

Submission Time	Where did you find this booklet? (zine)	What question did the zine ask you?	And how do you respond?	How do you develop your sense of inner peace?
2022-11-05T16:09:54Z	summit path	can't remember. maybe "are you feeling dragged down?"	i'm tired and feel down about being tired, but going slow gives me the space for self-care.	i pause and i pray and i involve myself in peaceful activities and groups.
2022-11-13T03:11:57Z	Boston td public garden	Have you realized you're going to age and die yet?	Yes	I'm still working on that
2022-08-22T19:53:20Z	It was given to me	Have you realized you're going to age and die yet?	Yes, I think about that all the time. Especially as a woman in her 30s	Keep busy with things in my life that make me happy. Take care of myself. See friends and family
2022-11-15T16:45:22Z	Dwight St, the South End	Why does rest feel like a forced March? (Roughly)	I'm good at sleeping!	
2022-06-24T01:11:41Z	Is Trauma a growth oppurtunity?	Im sorry i submitted it to early		I wish I had inner peace but I still haven't achieved it. I've only recently reached out to get help. But every now and then I stare at the stars even though I live in nyc. And spot the airplanes and the starless sky. Because there is nothing out there.
2022-06-27T18:01:20Z	At my work Passional on south st	Do you have a stuffed animal you love?	Yes I do, I have plenty of stuffed animals I love	By meditating and letting my inner child out every so often
2022-08-26T23:13:20Z	a friend			
2022-07-23T01:16:48Z	Trauma. On the sidewalk along New Hampshire NW, DC	Is trauma a growth opportunity?	I think it can be	Draw, zone out. Yesterday I almost got hit by a car on my bike so I played Tetris when I got home. I've heard it lessens post-trauamtic stress.
2022-06-19T22:48:46Z	Ossining	It was not there :(It was not there :(It ghosted me :(
2022-11-08T02:28:21Z	my apt	Is trauma a growth opportunity?	yes	knowing that my growth is imminent and I keep the mentality to hold tightly and let go loosely.
2022-06-23T22:51:30Z	Ghost at house crispus attacks park DC	What's your sleep schedule like?	Messed up	Deep breathing. All is temporary.
2022-11-16T20:16:53Z	Museum of Fine Arts	Is trauma a growth opportunity	It depends	Going to museums
2022-08-24T02:31:30Z	sadie	is trauma a growth opportunity	i guess so	medication and friends
2022-08-19T03:41:44Z	It was given to me at a life drawing session	Is trauma a growth opportunity	It can be. It depends where you are on your journey, and if you're able and willing to act on the opportunity.	I frequently step back and review decisions I've made and how I feel about them. I acknowledge where I am, and reflect on if things are still serving my needs.
2022-11-14T11:40:40Z	At the art conference	Have you realized you are going to age and die?	I have all my life and make sure I have a balance of having fun, doing things I love and also work to support myself and my family. Ultimately, if you don't enjoy life it's a big waste. Life is a blank paper - you can make it into a paper plane and fly or burn it.	Read comics, have hobbies, listen to cathartic metal music like Dying Fetus and Napalm Death and be nice and fair to people - and having a great wife and dog is best
2022-06-27T17:29:27Z	what's your sleep schedule like? south st, philly	i guess it asked me if i walk late at night when i can't sleep	i can't cuz i'm a woman	i haven't found out yet
2022-06-19T23:54:49Z	Sleep schedule	What's your sleep schedule like?	Too little, too irregular.	Running through nature and walking through cities.

2022-10-08T02:50:42Z	I went to first Friday in Boston and saw your work	What's your sleep schedule	I thought it related a lot to me and how I have a very unhealthy sleep schedule	I try to remind myself to get back to my apartment before 12am and get to bed before 1
2022-11-14T16:24:43Z	In a restaurant!	What's your sleep schedule like?	Perfectly nocturnal I prosper by moonlight alone.	Creating my films & art - www.houseofhasara.com
2022-11-20T16:17:17Z	Starbucks (old exit 17)	Is trauma a growth opportunity	I don't think that's its primary purpose. But I believe it can be a learning experience and can lead to growth	Deepen relationships
2022-06-22T23:00:56Z	Ghost at House in Shaw	Have you realized you're going to age and die yet?	Yes, and I'm thankful for it.	Surrendering to the unknown.
2022-06-23T11:42:58Z	Mount bethel church	Weather I'm being wrongfully validated or am I not enough in societal 'norms'? Maybe Peter Pan has it right after all? Is there a elixir of youth that I can prescribe to? Other than alcohol?	Immediately after reading I tuned into Listening to Julie by Lauv and woke up hard and the song How do you sleep? By sam smith realizing and praying to start anew day	Prayer, universally faith not specifically, based on life experiences things work out, reminders I'm not alone in this, universal laws of love,..keeping curiosity alive committed to unconditional love hoping that I never get tired of starting over not clinging on life and not letting death be feared of and not allow these lonely feelings of mine to berate my self worth.. even though there are people that wanna do more damage than anything.. I'm a love builder and a hope dealer and sometimes a fearless sober warrior.. the minute I stepped out in the rain I just knew I'm in a wwi trench of recovery that spiritual feeling of Paris in the rain.. and sunshine just hours in hours in the hearts and minds.. of friends and lovers and others,.... Sometimes death gives me serenity more than life like after a funeral of a friend or family and find love in a gem stone of appreciation to life as someone said lucky to be on the other side.. but life does take these risks.. and I have to admit it's worth it.. I'd rather have someone to die for rather than thinking of tossing my life over the bridge of no worth... hope that makes some kind of sense.. and serenity mantra. Which is serenityx3 couragex3 wisdomx3 and if you need and extra love x3 peace x3
2022-11-13T03:15:37Z	Downtown boston	Do you have a stuffed animal you love?	Yes!!!!	By making peace an integral value in my life
2022-06-21T17:33:49Z	On a street corner	Do you have a stuffed animal you love?	I did at one time	Long walks, drawing
2022-07-14T03:31:06Z	What's your sleep schedule like, Q and 1st nw	What's your sleep schedule like	Binged	Lovemaking
2022-08-18T23:23:57Z	Nika gave me	Have you realized you're going to age and die yet?	Yes	By continuing to live

2022-06-24T01:07:15Z	Is trauma a growth opportunity? It was capital hill where I was given it. You said that it was my hair but when you were giving it to me all I was thinking was that happy that you came up to me. I thought you were cool	Is trauma a growth opportunity	I think the person that I am today was only grown through trauma. I feel like the only reason people like me now is because I learned how to become likeable because no one liked me before. I remember every person I ever called best friend and now I refuse to say it. I'm afraid that once I do I'll jinx it and I'll be alone again. Eating alone, going out alone, smiling alone.	
2022-11-05T16:45:24Z	summit path	can't remember. maybe "are you feeling dragged down?"	i'm tired and feel down about being tired, but going slow gives me the space for self-care.	i pause and i pray and i involve myself in peaceful activities and groups.
2022-06-21T18:00:53Z	Sleep	Why rest feels forced	Heat	Meditation
2022-11-12T20:03:23Z	Humble healings	Do you have a stuffed animal you love?	Yes!	Meditation and art
2022-08-24T01:58:03Z	Given	Have I realized I'm going to die	Yeah I'm aware	Realizing what I can and can't control
2022-10-31T16:04:04Z	art teacher	"have you realized you're going to age and die yet?"	no, i'm immortal	music
2022-10-21T15:40:38Z	Pasted to electric box	Are you hurting	Somewhat, but i wont give up trying to turn that around.	Create everything
2022-07-30T21:15:43Z	Trauma	Is trauma a growth opportunity?	Yes, but not one to judge progress by	Continual reminders that the sun will rise again tomorrow.
2022-08-08T06:37:54Z	Found a few on the web mostly here.	To many to remember	Briefly	Music, art, books, meditation and sleeping every once in a while., fishing
2022-11-07T20:02:17Z	In an art gallery	Do you have a stuffed animal you love?	I don't have a stuffed animal, but I do have a baby blanket	I take some alone time for myself, or take a nap
2022-11-08T12:24:02Z	SOWA	Do you have a stuffed animal you love?	Yes, a small blue elephant named Henry Franklin	Expression, food, softness
2022-11-05T14:00:56Z	On a fire hydrant near Davis Square, Somerville	Do you listen to the same music over and over	HELLZ yeah	In all honesty, poop yoga ; a nice wholesome shite
2022-06-22T22:16:42Z	About sleep	Why resting feel like forced march	Because it is something we have to do and it is Involuntary action	I like listening to gospel
2022-08-26T22:47:35Z	Back of a menu at majestic bar	Have you realized you're going to age and die yet?	With death	By dying
2022-07-27T01:07:31Z	is trauma a growth opportunity?	is trauma a growth opportunity?	i think it absolutely is, i think people with trauma (almost all of us, no?) learn to experience the world in a more intentional, less self-absorbed way!	listening to music, looking in the mirror!
2022-08-26T21:14:07Z	Someone left it on my work's counter top.	What's your sleep schedule like?	It is very random, some days I'm down by 9 pm some days its1 am.	Still trying to figure that out. Being grateful for every little thing.
2022-11-15T17:53:26Z	at my job, armsby abbey in worcester mass	what's your sleep schedule like?	not well b*tch :)	i cuddle my cats
2022-07-21T22:38:47Z	Ghost at House	Do you have a stuffed animal you love	No I hate them	I kill
2022-11-14T22:44:41Z	MAEA conference	Have you realized you're going to age and die yet?	Yes, at age 45 I have stopped dying my hair and the grey is coming in strong	Working on it