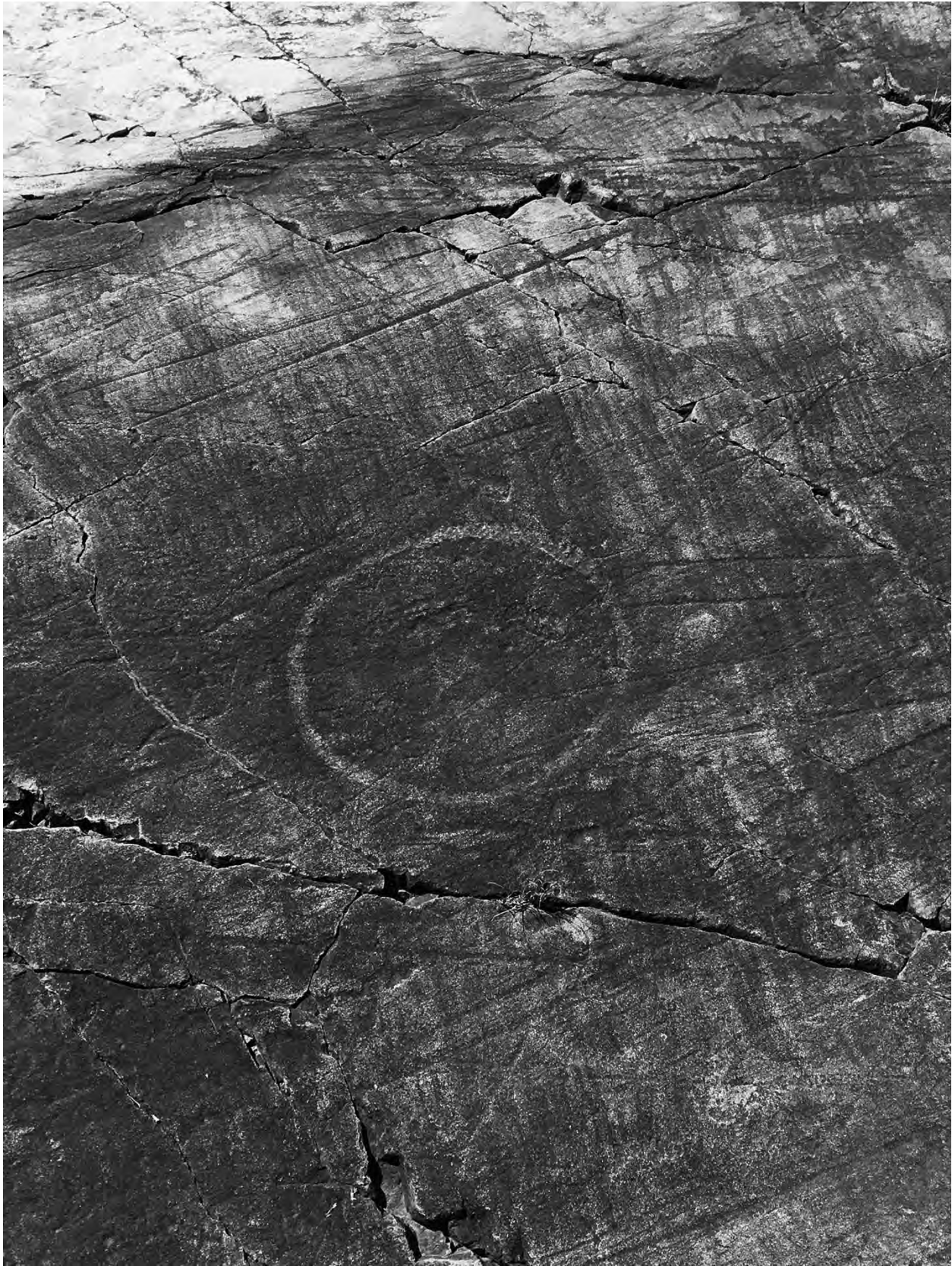




Treader

Instruction Manual

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NEW CLOCK DESIGN

Take a length of rope

Knot the rope at even intervals

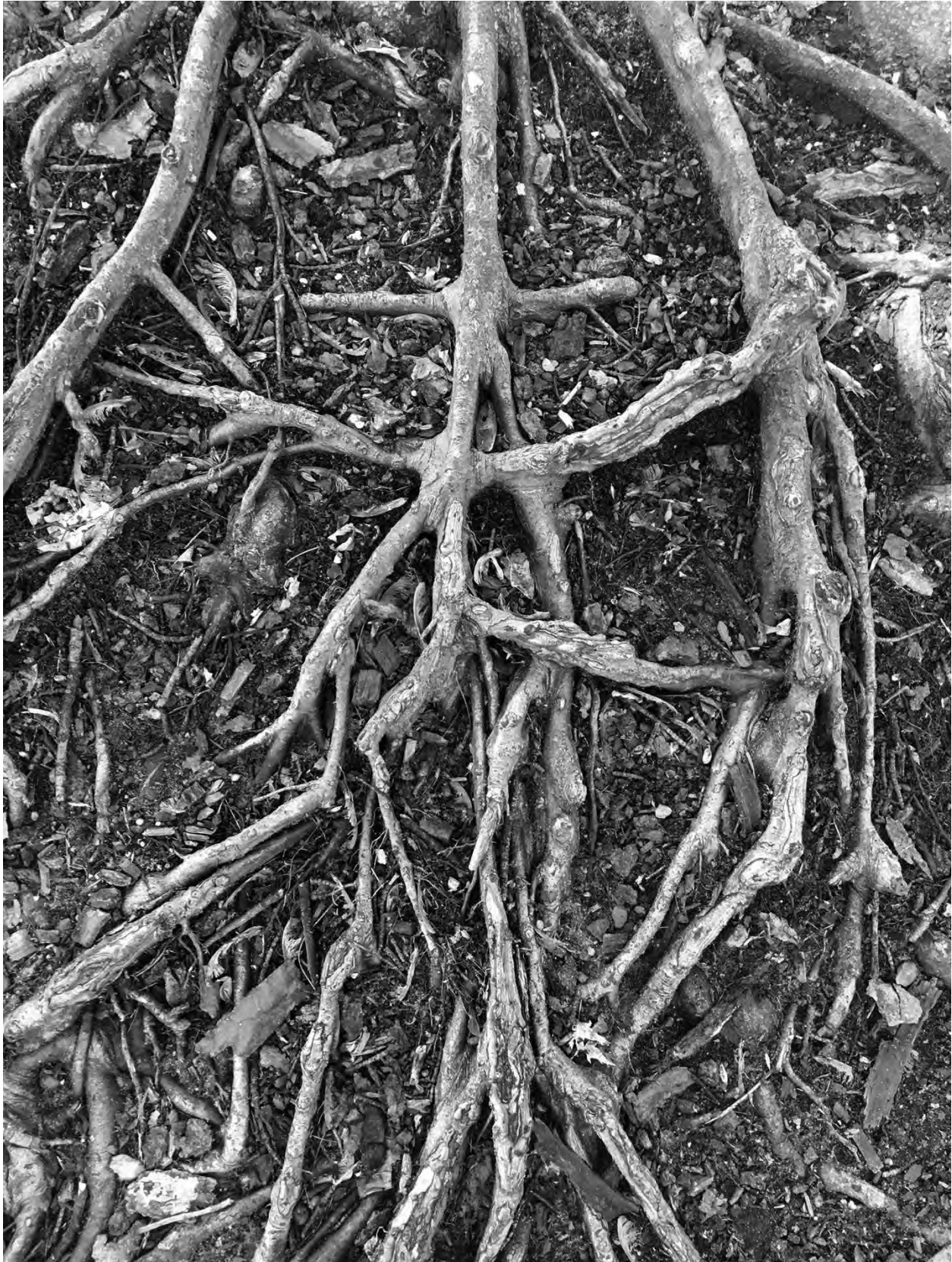
Swallow one end of the rope

When this end passes through and out of you,

tie the ends together, forming a knotted loop

that infinitely cycles through you

Let its contours define the rhythm of your days



BUDDING

Your left and right hands learn a secret handshake

Remove your right arm and place it in a glass of water

Do the same for your left

When each arm grows a body, take the left arm of the
right-arm body and right arm of the left-arm body
and test the secret handshake

Repeat until the handshake is no longer known and
mate the bodies



MOAT

Crawl on your knees in a circle

Crawl this path wearing down the ground below you
until a deep ditch engulfs you

Crawl until you pour sweat from the effort and the
sweat fills up the circular trench

Crawl until the sweat engulfs you and you must swim

Swim until your arms give out

With the last of your strength, drag yourself out to
the reprieve of dry land at the center



DIRT ANGEL

Lie on the ground and stretch your arms and legs wide

Wiggle them a little to make an imprint on the earth

Stand up, and stick a spike in the belly button of the
dirt angel

Attach a string to draw a circle around its body

This is your new plot

I hope you chose wisely, because this is the only land
you can ever exist within again

You are the keeper and prisoner of this parcel,
which extends infinitely deep and infinitely high



BODY OF WATER

Wade into the water until you are completely submerged

Open your pores wide and let the water flow in and
saturate you

Now your entire being ripples at the slightest disturbance

But you forget so quickly

So let time pass, years maybe

Until you're jostled from your place

Washed ashore, let it all pour out of you

From here on out, things slide off



SPIT FRUIT

Go to the field and harvest the plant's seeds

Soak the seeds in a solution of dog spit

Take those that sprout and return them to the field

Water them with your spit until they bloom

At the full moon, on all fours, harvest their spit fruit



MASS

Gather stones

Place them in your mouth one at a time until you can't speak

Continue until you can't breathe

Swallow the stones to make room for more

They will pool in your chest, grinding against each other,
hardening into one solid mass

Carry the mass in your chest until you've grown so
accustomed to the pressure you nearly forget it's there

When you cough up a pebble, it is time to dislodge the mass

Hammer until it breaks into many pieces

Throw up the fragments until your breath flows freely again



SUPPLEMENT

Find a smooth piece of iron small enough to fit
under your tongue

But put it under your right arm and squeeze it
against your body to hold it in place

A thick layer of skin will grow over the iron pebble,
which will retreat deep into your body

Your blood will thicken and slow and will rust if you
drink too much water

So, place a piece of gristle under your left arm,
which will quickly absorb and polish your veins



FREQUENCY

Offer one of your ears to a wild dog

If the dog buries the ear, the ear will emit an underground hum

Use its partner to follow the frequency until you find

the place it is buried

Dig it up and rejoin it to your head

If the dog eats the ear, the ear will emit a spiraling scream

Listen to this song of dissolution until it fades

And your ear's partner withers and falls from your head

Bury this ear



MEENEENG

When speaking during the daytime, replace all vowels with “ee” sounds

Geed meeneeng

Spoken on an inhale

When speaking during the nighttime, replace all vowels with “oo” sounds

Doork ooz thoo nooght

Spoken on an exhale

At dawn and at dusk, each vowel is normal, but syllables are pronounced on alternating quick huffs in and puffs out



SPLINTER

Lie down on the dirt and invite the ants in
Let them tunnel through your veins
And let your mind bend to the will of the colony
Every splinter of your self brims with potential
With this revelation, remove fragments of yourself
and scatter them wherever you go
When you have shed so much of yourself you can
no longer move on your own
Allow yourself to spread out further, in tiny pieces,
on the backs of ants



ALGAE ARK

Lean over the puddle until your face touches the warm water
until your eyeballs meet its thick surface

Rest here, and feel green and black blooms spread across
your corneas

When the puddle dries, you are nearly blind

Stand up and blink often

The blooms spread through your sinuses, quicken in your
throat, and team in your stomach

Wandering the desert, they nourish you, the algae ark



TIDES

Every day at dawn, pluck ten eyebrow hairs,
starting with your left eyebrow

As the days progress, work your way across
your brow toward the right

When you reach the end of the right brow,
you will have completed an eyebrow tide

Your body will begin to replicate this gradient
of bald to bushy on its own

The hairs will retreat into your skin and
reemerge in waves, thickening in the process



TREADER

Using caution so as not to tear any flesh,
sew both eyelids closed

Repeat process for nostrils, mouth, and ears
(each ear folded forward onto itself)

With senses directed inward, proceed through life inside out

The once hidden labyrinth of your self is now terrain you tread

The external world, an unnamable void,
now comprises your being