

John Emil Vincent

### **Existential tips from our studio chef**

Within the closed circuit, there's always risk of erotic target location error and it's best to wipe down surfaces completely, almost ecstatically, before we begin. Remember, you're effacing, not polishing! If your narcissism whinges too much, try counterclockwise.

Reality's resilience is a bonus, just don't come to count on it. Think of it as habit, not reflex. If necessary to buck your tic toward collapsing sequence to category, close your eyes. Press the lids. The little supernova light blob will come, then go. You may notice some elegant branch shaped veins; it may give you a wintery feeling. Think of this as a lesson. Come to suspect everything is a lesson. Be, however, always skeptical of absolutes.

Anticipate the double bind but don't try to outsmart it by underthinking! Remember that most wrongs later in need of redress will be racked up in your profitless research. Success, then, second order: by comeuppance once removed. Resign yourself a little. Guilt's a great healer! Then feel proud of your resignation and make yet another gigantic categorical error that will set you back years. That's okay. Really, it's the fire you need under your ass and in your 50s will be just the thing. One trick I like is the bad people are their own punishment defense. Use that liberally, it really is like aspirin, an oldie and a goody. Analgesics from another better simpler time still working their magic.

And of course, your worst enemy, and your best friend, is Mister I told you so. But I'm getting ahead of myself.