

Key:

- (^) Inhale
- (v) Exhale
- (·) Pause
- (—) Hold
- (↑) Upward Retention within Hold
- (X) Shake

A1 00:05 – 01:56 J= 75BPM | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | (1:26)

Inhale through nose

Exhale short burst through nose

Squeeze Fists

Squeeze Toes

Squeeze Perenium

Pressure into Ground with Feet

1. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
President elect Donald Trump declares culture war on trans people, so I start trying
2. ^ · | ^ · | ^ · | ^ · | ^ · | ^ · | ^ · | ^ · | ^ · |
to buy a gun and teach a self defense class for transsexuals.
3. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
All of a sudden I'm really leaning into my man-ness, but not in the usual way where
4. ^ · | v · | ^ · | v · | ^ · | v · | ^ · |
I try to be cis as a durational performance.
5. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
I have to bring it all together now because I have to survive and be steady and be
6. ^ · | v · | ^ · | v · |
love and not be run by fear.
7. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
I'll start something called The Trans Survival Network, which I say is an attempt to
8. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
build something that is in between avoidant and alarmist.
9. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
It is for people who feel the increasing necessity to decouple from the systems
10. ^ · | v · | ^ · | v · |
we are used to relying on.
11. ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · | ^ · | v · |
I feel certain that in order to become the resources we need, we have to accumulate and collaborate.

12. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . |

The TSN is prepared for fallout without anticipating it; this collective will run

13. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

collaboratively, with decisions made by consensus.

14. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . |

All new members should be agreed upon by majority vote.

15. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

I begin to imagine myself as an armed revolutionary; I'm assessing my friends for their skill sets.

16. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

Among us we have a queer cocktail historian, a couple of poets, a graphic designer

17. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . |

an experimental musician, a social worker, a weed dealer

18. v . | ^ . | v . | v . | ^ . | v . |

and a few chronically ill academics.

19. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

It seems obvious I will need to get a gun, and to learn how to shoot it.

20. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . |

I need to renew my passport, so I'll have to deal with that too.

21. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

I've been frustrated with so many of my white, queer, northern, upper middle class

22. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

compatriots who spew escapist fantasies of political exodus to Canada or other

23. ^ . | v . | ^ . | v . | ^ . | v . |

imagined western European utopias.

24. ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . | ^ . | v . |

I remind them Sweden practiced forced sterilization on trans people who sought gender

25. ^ . | v . | ^ . | v . | ^ . | v . |

affirming care from the state until 2013.

26. ^ . | v . | ^ . | v . | ^ . | v . | ^ . |

But I should still have my passport. Just in case.

B1 01:58 – 03:41 J=60BPM | ^ ^ ^ ^ . | v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | (2:30)

Inhale through nose

Exhale through nose

Eyes Open

Gaze Soft

Jaw Heavy

Shoulders Back and Down

1. ^ ^ ^ ^ . | v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v . | ^ ^ ^ ^ .
Soon there will be a moment where you're on your back in a big cathedral room
2. | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v
and you'll have spent so many days nourished that you'll temporarily believe
3. v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v
. | you're doing ancestral lineage work for all the stressed out mad women in your family
4. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ .
| v v v v v v v . |
lost in diaspora and taunted by too open mind portals, and/or aka poverty and patriarchal violence.
5. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ .
| v v v v v v v . |
You'll get so lost in this feeling of deep good body comfort you will end up uncritically
6. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ .
| v v v v v v v . |
writing in your prospectus that you were relaxing and experiencing pleasure in a way no one in your lineage
7. ^ ^ ^ ^ . | v v v v v v v v . |
had likely ever been able to do.
8. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ .
| v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v . |
Which all members of your committee will highlight and probe, and you'll remember the conditions of this relaxation were ideal,
9. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . |
at least from a consumer experience perspective.
10. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . |
And you'll remember the conditions of relaxation for your ancestors were not.
11. ^ ^ ^ ^ . | v v v v v v v v . | ^ ^ ^ ^ . | v v v v v v v v . |
| ^ ^ ^ ^ . | v v v v v v v . |
They might feel a little envious of your luxuriant happy baby, but they'd probably mostly think you looked strange and very easy to kill.

A2 03:43 – 05:49 J=75BPM | ^. ^ . | v . | ^. ^ . | v . | ^. ^ . | v . | (1:47)

Inhale through nose

Forceful exhale through nose

Squeeze Fists

Squeeze Toes

Pressure into Ground with Feet

1. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
The trans survival network doesn't root beyond some discarded email drafts.
2. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | ^·^· |
Instead I get self conscious about having ever decided to meet a moment of fear with action.
3. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | ^·^· |
It's a deep stomach shame of not knowing what to do, like: do I want to be able to say I fought, or that I didn't take the bait.
4. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | ^·^· |
A trans student lingers after class to tell me about his anxiety about Fenway Health
5. | ^·^· | v·v·|^·^· | ^·^· | v·v·|
ending gender affirming care for minors,
6. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | ^·^· |
and I tell him that hey, they've always come for us, and look, we're still here,
7. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
and when I was a teen medical intervention wasn't an option and
8. | ^·^· | v·v·|^·^· | ^·^· |
look how big and strong I turned out.
9. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | ^·^· |
Trans elders are supposed to have been through worse and trans theorists are
10. | ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
supposed to be so smart we don't get scared,
11. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
like there's an ontological responsibility to not engage with the boot on your neck.
12. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
But what I mostly remember from when I was my student's age is how desperately
13. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
I wanted a motorcycle, which is also where my relationship with guns began.
14. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
I had a mentor named Jude who was helping me find one, but I was really broke.
15. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
Jude was kind of broke too because he invested all this money in buying a motorcycle
16. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
riding school because he didn't want to be a social worker anymore and he had a 3 year
17. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
old, and a nice house in Evanston, which are very expensive things to have.
18. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|
His brother in law Terrence was starting a business selling assault rifle accessories at
19. ^·^· | v·v·|
gun shows,

20. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
but as an IT guy, he wasn't very charismatic and he was Black, and knew his Blackness

21. ^·^· | v·v·|^·^· | v·v· |
was bad for his gun business,

22. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
and Jude was very convivial and had more proximity to whiteness, so he offered to cut

23. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· |
Jude in as the sales guy and Jude brought me along as his assistant.

24. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
So for a few months on weekends we'd load Terrence's giant pickup truck with big black

25. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
crates of laser sights and tactical flashlights and camouflage grips,

26. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
black, white and gray for snow, brown, tan and green for jungle, pink and purple for

27. ^·^· |
women.

28. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
We'd drive to gun clubs and trade shows all over Illinois and Indiana and set up our

29. ^·^· | v·v· |
tables and displays

30. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
and pretend to know a lot about assault rifles and their accessories and men, white men,

31. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
white men in baseball caps with receding hairlines and pot bellies,

32. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
which were not all descriptors I met at the time, would come to our tables and stroke and

33. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· | handle
our accessories with fetishistic reverence and say

34. ^·^· | v·v·|^·^· | v·v· |
"what are you getting on this?".

35. ^·^· | v·v·|^·^· | v·v·|^·^· | v·v·|^·^· | v·v· |
Then after we'd unclench and exhale and get Panda Express.

B2 05:53 – 08:07 =60 | ^ ^ ^ ^ | — — — — — · | v v v v v v v v v · | (1:07)

Inhale through nose

Hold

Exhale Mouth

Eyes Open

Jaw Heavy

Shoulders Soft

1. ^ ^ ^ ^ . | - - - - . | v v v v v v v v .
Some considerations about breath retention are the invitation
2. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v .
to feel into fullness, and to feel into restriction.
3. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v v .
I notice the bodies of men around me and how they do and
4. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v v .
don't look like my own.
5. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v v .
When I feel threatened I look for what I can steal. When I steal
6. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v v .
I worry I'll get caught, so I hide.
7. ^ ^ ^ ^ . | - - - - . | v v v v v v v v v v .
Which is the most honest thing I can say in this genre.

Inhale through nose

Hold

Upper retention within hold

Inhale top up as needed/able

Squeeze Fists

Squeeze Toes

Squeeze Perenium

Upper Abdominal Lock (if possible)

Pressure into Ground with Feet

1. | ^ ^ ^ ^ ^ ^ ^ ^ ^ ^

This is my history with guns, up until my gun safety class at the Holyoke gun club, that I am required by law to take before I may legally purchase a firearm in the state of Massachusetts. On this same day, I was monitoring a tracking number from the USPS for a parcel scheduled for delivery, containing what I hoped would be my passport, renewed with the gender marker M, the marker I have carried for over a decade now, but which had recently been put up for debate by executive order. Trigger mechanics are a short choreography of pressure and release.

B3 10:14 – 11:39 J=60 | ^ ^ ^ ^ . | v v v v v v v v . |
^ ^ ^ ^ . | v v v v v v v v . | (loop for 1:47)

Inhale through nose

Exhale through pursed lips

Eyes Open

Eye Open
Jaw Heavy

**Heavy
Shoulders Soft**

1. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v .
The letter informed me the date of birth, place of birth, name or
2. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
sex was changed on my passport.
3. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
A small red underline sat under "Name."
4. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
While my gender remained intact, my middle name had been
5. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
legally changed from the floral and feminine Yasmine to the
6. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
enigmatic and efficacious letter Y.
7. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
It felt like a disciplinary gesture, my governmental paternus
8. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
reminding the conditions of my manhood.
9. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
In this breath pattern we practice a lengthened exhale,
10. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
the space of which may accommodate sustained release.
11. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
Breath is exactly where the boundaries of our bodies cross,
12. ^ ^ ^ ^ . | - - - - - . | v v v v v v v v v .
co-mingle, contaminate, ever open borders.