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#066:Liat Berdugo, Leora Fridman, Emily Martinez: Three Rituals for Removing Creative Blocks (2016)

Part 1:
(Liat Berdugo)

you are blocked. you are blocked because there are are so many books to read. so many people are Expert. who are you to make this art?

take the books. put them in a bathtub. if you do not have the physical book, print an image of its cover from google image search, and put that in the bathtub, too.

get in. the tub should be full.

sit there. you will know when to get out.



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Part 2:
(Leora Fridman)

you are blocked because someone doesn't like your work. someone out there: your mother, your grandmother, your first grade teacher. someone doesn't "get it." someone made fun of it. someone critiqued it. someone made you doubt whether you should ever have started this whole making of things in the first place.

print out a picture of the person who you feel likes your work the least. using a pin, a fork or another instrument with small tines, poke many (more than ten) holes in the face of this person. then, using whatever paper you have at hand, write down ten words of praise that have been applied to your work. cut each word into a single strip of paper and roll it up as small as you can. slide each thin roll into one of the holes in the person's face so that it is suspended there. tack the person's face + rolls of praise up above your bathroom mirror, bureau, kitchen sink somewhere where you will see it daily. leave it there until the paper changes color



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part 3:
(emily martinez)

you are blocked. you are blocked because you are broke. you are good at math, at moving numbers around, but these numbers are out of control. your cortisol levels are out of control. serotonin is low. dopamine too. the wrong pathways are firing. the hemispheres no longer communicate. your block is not a block. your block is an entire system, living inside of you, moving inside of you, an electrical storm in a vat of congealed neurochemical soup.

you will make soup.

use the biggest pot. the ideal pot should be at least as wide as your torso. you will need lavender, ashwagandha, passionflower, lemon balm, tulsi, saffron, turmeric, cumin, cinnamon, ginger, and sage. add water and any other ingredients you find soothing or energizing. raise the temperature very very slowly. take a deep breath.

on your smartphone, login to your mint.com account. locate the page with your negative net worth. note this number on a small piece of paper. carefully place this note inside the pot. photograph your soup and post it to all of your lending institutions' facebook pages. hashtag #freedomsoup

toss your phone into the soup.

stir counterclockwise, using big sweeping motions. alternate hands and/or direction at least once every eleven seconds to increase crosslateral movement.

if the fire alarm goes offfff, remove the battery and toss the alarm into the soup.

take the soup outside. resume stirring. stir until your arms feel like jelly, until you can no longer tell which arm is which, until the boundaries between the left and right sides of your mind and body flow into and from one another like a möbius strip.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**. We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

Theconceptbank.org is a non-profit initiative, the use of the databank will be free for everybody. Please don't publish the work on social media! It is free for you to use but it is not yours.

