**SELF-PROCESSING**

by Paul Ryan

**Everyman's Moebius Strip**

Your inside out and your outside in. Your inside out is your inside out. So come on in on. Come on in on a joy. Come on in it's easy. Come on in. Everybody's got something to hide except for me and my monkey.

A moebius strip is a new sided surface that is made by taking a long rectangle of paper, giving it a half twist and then joining its ends. Any two points on the strip can be connected by starting at one point and tracing a line to the other without crossing over a boundary or lifting a pen.

The moebius strip provides a model for dealing with the power videotape gives us to take in our own inside. With film, we are taking in the subdivided experiences of others. With videotape we can pre-edit our own experiences. What follows is a composition for video to be edited, directed, acted and viewed by you in privacy. Free from the tension, fold and mutilate as you wish. It is not designed to peel your own skins off until you find some fiction called the Everyman's Moebius Strip. Have the monitor off.

**Video Balloon**

Set yourself up in front of the videocamera for a head might begin to play and replay with yourself. Hopefully it will suggest ideas for your own compositions. Your strip. Your trip.

**Technically, this is the way it works.**

Using an audio tape recorder; record the following areas of cues, passing each after instruction as long as you would want to follow it on.

Set your up in front of the videocamera for a head and shoulders shot.

Have the monitor off.

Roll the tape.

Follow/don't follow your cues.

Relax and breath deeply just relax and breath deeply.

Loosen up your face by yawning.

Relax and breath deeply just relax and breath deeply. To prepare a face to meet the faces that you meet. To see ourselves as others see us. It would from many a plunder free us. It would extend us in a cybernetic way. It would enlarge our ability to self correct. "It would from many a blunder free us." Bateson, Gregory "Toward a theory of Alcoholism: the Cybernetics of Self." This section is an adaptation of notions developed in Bateson's paper. It is the most fundamental discussion of the kind of cybernetic identity implicit in video systems I know of all.

**Remarks on First Seeing Self on Tape**

"I always thought of myself as peculiar, but I can see I'm put together like anybody else, like someone you'd see on a subway."

"Woe, its like making it with yourself."

"Oh, so that's me huh, and I'm not ugly."

"I just meet a beautiful person."

**Other Tactics**

Take the video to your private therapy sessions. Set it up on a tripod and record theuo for yourself. You with the video camera looking in the mirror, looking at you. Hang the video camera from a rope. With some favorite music playing, dance a naked solo in the videospace.

With the mirror, compare your advertisement for yourself designed for the mirror space. Leave the camera set up near the phone. Flip it on when you get a call. Replay it to a better master of how to relate to the party at the other and. Tap your body, not the wire.

**Buddhist Mirror Meditation**

Word for mirror meaning means "causing vanity." He gazes at this reflected image in the mirror in front. The constructed colored features of his face are void of identity. The face of the reflected image looks hollow, his own face looks thiner. Because there is no differentiation of mindless, the genuine face is also void of identity. According as he manages not to be influential, the appearance of the reflected image is in his own mind. He contemplates the color of his mind, for example the manifestation of fat, thinking it to be void. He contemplates his mind to be a reflected image and the appearance of body to be his own mind. Body and mind are like the reflection of the objects, which he has become free from attachment by gazing at the reflected image in a mirror."

**Self-Processing**

**Process:**

1. Film the polyester on the floor
2. Cut along B-C
3. Mask, cut out using a pen and a 1 S/4" string in a compact
4. Cut out note
5. Bring A-B over to E-F
6. Fold along O-D
7. Tape C-D, A-B and E-F
8. Make a cut at 3/4 manta maree (threaded for outdoor use)

**Materials Needed:**

- 1 roll of white polyester 20" x 150' 200' polyester tape 3" wide
- 1 string
- 1 pair over 1500 square feet
- 1 tape measure
- 20' 3" manila rope
- 8 stakes about 2' long
- 1 measuring tape
- 46" measuring tape
- entertainment

**Video Balloon**

For the next twenty seconds do what you want

Now let your face be sad

Touch the favorite part of your face

To prepare a face to meet the faces that you meet.

Now face the camera

To see ourselves as others see us.

It would from many a plunder free us.

It would extend us in a cybernetic way.

It would enlarge our ability to self correct.

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