

Issue 5

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fluxus

mindful. creative. sustainable.

a letter from the editors



Hi there! We are Fluxus, a brand that produces content in hopes to encourages sustainability, mindfulness, and creativity. Created by two sisters, Fluxus has become our passion project and a creative outlet. This edition, reformatted to be viewed digitally, is a true reflection of where we are in our personal journeys of change. Fluxus, being the latin word for 'flux' which means 'a constant state of change', is just the perfect depiction of this brand and who we are as individuals who are always changing and evolving. We want to extend our thanks for reading the words that come from our inner most selves. All of our love,
Ren & Nikole



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a new normal



I guess this phrase has been overused, but I'm still going to employ it for this article. Normal is a weird concept. We named our brand, fluxus, knowing the latin word, flux, means change. We believe that as humans, we are made to change, evolve and adapt. Even in having a constant,

maybe a consistent schedule for example, change is still found. We change everyday; physically, mentally. So was normal ever normal ?

Over the past year or so, the word normal got thrown around a lot, with the rise of the pandemic. The pandemic brought about a big change, but we experience small changes all the time.

I decided to read over the article I wrote for our Fall 2020 edition, Welcoming Change in Crisp Morning Cozy Evenings, and I remembered writing those words: where I was, how I felt, how I wanted to feel. We evolve every day, whether you enjoy change or not. Personally,



I was never someone who welcomed change, but when I realized it was going to happen no matter how I felt about it, I decided to just shift my mindset and indulge in the flow of life. I was never someone who was comfortable with goodbyes, but to be ~cheesy~ for a second, a heartbreaking goodbye means that there's a heartwarming hello again

“Our humanity has prepared us to be in a constant state of evolution.”

around the corner. Moving onto new things means there's new things to fall in love with. Evolving and bettering yourself means there's a new you to fall in love with. So, I'm okay with being in a constantly new normal if that means that I get to continue to fall in love with life and all that comes with it. ✨



“shitty first drafts”

I've been finding it quite difficult to write lately, and what I do write often goes unfinished. The notes app in my phone is filled with sentences that aren't fully formed and lines of poems that haven't been

strung together quite yet. I know that it's the fear of not being able to fully articulate my thoughts that digs the trench between myself and my writing. Is what I'm trying to say important? What is my

voice? Will others listen, will they like it? And do I even like it? All of these questions are bricks and

I'm using them to build a wall.

This situation I find myself in reminded me of an essay I had to read for my English

101 class in college called "Shitty First Drafts" by Anne Lamott. In her essay, she argues that in order to write a better second draft and a polished third draft, we have to write that shitty first draft first (she's much more articulate than the one sentence summary I just gave so I would highly recommend reading her essay for yourself).

Reading these words from a professional writer was quite comforting. While

I knew I wasn't alone in my fear, I didn't think that those who had been writing for years still felt

that struggle (which is kinda scary now that I type that out, knowing this feeling won't go away with time, but that's

beside the point).

That's why I'm writing this article. Am I constructing my sentences to perfectly capture my feelings of fear? Possibly, but possibly not. That's the purpose of these words, they may be imperfect, but they exist. And yes we've all heard the phrase better to try and fail than to never try at all, but it never feels quite true. So how do we overcome this obstacle? Lamott said it best when

***"Almost all good writing begins with terrible first efforts. You need to start somewhere. Start by getting something - anything - down on paper."* - Anne Lamott**

she wrote that, "Almost all good writing begins with terrible first efforts. You need to start somewhere. Start by getting something - anything - down on paper." Scared you'll write something that sucks? Well then write something that sucks. You can delete it, set it on fire, keep it forever, give it to someone; it doesn't matter, because after you've done the thing that you were scared you

would do, you'll realize that the world didn't end. Writing a shitty song didn't cause the earth to split open, all it did was get it out of you. And now that you've gotten that terrible thing out on paper (or screen, most likely screen), you can begin to refine it like I have to this article. I say this to you as much as I'm saying it to myself, conquer your fears by doing them yourself. ☾





9 cozy cold weather activities

In the summertime, it's easy for me to spend my day off walking along the beach or tanning by the pool. But as the weather starts to cool down, I start searching for new activities to enjoy on my days off or new date night ideas for my partner and I to spend some quality time together. From classic apple picking to old school drive-in-theaters, here are 9 activities to add to your calendar this season.

1. Have a picnic! Living in the south, a summer picnic sounds amazing, but maybe the humidity and heat doesn't sound super appealing to you. With winter upon us, maybe you decide to finally grab your picnic basket and blanket to enjoy a meal outside in the cooler evening breeze.

2. Go for a classic choice: mini golf or bowling! I'm personally terrible at both, but I think these are great, low-cost,



fun activities.

3. Get dressed up and hit up your local theater. With the holidays coming up, maybe your theater is putting on some season-themed plays.

4. Go to a drive-in-theater. I've been itching to have a sweet date-night at a drive-in-theater with some popcorn. With the weather cooling off, I'm excited to pile up with cozy blankets too. Maybe you even have a projector and backyard where you can create your own outdoor movie experience whether it's for a date night or for a group of your besties.

5. Get your hands dirty and take a pottery class. You'll come home with nice memories and a new item to decorate or use in your house!

6. Have an at-home spa night. Ladies, grab your girlfriends or your

partner and do some face masks while you watch a fun movie or play games. My personal favorite to use is the popular Aztec Clay.

7. Apple picking is a classic fall favorite activity. It's a great outdoor activity that really connects you to nature. I've definitely come home with way too many apples before, so be prepared to bake an apple pie or make some homemade apple cider. Depending on when you're reading this, the orchards might be low on apples, but it's still a fun way to spend some time in nature.

8. Go to your local library or bookstore. You won't regret a trip to Barnes and Noble!

9. Get an early start on your Christmas shopping! I usually wait until the last minute LOL. Maybe I'll get a head start this year! ✨

the middle path

I recently started listening to a podcast that talks about the hermetic principles, and one thing that the hosts keep bringing up in every episode is walking the middle path. This idea has been in the back of my mind for a few weeks now, but I honestly hadn't contemplated it very deeply. Today, as I sat down to write in a cafe, I was drawn to two things. On my right, a man had a book on the table that caught my eye and



something compelled me to write the title down. On my left, two tables down, a woman had her Spotify open and the title interested me. Again, I felt compelled to look into what it was she was listening to. I was easily able to find the podcast episode, and as it turned out, it was a sermon by a church. I realized that it had not been what I was expecting, and I hadn't realized I was expecting anything in the first place. Now very

curious, I googled the book title that the man on the other side of me was now reading. Google told me that the book was written by a neuroscientist and discusses the idea of brain plasticity. Two very different schools of thought, and I happened to be sat in the middle. Now, I'm still very new to hermetic teachings, so knowing how to walk this middle path is knowledge I don't currently have and

therefore cannot share, but that moment in the coffee shop made me pause and made me begin to contemplate what parts of my life were being swayed in one extreme or the other. To anyone reading this, I encourage you to assess if the directions you are being pulled in are true to who you are. Are you striving for balance? ☾

