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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, formatted 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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rekindling

my

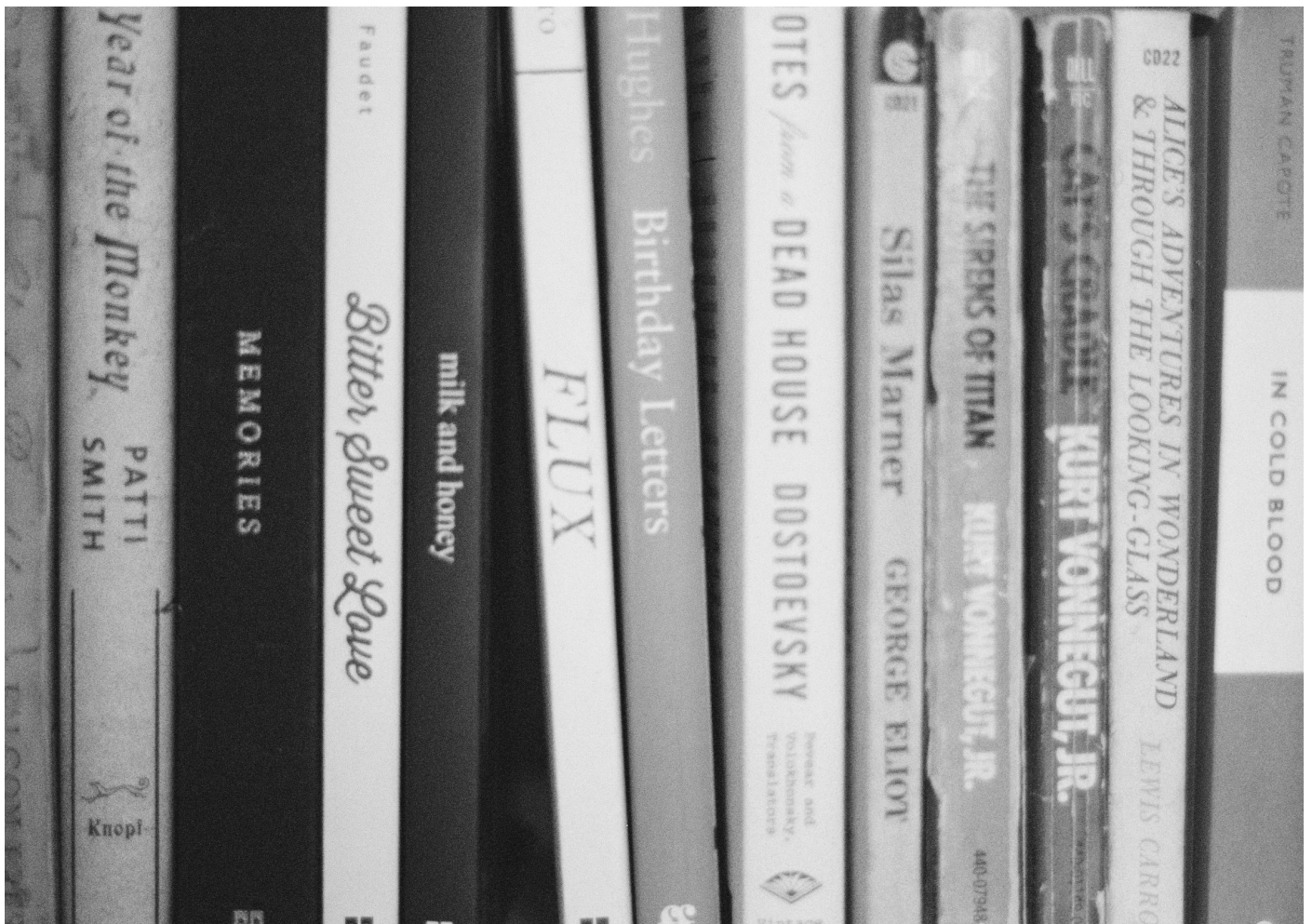
love

of

books

In 2019 and 2020 I sort of fell out of reading. Sure I still read a few books but I didn't intentionally set aside time to read and it sort of just felt like another chore I had to do. Especially last year during the pandemic, at a time where it would have greatly helped me to lose myself in a fantasy world, I just didn't have my heart in it. This year I really

rekindled my love of books. I was intentional about it, I decided that I would take myself out on date nights to a bookstore and that I would get two books (whenever they were buy one get one 50% off, books can be expensive). I also borrowed books from friends (and lent some too). I found that I liked that the most as I was able to discuss the characters and likes and dislikes about the book with my friend (also, it helped me save money)! The books that I did buy felt like a little treat. Turning my act of going to buy books into a self care thing really helped. I would get dressed up, buy myself a cup of tea, and take my time perusing the aisles of books. It was something I looked forward to, and I liked having that time to myself. Beyond the attainment of the books,



I set aside time in my morning routine to read a chapter from my book. As I'm writing this, I realize that my journey to rediscovering my love of reading parallels my self care journey. Before, I hadn't allowed myself time for self care. I thought that

“I found that in reigniting my love of something I was passionate about helped me foster love for myself”

I was too busy, maybe I thought deep down that I didn't deserve it. I found that in reigniting my love of something I was passionate about helped me foster love for myself. 🌙



winter blues

What color do you associate winter with? For me, it's always been blue. As I sat down to write this article, I asked myself why is winter blue to me. Maybe it's because winter photos typically have cool

undertones or maybe it's because of Elvis' song, Blue Christmas. Blue supposedly conveys feelings of tranquility and relaxation but can also be a passive and depressive color. For me, this captures

the essence of winter. So what is the winter blues? It's pretty much just a description of the moments that you might find yourself sad or feeling down. During the winter months, we tend to get less sunlight, which may result in less serotonin production. Oh and why do we always, without fail, complain about daylight savings and being confused when it's dark at 5pm (or is it just me), even though we experience it every year? You'd think we'd get used to it! Apparently, we have an "internal clock" that gets disrupted because of this change and I'm feeling very validated with this new information I've just learned today!

“It’s totally normal to feel down, and your emotions are valid. But don’t let that pesky negativity outstay its welcome”

So how can we get out of a winter blue slump?

1. Go outside, get some fresh air. Even though the sun may not be out as much, the fresh air and connection with nature is so impactful.

I've been really trying to make a conscious effort to go outside first thing in the morning and just take a huge, deep inhale and a sighing exhale before starting my day. I notice a huge difference on the days that I intentionally start my morning this way.

2. Exercise, of course! Maybe go on a walk or run outside and knock out two of these tips at the same time!

3. What are you eating and drinking? During the holidays, I find myself

loading up on the carbs and drinking peppermint mochas 24/7 just to feel festive. I'm all for indulging your sweet tooth, but just take a moment to listen to what your body is telling you. Add in some more veggies and maybe ask your friendly barista to go light on the peppermint and mocha syrups haha!

4. Try to stick to a sleep schedule. This is a year-round struggle for me, but I just try to listen to when my body is telling me I need some extra sleep. Your body will let you know when it's tired, so just check in with yourself daily!

5. Bring awareness to your mental state. Acknowledge the thoughts and the feelings, and evaluate whether or not they deserve the space in your mind. Maybe you do this through mediation, or journalling, or simply having a conversation with a trustworthy friend or family member.

It's totally normal to feel down, and your emotions are valid. But don't let that pesky negativity outstay its welcome, give them the time they need to feel validated and seen and then let them pass! 🌟





sagittarius

season

&

jupiter

energy

Ah, the holiday season. The best (and a bit stressful) time of the year. Ever wonder why everyone seems so cheery and merry this time of the year? It's that Jupiter energy baby! Yes, that huge ball of gas that is the biggest planet in our solar system, is the reason that Sag Season is so cheery and jovial.

From November 22nd

till December 21st, the Sun enters Sagittarius (which of course is ruled by Jupiter). For those of you who don't have any of these fire signs in your life (first of all, I'm so sorry), Sagittarius' are known to be the adventure seekers of the zodiac. We are quite adaptable, curious, passionate and can be intense. We make great story tellers and creatives, we're also one of the funniest signs (Google said it, not me! I'm not just toot-ing my own horn). Sagittarius' are also infamous for their brutal honesty that sometimes gets us into trouble with water signs. All in all, Sags are fun people to be around, whenever they're in town that is.

As I mentioned before, Sagittarius is ruled by Jupiter, the planet of abundance. I'm pretty sure

Jupiter invented the phrase “go big or go home”, as he can never get enough. He signifies good luck, and rules wealth and spirituality. This ‘a good time all the time’ energy that Jupiter brings can be a bit dangerous when left unchecked. The holiday season is fun and full of warmth, but we ought to make sure that this isn’t just a surface level feeling

that we use to cover up our true feelings. For those who want to learn more about this planet’s traits, I would recommend listening to the episode called “Jupiter: The King of The Gods” that the podcast “Know Thyself” released in July of last year. It’s very informative and the hosts are so full of knowledge and kindness. 🌙



holiday nostalgia

As I'm writing this, I am listening to Spotify's playlist called A Soft Christmas and I am truly in love. The piano tunes are the perfect vibe for this nostalgic moment. I love Christmas. I currently have my car radio set to the Christmas station so when I start my car, I automatically get those uplifting, festive tunes. This time of year brings up so many memories. We used to live in a house that had an overlook to the front



entrance; Our second floor hallway, for the most part, was open to the first floor.

I remember, on Christmas Eve, Nikole and I would sleep out in the hallway that overlooked the front door (because our fireplace was sealed - so Santa came in through our front door haha). We would try to stay awake and "catch" Santa. I remember the good old days of showing up to school in pajamas and watching The Polar Express with hot chocolate and making paper



snowflakes. I remember truly being stunned that the cookies had been bitten into and that the milk had been sipped on. As we grow, some think the magic of Christmas fades, but I think it grows with us. The memories

are magical, the time with family and friends, the smell of the tree, the movies and music, even the nostalgia. For me, it all still has its magic. 🌟



albums of my year

This Is What It Feels Like
by Gracie Abrams
(November 12, 2021)

I stumbled across Gracie's song '21' off her debut EP 'minor' in a playlist that was recommended to me

via Spotify's algorithm. As someone who has written birthday letters to a lover who no longer talks to me, the raw emotion in her song felt so close to my own, and I immediately exited out of the playlist

I'd been playing to listen to her EP on repeat. Her songs have since solidified their place into all my sad playlists.

Because of my frequent visits to her page on Spotify, I was notified that her new release "This Is What It Feels Like", an EP consisting of 12 songs came out on November 12th. Now, I should tell you that I am not a music critic, I've never really been able to properly express how I felt about songs. There isn't a musically gifted bone in my body, and although I tend to subconsciously attract musical people, I've never been able to participate in any dialogue surrounding the creation and reception of music. Lyrics, separate from their songs, are something that lingers with me and I feel comfortable commenting on. Words, no

matter what format they fit in, are familiar to me. More than Gracie's artistic ability to string words together, the feel of the album is like a big knit blanket that's been wrapped around you, but that leaves your face exposed and the cold grips your nose and fingertips. Her voice feels intimate, like she's performing her songs for a friend in her room. Listening to Gracie is like reliving the aftermath of your last heartbreak. It's sad and reassuring and lovely all in one.

When Facing The Things We Turn Away From by Luke Hemmings
(August 13, 2021)

I don't watch music videos as much as I used to when I was younger, and whenever I do, it's usually because I heard the song first and was then

interested in the visual accompaniment. Youtube recommended Luke Hemmings music video for his single “Starting Line” to me, and I decided to watch the video and hear the song for the first time at the same time. By the time he got to the bridge, I already had chills. The raw emotion in his voice that builds as he sings the chorus physically made the hair on my arms stand up.

“I wake up every morning, the years ticking by I’m missing all these memories, maybe they were never mine I feel the walls are closing, I’m running out of time

***“I wake up every morning, the years ticking by I’m missing all these memories, maybe they were never mine I feel the walls are closing, I’m running out of time I think I missed the gun at the starting line”
– Luke Hemmings***

I think I missed the gun at the starting line”

Those verses stuck to me and I felt them tumble

around my thoughts, even now. As someone going through a bit of a quarter life crisis, his words felt like looking in a mirror. The rest of his album is a reflection

of looking back and finding yourself in the present, with only a vague idea of how the hell you even got there. This album feels like running through your childhood neighborhood, screaming at the top of your lungs, a panicked grasping at something you can’t hold and an eventual turn to look at yourself,

a realization you're older and much different from the person peeking at you from photo albums. His words feel like a cry from someone who was unable to speak for years, a reawakening. I would recommend this album to anyone with the ability to hear, but especially to anyone who is on the verge of turning to face the parts of yourself you once kept locked away.

Optimist by Finneas
(October 15 2021)

I'm gonna be honest, this one was a late addition to the list. I only found the album about a week ago, but this week it's been the only thing on repeat for me. I was previously familiar with Finneas, I had listened to a few of his songs before but never felt the desire to go to his

page and REALLY listen, and let me tell you, I'm listening now. This man is a genius, and I'm sure as hell not the only one who thinks so. Homeboy has eight grammy's and is the producer for his younger sister, Billie Eilish. His songs in the album cover the topic of love in various forms from romantic love to familial love, unrequited love, and platonic love. He writes about regrets of the past and fears of the future, and his album makes you feel his presence in every single one of his songs. 🌙



intentional cozy evening

I hope that this holiday season, you feel warm, peaceful, cozy, and in-the-moment. I hope that even if you're traveling, that you feel like you're home. I've grown to truly love my evenings. After dinner, a quick clean-up, and my nighttime shower/skincare routine, I've been intentionally trying to turn off the outside world. I turn the bright lights off, and leave on just one dim lamp as well as my Christmas lights. I light a couple candles, put the Yule Log on the TV and turn on my little fake fireplace. I get cozy on the sofa or the bed where I either do

some evening reading, journaling, or personal work on my computer. I love to take some time to evaluate my To-Do list from the day and write out a new one for tomorrow. I've been treating these evenings as moments of validation and recharging for myself, or whatever I feel I need extra of.

What do you need extra of? Set aside time for those things. Make an appointment with yourself that you know you can't miss. And make it daily. Even if it's just a few minutes to start out. ✨

a note from the writers

Our last edition of 2021, wow. This year was full of a lot of change for us. We both graduated, Ren turned 21, Nikole turned 24 and we started a podcast. After releasing our Spring edition “Bloom” and completing our cycle of season-themed magazines, we took a hiatus over the summer to refocus on the direction we wanted our brand to go in. This edition marks our second monthly issue of our redesigned magazine, now digital friendly! We’re excited for the year ahead and all the changes that come with it. Thank you from the bottom of our hearts for reading and listening to us this year, heres to 2022!



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