

VIDEO SOMA FEEDBACK

By Merrily Paskal

Imagine.

You can have a videotaperecorder at home. You can record sound and image and play them back right away. You can even monitor as you are recording. What do you do?

Strip.

Make Love.

Mastrubate.

Wave your cock.

Grin happily and idiotically at all the taboos you are so joyously flaunting.

We are not supposed to dwell on our own bodies. And yet we all, for the extent of our sojourns on earth, live in a body, mostly our own, sometimes fused with another. We *are* interested in our bodies. We have had enough of undressing in the dark. In this culture we are starved for soma-feedback.

"Tape is a tender way of getting in touch with oneself. In privacy, with control over the process, one can learn to accept the extension out there on tape as part of self. There is the possibility of taking the extending back in

and reprocessing it over and over again on one's personal time warp." Paul Ryan

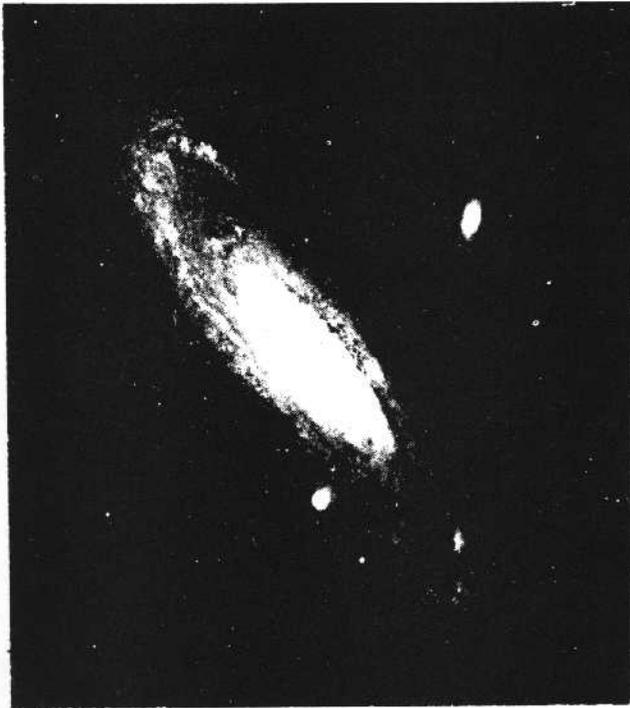
When we begin to relate nude to ourselves on tape, we imitate porno movies. Most couples set the camera on the tripod and point it at the bed. They press the record trigger, hop on the bed and screw. They do not watch themselves as they are screwing but they get off on the fact that they are making a dirty movie. Then they play it back later and if they have the energy they start again. Same movie. It is an elementary form of delayed feedback but it is after all our only model for nude behavior in front of a recording device.

But we *have* developed new modes of behavior and we can discover ways to feedback on that behavior and reinforce it. How ironic that we reprocess our love in their package.

"Narcissus gazes stupefied, paralyzed, at his image in the pool. His image is cut off from him and the amputation produces a numbness and closure that make it impossible for him to recognize his extended self. As long as we accept the Narcissus attitude of regarding the extensions of our bodies as really out there, really independent of us, we will meet all technological challenge with the same sort of banana skin pirouette and collapse." Paul Ryan



photo: Dudley



One way to retrain our frizzled senses is to do all soma-feedback with an RF adaptor and interact with our image as we are generating it. The connection between you and the screen is so startling, so clear, if you watch your movement as you are doing it, than you cannot fail to respond to yourself.

You can do this with a static camera or you can work with someone close to you who will hold the camera, a slow examination of your body on video is a good way to start. The idea is for the camera to pick up on your cues. You may begin by telling—"show me my breast and my arm". With practice, you will be able to work together without words.

You might get into it by having the camera pick up a section of your body—say, arm and side. Look at the monitor (the cameraman will be getting his feedback through the viewfinder). The screen is the canvas on which you paint with your body. Move your arm against your side, twist your body, move your hand up to touch along your side, study and sculpt with other parts of you. Dance, shake, make graphic shapes, make rhythms, watch the screen—the screen is part of you, an empathic projection.

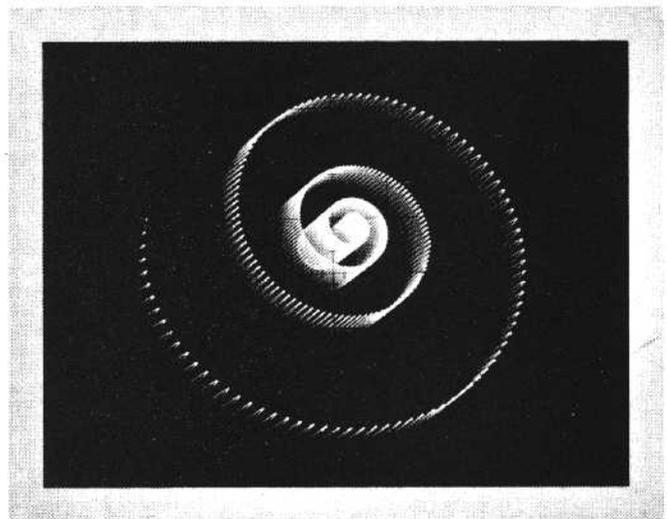
Each feedback trip is different. Some are yoga-like. Some are pulsing and physical. Some are playful. Some never happen, never get off the ego and into the interaction.

When you know you, do the soma-feedback with someone else. I have never done couple-soma-feedback with a static camera but if you can't find someone you trust to work the camera, start that way. If you have someone close to work the camera and *if both partners accept the qualification* of exploring the feedback possibilities and not imitating porno format, you will share a beautiful erotic experience—long, sensual and stimulating. For some it is difficult to relate to the video and also to each other. I saw a tape with one solution to the problem. A man and a woman were in separate rooms,

each with a camera and monitor. They were connected by a control room. They related to each other a split screen, in superimpositions, in various wipes and cuddling, kissing, licking, posturing, *long distance*—they built to a crescendo of lust until they broke into each other's rooms. The video connection allowed them to act out fantasies and interact sexually in ways that they would have been inhibited to do face to face.

Soma-feedback is fun not only in couples, but with friends and kids. With friends, you touch, play, make some forms, enjoy a creative time together. With kids, you will romp through the feedback trip—nudge, wrestle, stack up on each other, back to back, arm to arm, compare shapes, make sculptures of arms and legs.

Video interaction with other people is a tactic for avoiding both servomechanistic closure and desensitization in using videotape. It is best to avoid inhibiting word labels on what you are doing. Forget my headings. "Exuberance is Beauty . . . the cistern contains, the fountain overflows." To overflow one need be infolding. The process of infolding cannot be frozen in words. Let go the formulations and take another trip where your inside is out and your outside is in.



78 More Chances to Survive

From a media savage on the primitive island of Pittsburgh located near 3 rivers in the middle of the steel waste land of Pennsylvania. Also reprint of old scroll found in an abandon coal mine once rumored to be Andrew Carnegie's next rip-off stunt. Note: nothing is mentioned of media evolution suspect capitalist are taking advantage of good thing. Urgent . . . supplies for the winter are running out must get "feedback" for survival in media space. Local stations are rotting local villagers minds. Becoming increasingly difficult to maintain contact. Must leave now going back to my media cave and plan more subversive activities.

Piltdown media culture
Willard Van De Bogart
Media Man