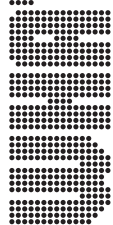


September 26



the **RESET**
zine #1



the RESET *zine* #1

(we're so happy to share this with you...)

Page 3: This Is The Reset

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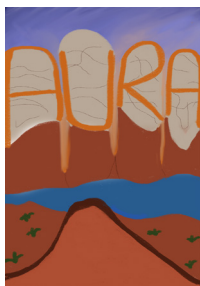
*Page 13: Expressing Joy As A
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On the cover:

The A.U.R.A. Mountain Catalyst:
When all else fails, this much is clear.
When nothing else remains, love is all
there is. It's the beginning, middle, and
end. Join us at the RESET to learn more!

*It's not just music
It's not just performance
It's not just a party*

*It's about the movement
It's about connecting
It's about you*

Nightlife is changing; independent spaces are closing...it's time to do something completely different - the RESET is our answer.

the RESET merges art, music, movement, food, and conversation to challenge, creating experiences and spaces that are life-changing.

Each DJ set, workshop, performance, and conversation is designed to flow into one another - this experience is not meant just to consume, but invites you to be an active participant.

connection

The theme of this RESET is Connection. How do you connect with yourself? With others? Are you connected with the outside world? Do you connect with the dance floor? When you dance, are you connected to your body? the RESET is an opportunity to explore what and who you are connected to. Before we do anything else...especially before we create something, connection is important.

With Love, The Auragrio / Rayge.Uncovered





This is

Our Philosophy

Amaris Vitae is the way Rayge and I live and how we show up. It's a philosophy, shaped over the last ten years, exploding into something more powerful after Rayge and I met. Amaris Vitae means a Life of Love/ Love of Life, and Rayge and I practice this through showing and sharing love with ourselves and those around us.

Amaris Vitae began as a concept, and I still wake up every morning trying to understand more about it. One of the lessons Amaris Vitae taught me is that the universe is always looking to know more about itself. It's always unfolding and evolving into something new. I can never know everything about all that exists, but I can understand the universe more by understanding myself; we are small little specimens within this vast universe; studying or being curious about ourselves is a full time job.

Just as the universe unfolds and expands, so do we when we understand ourselves with the utmost tenacity. When we start getting our hands dirty in uncovering the hidden truths about ourselves with love and truth as our focus and pairing it with showing and sharing love as a practice, that in turn helps us to be easier on ourselves, right? But... is our society really set up to do this?

Life is full of distractions. Social media alone takes up much of our lives. How many hours are you on social media, how often do you grab your phone? Does it

distract you from doing what you are meant to do, or does it lead you to procrastinate? Does it prevent you from creating in-person relationships?

What about your job? Does it serve the purpose of just surviving and paying bills or does it give you life? Does your job invigorate you when you wake up in the morning?

If you're queer, even within dating or friendship apps, it's all guided by algorithms. So if your pictures aren't perfect, or if you haven't carefully crafted your description, there are a mass of people that will not see your profile. Finding a friend or partner is more like shopping online...swiping to like or dislike.

One of the first things that Rayge and I talked about when we met, was how we could contribute to something greater than ourselves. Community sounds good on paper and conceptually, but time and energy is required to build it. We are at a point in society where we don't have the time or energy to do things because all of our focus is on survival. Embedded within the patriarchal systems that we are a part of, perpetuates struggle, oppression, isolation, chronic physical, and mental challenges amongst other shitty consequences. The intent of patriarchal systems is for us to become robots, to conform, to become mindless.

This is why the RESET is important now. It is an opportunity to just be. It is the opportunity to take care of ourselves and others. It is a place to look beyond differences and focus on what connects us. It's an opportunity to shift our worries and anxieties into joy through dance. It's the opportunity to experience music, not as something to consume, but as a proven way of healing. It's the opportunity to listen to how our bodies are asking us to move. It is the opportunity to think differently...to FEEL differently. It is the opportunity to show and share love.

Above all, the RESET helps YOU to see YOURSELF in a different light. The RESET is not just an event. It's something of a journey, an experience. A way to show and share love. Welcome to Amaris Vitae.





Leen ElMobaddr (Lebanese, currently based in Portugal) works through performance, food, and installation under the lens of spatial design. Their current research explores dialogue between routine and ritual and the intersection of symbolism in language and materials. Their projects often unfold through collaborative and participatory encounters, using rhythm and repetition as tools for composition and research. Their work attempts to bring “big” topics into the creative playground and see what comes out of it, preserving rituals towards deriving new dictionaries of relating, connecting, and therefore being. Leen is currently working on a project titled Mola do microfono مَلَقَطٌ مَيَكْرُو فُونِي; a movement towards resisting the domestic language.

Change fatigue...

We are all experiencing this at the same time. It's the physical, mental/emotional exhaustion of juggling our personal lives, relationships, creativity and expression, information overload, and societal stress. Change fatigue leads to procrastination, burnout, low attention span, and an inability to adapt over time. Everything feels overwhelming. The overwhelm may create sadness or anger because we're unable to move through daily life. How do we break out of this pattern?

I've been thinking about algorithms lately...mostly due to the fact that companies use them to control and gain more of our attention, or to increase profits. Algorithms are a specific step-by-step procedure for solving a problem or accomplishing some end. Companies want things to be efficient, repeatable, and reliable. Algorithms are dynamic - even if a company's goal is to make things more predictable, it's important to note that algorithms know that things change. They have to adapt to changes. Here, we find a great contrast - the need to be consistent and predictable, yet adaptable.

How do we weigh the use of algorithms against change fatigue? If we're talking about societal changes that need to be made, it's important to consider that our adversary isn't a person - it's a system. The first step in resisting systems is to remove our dependence as much as possible and question everything. If we talk about personal and relationship dynamics that need to change, it's important to recognize that the common denominator is ourselves - what is working in the background of our minds when we encounter interpersonal and intrapersonal situations? What are we responsible for, and how do we hold ourselves accountable? What processes do we need in place to prevent change fatigue while being a catalyst for change when we know it is necessary? What values, morals, and principles do we have in place in the form of algorithms that we can rely on to be consistent in our actions but also adapt to change?



This is why we use A.U.R.A. as our algorithm - Accepting, Understanding, Reflecting, and Acting.

When we deal with change, a difficult situation, or a conversation, this is how Rayge and I navigate these events while maintaining our everyday lives. It is not always easy, but it helps us maintain our values while adjusting to changes within ourselves, with each other, the people around us, and building the world around us to be more just, kind, and equitable.

- **Accepting** brings us to the present moment. Seeing the situation, event, or challenge for what it is. It is the most direct route to level emotions, helping us to think more clearly and allowing our minds to be free of emotional interference.
- **Understanding** helps us to be critical, to not only see whatever we are experiencing for what it is, but all of the details behind it. We sift through research, compare and contrast, go back in time to find patterns or understand if solutions in the past worked. Understanding takes us to a knowing - think about the emotions and feelings that arise when life is unknown. Our anxiety, nervousness, and confusion begin to take over. It's not a great place. Understanding fills in the blanks and provides us with more clarity.
- **Reflecting** is how knowing becomes wisdom. We take all of our understanding and ask ourselves questions - how does this affect us and those around us, our communities, and beyond? This is where we apply the Seventh Generation Principle given to us by our indigenous siblings. This principle takes the decisions you make now have an impact on those that come after us for at least the next seven generations.
- **Acting** is when our wisdom becomes tangible, palpable, perceptible, and discernible. It's what makes your wisdom matter - in fact, it's the only thing that matters. It's how you bring your wisdom to life. It's where accepting, understanding, and reflecting come together. Taking action is what will make the difference as we move forward with change.

A.U.R.A. is a part of our developmental process for the RESET events. We are living in incredibly pivotal times. What looks like a very chaotic world makes for the perfect opportunity to introduce parallel societies - structures that are really based in love and creation. Let the people who want to hold on to outdated ways of being that are literally failing continue to go down with the sinking ship. Any concept or system that leaves out large groups of people is no longer sustainable. Let's create spaces and experiences that are life-changing, identifying what brings us together instead of dividing.



Create an algorithm for yourself...YOU do the influencing based on what you want to create for yourself and those around you.

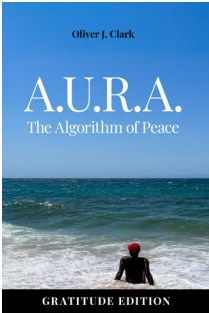
A.U.R.A. can be your training wheels until you find your own algorithm.

Accept that the time to change is now

Understand that you have a role in this change and the way through it is by being your authentic self and through creating

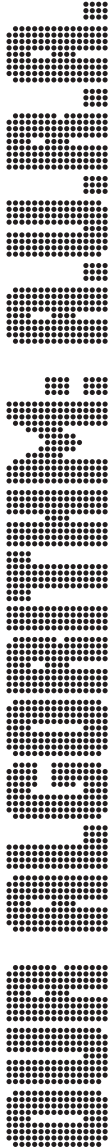
Reflect on how the role you have is life-giving; there are benefits for you and the people around you

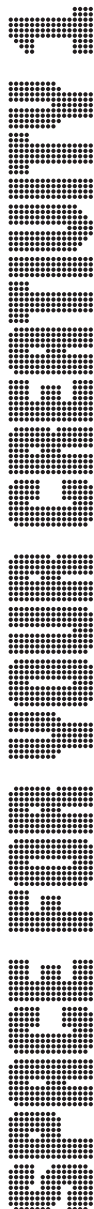
Act out this role in everyday life



We’re looking forward to seeing what you create at the RESET.

On the Amaris Vitae website (link on the back of this zine), you can learn more about “A.U.R.A.: The Algorithm of Peace”, and how to order/download the book.





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use this space for drawing, writing, stamping, stickering, or whatever else... *ENJOY!*



AEONA REX creates music with code. Using Strudel, a live-coding environment that turns programming into sounds, she steps on stage with almost nothing: a laptop, a projector, and a handful of lines of code she's created. Everything else is made in the moment, line by line in full view of the crowd. Her sound is inspired by a range of music, including techno, electronica, and classical music. Underneath it all lives a quiet solitude, of being alone together on a dancefloor. With roots in visual arts and programming, she's performed in Lisbon at Damas with the Toplap.pt live-coding collective and DARC Desterro, and streams her sets virtually for audiences beyond the club.

Expressing Joy as a Form of Resistance

Whether I am at work, at the gym, meeting with friends, or dancing the night away with my love, whether I'm fighting against oppressive forces or offensive people (that's "they" in this post), I mostly express joy. Why, you wonder? Let me explain, and hopefully inspire you doing the same going forward.

I've noticed that, despite all the misery "they" throw at us, I've learnt NOT to tap into the negativity "they" want me to be in. I've learnt that "they" will stop at nothing to make sure "we" are miserable. So, this part of my "Queer Communication" series is about keeping "them" from getting to us, emotionally. I'm going to show you one way to do that.

Do you fight on "their" terms – or on your own?

This concept is so simple, that you may think it is too simple to confront the complex issues we face every day. We will never be able to face all of the sh** thrown at us. What we can do, however, is show "them" that we are in control of our loves and lives.

Seeing what is going on in the world, made me wonder how to better fight the misery "they" throw at us every day. I know how easily we fall into the trap of blindly matching the negative, rigid energy of those who wish to erase us: the fascists, colonialists, capitalists (that's "them", by the way). "They" provoke in many ways, "they" want us to be defensive, "they" want us to fight, to protest, to criticise and comment on social media.





TO KNOW A STYL FOR EXPRESSING MY AS A FORM OF

“They” keep us busy, making us fight on “their” terms, so “they” stay in control of us.”They” are wasting our time, deliberately.

Question: when was the last time you fell into that trap? Let me rephrase: when did you last go on social media? Not so long ago, right?

After many decades of studying how “their” systems of power operate (sure, I have been part of them), I have learned some truths about oppressive communication practices. For instance: “they” create effective tools just to keep us occupied, to control us and to monitor us. 24/7.

Big brother is watching you!

I call social media “fascist tools”. Yes, I know you’re on them, like I am – and very likely you are on them a lot. I’m pretty selective, balancing the pros (connectivity and information sharing) with the cons (being monitored 24/7 and providing precious data for free). I’m not suggesting you need to abandon social media completely; that wouldn’t be realistic. However, I do suggest using them with care and restraint, allowing you to use your creativity more effectively across other media. Please be aware, because social media and AI are killing intelligence and creativity as we speak (or better: post).

And let me add this: if I say that “they” do a pretty good job in keeping us busy (like on social media), “they” do a pretty good job in making it hard for us to collect truthful and reliable information. Ask yourself: do you still read? I ask you: will you read this blog post? Of course, I would love you to, but I need to be realistic. For my non-readers (not reading this...): I will also discuss this topic in one of my future “Rayge” performances.

Disrupting a Grim Narrative

Okay, so this is what I've come to learn, looking at the current situation. We all agree that we must and will resist. Next to the known ways to resist (like organising and joining protests and boycotts, being part of Queer communities and collectives, and using social media in a deliberate way), I believe the "other" way to resist is by physically showing that our lives are valuable, beautiful and sustainable. Unapologetically, uncompromisingly, as an expression of life as we are meant to be: human. And real.

When we communicate through joy, dancing, loving, and smiling, we disrupt the grim narrative they've written for us. We show that we are not just surviving; we are thriving. "They" do not like that.

I want to add one word to this topic of communicating our joy: "visibility". Because: if you're not visibly showing "them" our love and joy (our resistance), we will not be resisting much, will we?

The Power of Joy

Historically, regimes that seek to control their people always start by policing pleasure, art, and expression. We see that happening as we speak. "They" want conformity, and compliance, and that is not what we will give them, right? Loud and visible joy does disturb any authoritarian mindset because they cannot easily control it.

Our joy is not always frivolous. The way I see it, expressing joy is a strategic, deliberate choice.

This blog post came to life in the gym; there, I always see other people looking at the way I express myself. My gym is, like many similar places, very performative, macho and toxic. I'm not going along with that!

Being performative all day is such a waste of time.

My crop-top. My painted nails. My dancy moves on the cross-trainer, like I'm at a house party. I'm showing that I feel comfortable being myself. Which also means that my training will be much more effective. Good vibes encourage my body to support me even more. When I choose to smile while dancing on the gym equipment, I don't just express my positivity. I show resistance; a refusal to fall into "their" toxicity and conformity. I choose to NOT tap into the energy around me, and use my own positive energy to confront the ugly realities of the world.

Don't let "them" use you

I literally look the judgmentalists straight in their eyes, smiling and showing that I am thriving. And let me tell you something else: based on my own experience, "they" really are pretty miserable themselves. But, I do allow "them" to be miserable. They deserve to be, don't they?

I know. Though it sounds so easy, this is not something that I (or you) do easily. I make sure I am prepared, understand who I am facing, and move along independently.

I use social media only to connect and inform; not much more. I'm not wasting my time there. Remember: social media are fascist-owned and controlled. "They" use our data to control us, and their algorithms to steer us. "They" waste our time and good vibes – I think that's criminal... Maybe you'd like to read my post about Dis- and Misinformation ([here](#)).

Driven by our neurodivergency

As Queers, we actually are pretty good at communicating. We always had to be creative, in order to survive, right? We have more strengths. You may not expect what I'm about to tell you. One of strengths is our neurodivergence. "They" want you and me to believe that we are less because of it. NO, WE ARE NOT. On the contrary.

For many of us in our Queer communities, our communicative and creative strengths are enhanced by our beautifully neurodivergent brains and our collective imperfections. I believe that we are the real creative ones, because our horizons are traditionally wider.

I'm very okay with my neurodivergence. And I use it well; it has helped me create Rayge.Uncovered, the concept of Queer Communication, the RESET, and a lot more...

I've always known that I don't fit the standard. However, it took me quite a while to understand what it was about. That it's not as bad as "they" want me to think it is. Yes, they tried to change me, "cure" me, make me fit into a mould that would never fit me. My resistance came late, but it's out there now. I'm not denying that I carry a lot of anger about the fascist, capitalist violence and racist exclusion. But instead of letting this anger burn me up from inside, I transform it into activities that I know I am good at, and enjoy doing. Like Rayge, my Queer Communication scribblings, and the upcoming stuff I will tell you about later. I have learnt to transform the toxic energy "they" fed into me into a positive drive forward.

I don't panic about the future, either, however grim it may look today. Yes, like all of us, I do have my "off" days. Even then, I make sure that, whatever happens, I keep smiling, I keep moving, I keep showing myself. I don't succumb to toxic pressure.

Rayge.Uncovered: taking joy everywhere

This exact philosophy is at the heart of my activist performance act, Rayge.Uncovered. My monthly show "Rayge Raydio" is built on the same principles. When I use my body as a Human Canvas during a live performance, I am literally embodying radical queer joy in spaces where it is least expected. I'll step into any room to laugh, to cry, to hug, to connect, to dance, and to make our queer love and care visible and real. At the same time, I share my resistance.



TO KNOW US IS TO KNOW US
EXPRESSING OURSelves



TO KNOW A SEX FOR MISSING
EXPRESSING MY AS A FORM OF

Therefore, when you join my act, you will experience a lot of emotions. You'll learn, for example:

- To set boundaries by claiming and protecting your space; not just by fighting, but by creating a strong and authentic positive energy;
- To celebrate your neurodivergence, and other imperfections that “they” want you to believe are wrong/bad. In my “Human Canvas” act, for instance, I do that by literally exposing my raw, authentic body. There is nothing wrong with our bodies;
- To never look away from the toxicity, but instead to face and return the toxic energy of oppressors by showing love, joy, and wisdom.

Honestly, JOY IS SUCH A STRONG TOOL. And “they” hate it, because they know they can’t get to us.

I invite you to show your resistance through joy. By refusing to hide your smile, you’ll help build a safer place for all of us. I do it everyday, everywhere.

Celebrating differences and imperfections

Our Queer predecessors resisted through underground parties, street protests disguised as celebrations, and through lots of care and love. They knew that staying independent and celebrating our differences and imperfections are what keeps us more than alive. That has not changed, despite the threats we need to face.

Let’s reclaim our unique place in the world today by expressing our joy, unapologetically and unconditionally. Let’s turn our anger and our fear into joyful acts of resistance, supporting our unique ways to resist “them”. Let our neurodivergence be our strategic and creative edge.

Now, go out and love, dance, sing, and laugh like your life depends on it—because it does.



Driven by joy, love, wisdom, and harmony, Rayge creates live performances that invite connection rather than spectacle. Rayge appears in multiple guises, sometimes as a Human Canvas, using nakedness as a multidimensional language — emotional, ethical, creative, and at times physical. Rayge. Uncovered challenges binaries of all kinds and in their performances resists colonialism, fascism, patriarchy, and capitalist extraction. Together with audiences and organisers, Rayge embarks on shared journeys of understanding and transformation. Join Rayge's living act of Queer resistance, guided by care, community, and connection.

The Auragrio is a storyteller, musician, writer, sound-shifter, and is dedicated to collective liberation. Born from the MTV generation—when it was just you, the screen, and the music—the Auragrio learned early how sound can move the body, soften the heart, and awaken the spirit. Today, that same energy flows into house mixes, meditations, slow jams, and world grooves crafted to sow love and spark liberation. Guided by intuition, rhythm, and the wisdom of the griots, the Auragrio uses music as a pathway for healing and transformation. Every set is an invitation to feel, remember, and return to yourself—one beat, one breath, one movement at a time.

THE AURAGRIO, RAYGE UNCOVERED

2024
JULY
19TH
7PM
LIVE
AT
THE
MUSEUM
OF
MODERN
ART

[illegible]

20

, stamping, stick

use this space for writing, drawing, stamping, stickering, or whatever else... ENJOY!

Pop-Up Workshops And Exhibitions:

Stamp Workshop with Cesar van Pinsett:

Cesar van Pinsett, originally from Paris (France), is currently based in Lisbon (Portugal), where he founded the Cardinal Collection (cardinal-collection.org). The Cardinal Collection consists of a gallery space, an archive, and several artist editions, including zines and objects, most recently a series of artist-designed fans. The project explores experimental forms and formats, drawing references from underground and erotic cultures. The gallery has hosted several exhibitions since its opening last September. Cesar van Pinsett has published more than 50 zines and independent publications and recently released a series of “approximate facsimiles” based on vintage magazines.



Exploring Mutual Aid with SitWith:

SitWith knows life feels uncertain right now. Like the moon, they embrace the dark moments—because something new is always growing. When things feel darkest, we can let go of how things used to be and make space for something better.

At the RESET, you'll experience their tool, HelpWith, to provide an accessible way to participate in mutual aid. They are committed to meeting people where they are so we can grow together.



the RESET

Setting up a completely new event is challenging, and it can only be realised TOGETHER. We are so grateful to all of you who have been part in shaping this first episode of the RESET.

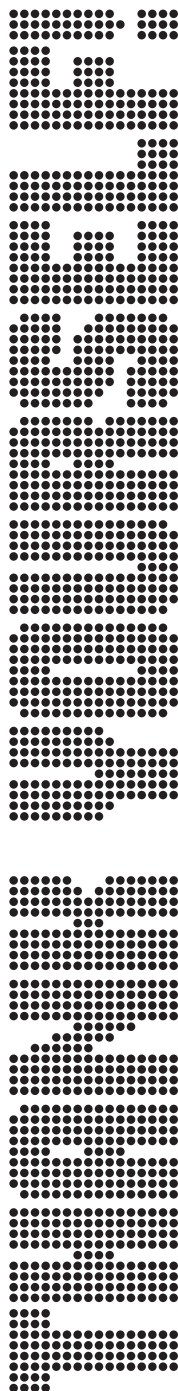
What we would love to give you, however, is not only our gratitude. In the spirit of the event, we want to give you some moments to be grateful for yourself. Sometimes it's not easy to be grateful, we know, but just sit back and reflect on what you experienced during the RESET. You can do that by focusing on the connections you made during the event.

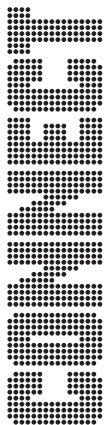
As we are still very much in an experimental phase, please let us know what you think WE can add to the future editions of the RESET. Oh, and please also let us know if YOU would like to add something to the RESET. If you feel you have topics that we can feature, maybe even a performance, or if you'd like to help us out... please connect. All talents are valuable.

Thank you, and on our behalf, please don't forget to

thank yourself

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Amaris Vitae:



Penhasco:



the RESET
is a life-changing
project by
Oliver Clark
(The AuraGrio)
and Alfred Jansen
(Rayge.Uncovered)
and their friends.

September 2026

