

Astrid Elouise Bell

How to find a non-missing find

This little book is devoted to the Search Party,

Lorenzo, Ingrid, Sigrid, Lotte, Sasha, Sascha, Matz,
Yasmine, Stan, Marizó, Villi, Gerome, Juan Pablo
Plazas, Dicte, Emily, Isa, Ísar, Xandri, Celia, Linus,
Markus, Chloe, Sarah, Thit, Mariana, Bryan, and
Diogo.

You've found my heart.

How to find a non-missing find

1. Remember where you last had it.
2. Remember who you were when you lost it.
3. Ask a friend if they know what you are talking about.
4. As the sun is rising write down all the things you are looking for
5. Type what you think you lost into the computer and see if there are any results.
6. Return to the person you were when you lost it.
7. Find something and act as if it is what you were looking for it all along
8. Put it down.
9. Close your eyes and plug your ears.
10. Relearn how to see.

11. Work on something else with the sense that something is missing.
12. Make eye contact with someone and honestly ask them if they understand what you are looking for.
13. Take yourself for a walk. Let your eyes drift from the sky to the ground.
14. Wait for the snow to melt.
15. Perform a short choreography.
16. Make a missing poster in comic sans with a clear image of the find.
17. Flip through a book you find, and underline words that remind you of the find.
18. Stand in a tight circle with the people around you and see if anything comes to mind.

19. In the morning take something you haven't lost
and ask someone else to look after it for the day
20. Listen to the sound of the earth turning.
21. Clean the house.
22. Dress yourself with the intention of finding
something out.
23. Realise there is a little rock in your shoe and
remove it, keep the small stone with you.
24. Experience a rapturous disassociation.
25. Light a fire at the base, as it swells and burns
think of what you miss.
26. Fantasise about your life with the find.
27. Follow the pigeon into history, look for your find
from a bird's eye view.

28. Draw a short map of the places you are certain you know.

29. Think of a long hot summer.

30. Look at the back of your hand.

31. Talk with the people around you, focus on their movements as they speak, they may be pointing toward what you are looking for.

32. Go from one room to another, opening and closing doors.

33. Step into the kitchen, stand with your hands by your side and say: "I can't remember why I came in here!"

34. Close your eyes and move intuitively.

35. Take yourself to a body of water and shiver in it.

36. Retract yourself from obligation.

37. Stand in front of the mirror before you shower
and gently ask yourself if you remember what you
lost.
38. Get some rest.
39. Get a job at your local supermarket and take
stock.
40. Organise a search party by word of mouth.
41. Leave the house with an empty suitcase, feel
your muscles remember the weight of the find.
42. Say nothing for a day. You might hear what you
are missing.
43. Retrace your steps.
44. Turn the lights off and fumble in the dark
45. Give away as many things as you can.

46. Consult with a local writer and director, produce a scene in which you experience a breakthrough.
47. Ask Juan Pablo Plazas.
48. Acquire a job at a local building, take initiative and offer to organise the lost and found.
49. Schedule an appointment with a doctor, acquire a diagnosis.
50. Talk with an old friend, become lost in familiar conversation.
51. Walk along a road with one arm outstretched and your thumb up. If a car stops, they will let you in and ask “where are you going? Reply with “Wherever you are headed” you may find yourself lost.

52. Peel an orange, divide its segments with your hands and lay them on the table, are there any familiar shapes?
53. Sit in a friends lap with your arm around them and ask them what they know.
54. Mourn all the different versions of your life with the find.
55. Lie to yourself about what you have lost.
56. Consider a journey back home.
57. Get to the bottom of a staircase, go up again and feel triumphant.
58. Get happy with the fog.
59. Tie a few knots.
60. Read me that part a-gain where I dis-inherit everybody.

61. Organise something to fall back on
62. Open the door to a car and sit in the driver's seat, look for it through the rear-view window.
63. Kind-heartedly offer to help someone else for the day.
64. Ask yourself unnecessary questions.
65. Lose yourself in conspiracy, go deep enough that you forget how it felt to look for what you were looking for to begin with
66. Place your knees in your shoes and search from your new height.
67. Start digging holes.
68. Listen to a song that meant something to you when you were younger.

69. Protect informality and ask a stranger like they are a friend.
70. Count backwards from a big number, stop before you reach 0.
71. Knead some bread for the people around you.
72. Remember that memory is not a recording device.
73. Let the river flow.
74. Look for it like your mother would.
75. Gather around a watercooler and weave your missing thing into the office chit chat.
76. Familiarise yourself with exit strategies.
77. Find a hat that makes you feel like a classic detective.
78. Tread water

79. Play any instrument you can find passionately.
80. Rifle through your most used carrier bag
81. Ask someone who doesn't speak your language for help, become lost in translation.
82. Memorise the nautical language of semaphores, each morning stand on your roof, signalling for search.
83. Extend your hands like you are about to catch something.
84. Begin again as the sun sets.

