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F AN ARTISTIC GUIDE ON **K**
HOW TO BE OKAY SOLO

FRANZISKA KRÄTZCHMAR
SOS: SEASONS OF SOLITDUE
FIRST DRAFT
2020/2021
BUW/GMU/TIT

DISCLAIMER

BEFORE YOU START WORKING WITH THIS GUIDE I WANT YOU TO CHECK YOURSELF IF YOU ARE JUST FEELING A BIT LOST OR IF YOU ARE LOOSING IT. IF YOU HAVE ANY SUICIDAL THOUGHTS OR THINK ABOUT HARMING YOURSELF OR OTHERS IN ANY WAY, PLEASE REACH OUT TO A PROFESSIONAL ASAP. PLEASE DO NOT SEE THIS AS A WAY TO AVOID GETTING PROPER HELP FROM A PROFESSIONAL OR SEEING A DOCTOR. IF YOU FEEL A HARSH DISCOMFORT WHILE BEING ALONE OR GET A PANIC-ATTACK OR SOMETHING THAT COULD BE PRETTY CLOSE TO ONE PLEASE STOP AND BREATHE IN AND OUT FOR A WHILE. THIS IS NOT A MENTAL-HEALTH-CARE- GUIDE EVEN IF I HOPE IT MIGHT HAVE A POSITIVE EFFECT ON YOU. THIS IS AN ARTISTIC COLLECTION OF SIMPLE METHODS I PRACTICE MYSELF. I AM NOT A TRAINED THERAPIST. THIS IS THE FIRST DRAFT OF THE COLLECTION AND IT IS POSSIBLE THAT I MIGHT CHANGE A FEW THINGS IN THE PROCESS. I FIND COMFORT IN BEING ALONE BUT IT IS OKAY IF YOU ARE NOT. IT IS OKAY IF YOU FEEL HORRIBLE AND IF THIS IS NOT FOR YOU. PLEASE REACH OUT TO SOMEONE YOU TRUST AND GET THE HELP YOU DESERVE. YOUR DOCTOR CAN HELP YOU WITH THE FIRST STEP. IF YOU FEEL JUST A BIT UNCOMFORTABLE THAT'S NORMAL & OKAY. TAKE CARE.



SISTER SOLITUDE
(WIP)
2020/2021
ACRYLIC
100CMX70CM

MANIFEST OF SISTER SOLITUDE

- RULE 1 TRY TO TRUST YOURSELF FOR A WHILE
- RULE 2 GIVE EVERYTHING YOU CAN
WITHOUT HARMING YOURSELF IN ANY WAY
- RULE 3 TAKE EVERYTHING YOU CAN
WITHOUT HARMING OTHERS IN ANY WAY
- RULE 4 CONSIDER EVERYTHING AN EXPERIMENT
- RULE 5 BE SELF DISCIPLINED AS MUCH AND AS
OFTEN AS YOU CAN. LEARN IT ON THE
WAY AND DO NOT GIVE UP
- RULE 6 NOTHING IS A MISTAKE
- RULE 7 THE ONLY RULE IS...BE SOLO AND LEARN
TO BE OKAY WITH IT. THE ONLY RULE IS
PRACTICE AND GROW INTO YOUR OWN SKIN
- RULE 8 DO NOT TRY TO PRACTICE AND ANALYZE
AT THE SAME TIME. SEPARATE THESE TWO
- RULE 9 BE HAPPY WHENEVER YOU CAN. BUT DO
NOT FORCE HAPPINESS ON YOU. FEEL ALL
YOUR FEELINGS.
- RULE 10 MAKE YOUR OWN RULES.

INSPIRED BY SISTER CORITA KENT AND JOHN CAGE

ABOUT LAST YEAR

SOMETIMES THINGS CHANGE QUICKLY AND SOMETIMES THINGS CHANGE SLOW. THE LAST YEAR WAS A BIT DIFFERENT. IT WAS A YEAR WITH QUICK CHANGES THAT FELT SUPER SLOW. WEIRD BUT POSSIBLE AND MAYBE YOU KNOW WHAT I MEAN WHILE SAYING THAT.

IN THE LAST YEAR I GOT REALLY SICK...SO SICK I HAD TO SPENT A FEW MONTH AT HOME ALMOST DOING NOTHING. I MEAN I DID SOME THINGS BUT I WAS PHYSICAL SO WEAK AND IN PAIN THAT MOVING WAS HARD. SO I WAS AT HOME ON MY OWN FOR THE FIRST MONTHS OF 2020, BEFORE THE PANDEMIC AND BEFORE THE LOCKDOWN. I LOST MY JOB BECAUSE OF THAT AND I LOST SOME PEOPLE I TRUSTED BEFORE I GOT SICK AT THE SAME TIME.

SOMETIMES YOU ONLY KNOW WHO THEY REALLY ARE WHEN THINGS GET HEAVY AND SOME PEOPLE IN YOUR LIFE ARE NOT MADE FOR STICKING AROUND WHEN THINGS GET ROUGH. IN THIS PERIOD OF TIME I FINALLY TRIED TO CONFRONT SOME THINGS IN MY LIFE I WERE PUSHING AWAY. THE END OF MY MARRIAGE, LOSING A CHILD, A HORRIBLE SHORT LOVE STORY/STUPID AFFAIR,. . .ALL THE ICKY THINGS CAME OUT IN THE LAST YEAR. A YEAR OF BEING SICK, LOOSING MY JOB, HAVING NO MONEY, MOVING, PAIN, GRIEF...PLUS THE PANDEMIC.

THE LAST YEAR WAS HEAVY AND IT WAS THE BEST YEAR OF MY LIFE SO FAR. IT IS TRUE. 2020 WAS THE YEAR WHEN I REALIZED HOW GOOD I AM SOLO AND HOW MUCH COMFORT I CAN FIND IN SOLITUDE. IN SOLITUDE I STARTED WORKING ON THINGS I LOVE AGAIN AND I TOOK CARE OF MY OWN NEEDS. IN SOLITUDE I FOUND THE POWER TO APPLY FOR UNIVERSITY EVEN IF I THOUGHT I WOULD NEVER MAKE IT BUT I DID. I REALIZED HOW PRIVILEGED I

AM EVEN WITHOUT MONEY, A JOB, A PARTNER, A KID, A HOUSE, A CAR, EVEN WHEN I AM SICK. . . A FEW SEASONS OF SOLITUDE TOLD ME HOW TO BE ME AND THAT BEING OKAY ON MY OWN IS MY SUPERPOWER. SOMETHING I LEARNED AS A CHILD AND NEVER LOST. I STILL MISS MY FRIENDS AND FAMILY. I AM STILL OPEN FOR A NEW LOVE. I AM STILL A PEOPLE-PERSON. I WANT TO DANCE AND GO OUT AND I HOPE FOR CHANGE SOON. . .BUT I AM OKAY SOLO AND I AM IN LOVE WITH SOLITUDE ON MY OWN TERMS. THIS IS THE FIRST DRAFT OF SOS: SEASONS OF SOLITUDE, I HOPE YOU FIND SOMETHING THAT IS GOOD FOR YOU IN HERE, IF NOT I HOPE YOU FIND IT SOMEWHERE ELSE. THE LAST YEAR TOLD ME ONCE MORE THAT HAPPINESS IS NOT WHAT I AM LOOKING FOR IN LIFE. I TRY TO BE HAPPY AS MUCH AS I CAN BUT EVEN IN TIMES OF DISCOMFORT AND STRESS YOU CAN FIND SOMETHING GOOD YOU MIGHT NEVER THOUGHT OF. ON PAPER THE LAST YEAR WAS JUST A HARD HARSH RIDE BUT WHEN I LOOK BACK I SEE SO MUCH MORE IN IT. IN THOSE FEW SEASONS OF SOLITUDE I FOUND SOMETHING I COULD PROBABLY ONLY LEARN AND UNDERSTAND ON MY OWN. . . I AM MY OWN BEST FRIEND. I AM ON MY SIDE. I AM OKAY SOLO.

FOR ME BEING OKAY WITH BEING ALONE AND WANTING TO BE ALONE IS NOT THE SAME THING. . .BUT IN THE LAST YEAR BOTH HAPPENED AT THE SAME TIME. I NEEDED TO BE ALONE AND I HAD TO BE ALONE. FEELING OVERWHELMED AND OVERWORKED PUT ME IN THE BEST POSITION FOR WHAT WOULD COME. I WANT TO SHARE MY THOUGHTS WITH YOU VIA THIS WORK AND I WANT TO INVITE YOU TO MAKE THIS THING YOUR OWN. THE BOOKLET CAN BE USED AS A NOTEBOOK BUT YOU ALSO NEED A FEW SHEETS OF PAPER AND A PEN. THE CARDS CAN BE REARRANGED IN YOUR PREFERRED ORDER AND YOU CAN CHANGE THE METHODS ON YOUR OWN CONDITIONS. PLEASE TAKE CARE OF YOURSELF. THANK YOU FOR BEING HERE.



A PIECE OF SOUND

NEEDED: HEADPHONES, A PIECE OF PAPER AND A PEN

MP3: A PIECE OF MUSIC

SENSE: LISTENING

LEVEL: EASY

TIME: 30 MINUTES

PLEASE LISTEN TO THE TRACK THREE TIMES AND TRY TO CLOSE YOUR EYES WHILE LISTENING. THIS CAN BE REPEATED WITH ANY MUSIC YOU LIKE.

FIRST TIME: ONLY LISTEN. NO TASK. TAKE SOME NOTES ON YOUR FIRST IMPRESSION.

SECOND TIME: LISTEN AND TRY TO FIND A STORY BEHIND THE SOUND. ANYTHING FAMILIAR? AFTER LISTENING WRITE DOWN A FEW PHRASES FOR LATER

THIRD TIME: LISTEN AND FIND POSSIBLE TECHNICAL MISTAKES. AFTER LISTENING WRITE THEM DOWN A FEW NOTES.

FOURTH TIME: LISTEN AND TRY TO FEEL INTO YOU BODY... ANYTHING HAPPENING? PLEASE TAKE SOME NOTES AGAIN.

FIFTH TIME: ONLY LISTEN. NO TASK. NOW PLEASE COMPARE YOUR NOTES AND THOUGHTS... ANYTHING DIFFERENT?



A BIT OF SALT

NEEDED: A BIT SALT, A GLAS OF WATER, A PIECE OF PAPER AND
A PEN

SENSE: SMELL, TOUCH AND TASTE

LEVEL: EASY

TIME: 30 MINUTES

PLEAS PUT A BIT OF SALT IN YOUR HAND.

FIRST STEP: TOUCH IT

SECOND STEP: SMELL IT

THIRD STEP: TASTE IT

NOW TAKE SOME NOTES. DRINK A GLAS OF WATER AND WAIT 5
MINUTES. WHILE YOU ARE WAITING I WANT YOU SO THINK OF YOUR
FAVOURITE SALTY FOODS.

TRY AGAIN ALL THREE STEPS. TAKE NOTES AGAIN.

PLEASE COMPARE THEM NOW...ANYTHING CHANGED?

YOU CAN DO THIS WHIT OTHER SPICES (SUGAR, CINNAMON, ...)



A BLANKET

NEEDED: A COZY BLANKET, A PIECE OF PAPER AND A PEN

SENSES: TOUCH

LEVEL: EASY

TIME: 30 MINUTES

PLEASE FIND A SPACES THAT IS AS COMFY AS POSSIBLE, YOUR BED, A SOFA OR A WARM PLACE ON THE GROUND. LAY OR SIT DOWN. NOW I WANT YOU TO TUCK YOURSELF INTO THAT BLANKET LIKE A BURRITO. PUT IT ALL AROUND YOU. PLEASE STAY THAT WAY FOR TEN MINUTES. IF YOU WANT TO YOU CAN LISTEN TO SOME RELAXING MUSIC OR A PODCAST WHILE DOING THAT AND YOU CAN SET A TIMER. AFTER THAT TAKE SOME NOTES ABOUT HOW IT FELT. NOW PUT THE BLANKET BESIDE YOU WHERE YOU CAN SEE IT BUR NOT TOUCH IT AND LAY OR SIT IN THE SAME POSITION AS BEFORE FOR 5 MINUTES TOPS. AFTER THAT TAKE NOTES AGAIN. IF YOU WANT TO YOU CAN STRETCH YOURSELF BEFORE THE THIRD ROUND. FOR THE LAST ROUND TUCK YOURSELF IN AGAIN AND STAY THAT WAY AGAIN FOR 5 MINUTES. NOW TAKE NOTES AGAIN AND COMPARE THE THREE TIMES...ANYTHING DIFFERENT?



A BROKEN CLOCK

NEEDED: AN OLD CLOCK THAT IS BROKEN OR YOU CAN DRAW ONE
ON A PAPER OR JUST TAKE OUT THE BATTERIES...
IT WOULD BE BETTER IF IT HAS NO CLOCK HANDS
ANYMORE (BUT IT IS NOT NECESSARY9, PIECE OF PAPER
AND A PEN

SENSE: X

LEVEL: MEDIUM

TIME: 10 MINUTES

PLEASE FIND A COMFORTABLE POSITION (SITTING, STANDING...)
PUT THE CLOCK IN FRONT OF YOU. NOW I WANT TO TO WRITE DOWN
THE EXACT TIME AND AS FAST A POSSIBLE AFTER THAT START
LOOKING AT THE CLOCK. EVERY TIME YOU THINK A MINUTE HAS
PASSED MAKE A CROSS ON YOUR PAPER. IF YOU HAVE COUNTED TO
TEN PLEASE STOP AND CHECK THE ACTUAL TIME. HOW CLOSE ARE
YOU?



A CANDLE

NEEDED: A CANDLE, A PIECE OF PAPER AND A PEN

SENSE: SIGHT

LEVEL: ADVANCED

TIME: AS LONG AS YOU LIKE

FIND A PLACE WHERE YOU CAN SIT COMFORTABLE FOR A WHILE AND PUT THE CANDLE IN FRONT OF YOU. NOW YOU LOOK AT THE CANDLE. THAT IS ALL YOU HAVE TO DO. YOU ARE FINISH WHEN YOU ARE STARTING TO NOTICE A LOT OF DISCOMFORT OR JUST WANT TO STOP. YOU CAN TRACK YOUR TIME IF YOU WANT BUT IT IS NOT NECESSARY. TAKE NOTES EVERY TIME YOU GO AND SIT WITH YOUR CANDLE...HOW DOES IT FEEL? WHAT ARE YOUR THOUGHTS?



A COSTUME

NEEDED: A PIECE O CLOTHING YOU LIKE (A COSTUME, A FANCY DRESS,...) BUT NORMALLY NEVER WEAR, A PIECE PAPER AND A PEN

SENSE: X

LEVEL: EASY

TIME: AS LONG AS YOU WANT

WHEN YOU ARE ALONE YOU CAN WEAR WHAT EVER YOU WANT...HAVE YOU EVER THOUGHT OF THAT? I HAVE SOME COSTUMES AND UGLY SWEATERS I NORMALLY NEVER WEAR OUT IN PUBLIC BUT WHEN IN ROME. . . SO FINE SOMETHING YOU LIKE IN YOUR CLOSET AND PUT IT ON. YOU CAN TAKE NOTES WHILE WEARING IT ON HOW YOU FEEL AND WHAT YOU DID...YOU CAN ALSO CHANGE OUTFITS...JUST HAVE SOME FUN...AND WEAR IT LIKE NO ONE IS WATCHING BECAUSE NO ONE IS.



A CHAIR

NEEDED: A CHAIR, A PIECE OF PAPER AND A PEN

SENSE: X

LEVEL: EASY

TIME: 5 MINUTES

FIND A CHAIR AND TAKE A SEAT. SIT DOWN AND STAY PUT FOR ONE MINUTE WITHOUT MOVING. DO NOT FORGET TO BREATHE. TAKE A FEW NOTES AFTER IT. THEN SIT DOWN FOR ANOTHER MINUTE NOW YOU CAN MOVE AS MUCH AS YOU WANT. TAKE SOME NOTES AGAIN. FOR THE THIRD TIME YOU CAN ONLY CHANGE ONE THING WHILE YOU ARE SITTING DOWN (CORRECTING YOUR HEADPOSITION, CHANGED THE ANGLE OF YOUR FEET,. . .) TAKE SOME NOTES AFTER IT AGAIN AND COMPARE THEM. ANYTHING DIFFERENT?



A HOT WATER BOTTLE

NEEDED: A HOT WATER BOTTLE (OR SOMETHING SIMILAR YOU CAN
WARM UP), PIECE OF PAPER AND A PEN

SENSE: TOUCH

LEVEL: MEDIUM

TIME: 30 MINUTES OR LONGER

NORMALLY A HOT WATER BOTTLE IS THEIR FOR US BUT WHAT IF
YOU THINK DIFFERENT FOR A WHILE AND ACT LIKE YOU ARE THEIR
FOR THE HOT WATER BOTTLE. I WANT YOU TO HUG THIS LITTLE
GUY AND GET COZY AS MUCH AS POSSIBLE. HOLD IT IN YOUR ARMS
OR PUT IT UNDER YOUR SHIRT WHAT EVERY IS GOOD FOR YOU. DO
THIS FOR 30 MINUTES OR LONGER. REPEAT IT FOR A FEW DAYS
AND TAKE NOTES...IS SOMETHING CHANGING IF YOU TREAT THIS
LITTLE GUT LIKE SOMETHING THAT NEEDS YOU AND NOT AS
SOMETHING YOU NEED?



A CUP OF TEA

NEEDED: A CUP OF TEA, PIECE OF PAPER AND A PEN

SENSE: SMELL, TASTE AND TOUCH

LEVEL: EASY

TIME: 30 MINUTES

FIRST STEP: MAKE YOURSELF A CUP OF TEA. ANY TEA YOU LIKE AND TRY TO DO IT AS SLOWLY AND INTENTIONALLY AS YOU CAN.

SECOND STEP: DRINK YOUR TEA. HOLD IT GENTLE IN YOUR HANDS AND TAKE SOME TIME.

THIRD STEP: GO AND CLEAN YOUR CUP AFTER IT AND FIND A PLACE TO PUT THE CUP DOWN WHERE YOU CAN SEE IT WHEN YOU ARE IN YOUR ROOM OR IN THE KITCHEN. REPEAT THIS FOR A FEW DAYS ONCE A DAY. TAKE NOTES. AFTER A FEW DAYS COMPARE THEM ANYTHING CHANGED?



AN APPLE

NEEDED: AN APPLE, A PIECE OF PAPER AND A PEN

SENSES: TASTE, SMELL AND TOUCH

LEVEL: MEDIUM

TIME: 10 MINUTES

FIRST STEP: HOLD THE APPLE IN YOUR HANDS, WARM IT UP A BIT AND TRY TO FEEL THE SKIN GETTING WARMER SLOWLY.

SECOND STEP: SMELL THE SCENT OF YOUR APPLE BEFORE YOU TAKE THE FIRST BITE.

THIRD STEP: PUT THE APPLE DOWN AND LOOK AT IT, WHILE LOOKING AT IT THINK OF YOUR FAVOURITE APPLE DISH.

FOURTH STEP: TAKE A FIRST BIT.

FIFTH STEP: EAT THE REST.

TAKE NOTES AFTER EVERY STEP AND IF YOU WANT TO REPEAT IT A FEW DAYS AFTER. COMPARE YOUR NOTES, THOUGHTS AND FEELINGS. ANYTHING HAPPENING?



A VASE

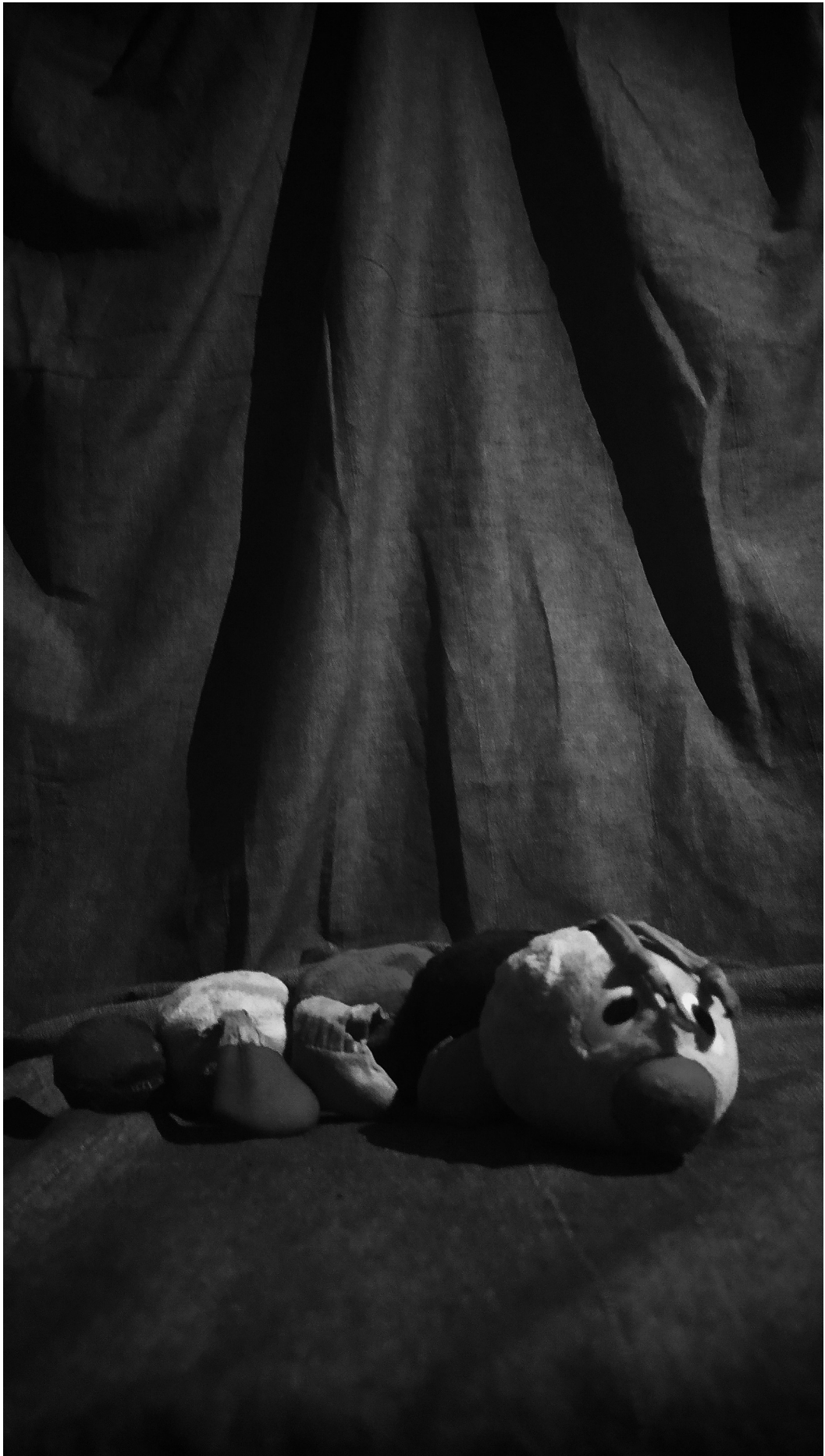
NEEDED: A VASE, SOMETHING TO FILL IT WITH, A PIECE OF
PAPER AND A PEN

SENSE: SIGHT AND SMELL

LEVEL: EASY

TIME: A FEW DAYS

I WANT YOU TO PLACE YOUR VASE SOMEWHERE WHERE YOU CAN SEE
IT WHILE YOUR DAILY LIFE. LEAVE IT EMPTY FOR A FEW DAYS
AND THINK ABOUT WHAT YOU WOULD LIKE TO FILL IT WITH.
FLOWERS, BRANCHES, MARBLES. . .TAKE SOME NOTES. NOW FILL
IT WITH SOMETHING YOU LIKE. HOW DOES IT FEEL?



A FRIEND

NEEDED: A PLUSHY FRIEND FROM YOUR CHILDHOOD (YOU CAN ALSO BUY A NEW ONE IF YOU DO NOT OWN ONE ANYMORE OR A PILLOW BUT IF YOU HAVE ONE PLEASE TAKE YOUR FAVOURITE), A PIECE OF PAPER AND A PEN

SENSE: SMELL, SIGHT AND TOUCH

LEVEL: MEDIUM

TIME: AS LONG AS YOU LIKE

FIND YOUR FAVOURITE CUDDLE-BUDDY FROM YOUR CHILDHOOD (OR WELCOME A NEW ONE) NOW CUDDLE UP TOGETHER. YES I MEAN IT. YOU KNOW HOW TO. . . NO ONE IS WATCHING. IF YOU FEEL COMFORTABLE WITH IT MAYBE START A CONVERSATION (OR THINK ABOUT WHAT YOU WOULD LIKE TO SAY). FOR THE NEXT DAYS I WANT YOU TO MAKE A DATE WITH YOUR FRIEND. . . MAYBE JUST A FEW MINUTES BUT ALSO A HALF HOUR IS POSSIBLE. KEEP THIS DATE FOR THE NEXT FEW DAYS AND TREAT IT LIKE AN ACTUAL DATE. TAKE SOME NOTES AND SEE HOW YOU FEEL AND HOW THOSE FEELINGS CHANGE OVER TIME.

ABOUT THE PROCESS

I WORKED ON THIS COLLECTION FOR THE LAST FEW MONTHS. YOU MAYBE FIND SOME OF THOSE METHODS A BIT BASIC AND DO NOT UNDERSTAND WHY THIS SHOULD HELP BY BEING OKAY ON YOUR OWN OR WHY THEY ARE ARTISTIC. BEHIND EVERY PRACTICE IS A STORY AND WEEKS OF TRYING THEM OUT BUT YOU HAVE TO REMEMBER THAT I AM SHARING MY PERSONAL WORKS WITH YOU AND IT MIGHT NOT BE WHAT YOU NEED. IN THIS CASE I WANT TO MOTIVATE YOU TO START LOOKING FOR YOUR OWN.

MY IDEOLOGY OF SOS: SEASONS OF SOLITUDE IS DEEPLY ROOTED IN THE BELIEVE THAT WE ALL CAN FIND SOMETHING GOOD IN BEING OKAY SOLO. I WANTED TO CREATE SOMETHING ALMOST EVERYONE CAN TRY AT HOME AND WITH EVERY BUDGET AND WITHOUT SOME NEW EQUIPMENT. THE LAST FEW MONTHS MIGHT BEEN HARD ON YOU AND I AM SORRY FOR THAT. I MISS MY FRIENDS AND MY FAMILY EVEN IF AM GOOD ON MY OWN AND I DO NOT WANT TO PROMOTE BEING ANTI-SOCIAL.

I WANT TO PROMOTE RADICAL ACCEPTANCE FOR YOURSELF AND I WANT TO EMBRACE YOUR POWER TO SOOTH YOURSELF EVEN IN TIMES OF STRESS.

THIS IS A WORK IN PROGRESS AND SO AM I AND SO ARE YOU.

IF YOU NEEDED TO HEAR IT. . . YOU ARE OKAY EVEN IF YOU ARE NOT OKAY. DO NOT FEEL PRESSURED TO WORK ON YOURSELF TO BECOME A BETTER OF YOURSELF ALL THE TIME. THIS SHOULD BE AN EXPERIMENT SOMETHING PLAYFUL YOU ENJOY AND NOT SOMETHING YOU DO TO BECOME MORE PUT TOGETHER. DO NOT SELL YOUR TIME OR YOUR ENERGY TO BECOME EASIER TO LOVE OR EASIER TO WORK WITH DO IT FOR YOU. I BELIEVE WHEN YOU STARTING TO BE GOOD TO YOURSELF AND LEARN TO TAKE CARE OF YOUR BASIC NEEDS YOU WILL BE MUCH NICER TO YOUR ENVIRONMENT AND THE PEOPLE AROUND YOU.

FK



FEELING STUCK? FEELING LONELY?
FEELING DRY? FEELING NOTHING?
FEELING LOST? FEELING BORED?

IT CAN BE HARD TO BE ALONE
AND THAT'S OKAY...
IT'S OKAY TO FEEL DISCOMFORT.

THIS IS NOT A SELFHELP BOOK IN THE
CLASSICAL WAY... IT'S A COLLECTION OF
PERSONAL SIMPLE METHODES WITH AN
ARTISTIC BACKGROUND I PRACTISE MYSELF.

I SUPPORT THE IDEOLOGY OF SOS:
SEASONS OF SOLITUDE

IF YOU EMBRACE BEING COMFORTABLE
ON YOUR OWN...THE BULLSHIT OF OTHERS
WILL BE LESS BOTHERING AND YOU MIGHT
FIND OUT THAT A FEW SEASONS OF
SOLITUDE CAN BE SOMETHING YOU NEVER
WANTED BUT MAYBE NEEDED.