

Describe the influence of light on your body and well-being.

its hard to figure the influence of light on my body and well-being for daylight seems so much innate to the rhythm and everyday course. It sounds strange, but nevertheless there's aspect to it which seems inconspicuous. Well, sunlight / daylight is an inevitable part of my well-being and its corporal correlate. Nevertheless, its influence or effect on me get the most ,visible' if missing or lacking. Then again it's not only that i stand under the influence of let's say daylight and that would be necessary for producing for example the right transmitters or messenger substances. It is more to natural light / sunlight / daylight, its at once the condition of possibility of seeing and visibility, colors and (shadow-play). It has its own time, its own rhythm to me - that stands pretty much out against most of the other temporalities that i encounter in my everyday life. It is this aspect of shining-forth, coming's into light while at the same time withdrawing, falling into the shadows or slip the mind. The Being of Light is in that way a grounding to me, myself my well-being.

Describe the influence of light on the growth of moss and plants in the city.
Document this with a few photos from their environment.
(Together 3/4 page text + approx. 5 photos)

Again, it's an inconspicuous phenomena, the growth of moss, nevertheless we can be attentive to it. To its, really slow but steady, rhythm, which may stand in harsh contrast to let's the ground breaking construction of a building. In the case of the latter we're surprised when we encounter that it might be finished in „no time“, and if that is not the case we wonder why they are working so slow or are not effective in doing what they are doing. The growth of moss and other plants „encapsulated“ in the urban / in the city is in this way a showing forth and bearing testimony of another way of being, which gets pretty much demarcated. In fact, nightfall, or „after dark“ may rarely be known for them plants in the city due to artificial lighting. The likening of the rhythms is something remarkable in this, how the growth of moss may meet and dwell close to the rhythm of light.

- light source that is not like our electric lighting or daylight - Steiners description of Atlantis

the Atlantian do not use electricity for lightning, instead they use phosphor essence stones

— gives of a kind of ambient lightning that has a kind of circumscribed radius there's not the type of glow over the cities, so that you are able to see the stars on the sky

„As Heidegger demonstrates in his work on Plato, the Ideas are that “in whose light” beings themselves are what they are. The Idea itself is something “seen,” it is the “outward appearance” “in which beings as such show themselves,” which requires light. The understanding, the mind or thought is thus essentially that which “illuminates,” it is the most “sunlike” faculty of the human being, and as Bergson claims, philosophy

is thus a "gradual ascent to the light." Derrida clarifies this relation between understanding and light, in claiming that the space of ideality or the totality of the whole world contracted in the phenomenon is "light" itself. At the culmination of his reflections on light in the 1980s, in his Foucault book, Deleuze clearly shows himself to be part of this tradition of relating light and the ideality of things. What he calls "Light-being" is an "a priori," within thought, that is able to "lay visibilities open to sight" and "to the other senses." Deleuze himself directly cites Plato's notion of "weaving" in the Philebus when describing the relation between light and logos or language. Light is fundamentally the realm of "qualities, things and objects," as opposed to the realm of ideal sense and determination.¹⁷

VISIONS OF THE INTOLERABLE: DELEUZE ON ETHICAL IMAGES Joseph Barker, p. 124