

# BERLINiB

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Fashion

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Cover model for our BERLiNiB 2019/B issue is *Elmayahh*, photo by A. Tacoma {see article "Styles of Real GenZ"}

## 2019/B BERLiNiB



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**Editorial Assistant:** Lucy Blay, @lucyblay

When we make a magazine, we start the layout from scratch and add the tag, "TEST OF LAYOUT" in a blue note on the left side of this editorial page. This is naturally and gradually transformed into our own magazine. We replace every one of the earlier test images (which are all documented in our Instagram account) with images from our own original shoots. The idea behind this method is that we want only the best inspiration for our magazine, so we choose images from our favourite sources, such as Vogue, Numero, Harper's Bazaar and Elle Magazine, to light up our pages with images that inspire us as we work to create our own fully original publication. Each issue is developed in this way, and at the time of its publication (for publication times, confer our website) all content is our own. It is only at

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As a new magazine, BERLiNiB is entirely self-funded. With top of the line equipment, and the great taste and creative skills of our

contributors, we create excellent results within this frame.

**Aristo Tacoma** {a photographer in, & the editor of, BERLiNiB; and also often stylist}



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# The Most Sought-After Accessories for Spring/Summer 2019

By Nathalie Sophia,  
@fashionjudgment,  
BERLiNiB Fashion  
Correspondent,  
nathaliesophiajournaliste  
@gmail.com

**From rediscovering your inner child to finally wearing those crazy heels, the trend of the season is flaunting your individuality.**

## 1. Hair down, pins up!

The weather is warming up, so, rather than sweating it

out in a bucket hat or other headwear, why not swap to hair accessories? From Versace hair pins to Prada headbands, hair accessories are the fashion-girl's go-to for the season. Available in different colours and styles, from colourful heart-shaped snap-clips that speak to your inner child, to gold clips embellished with pearls to show off your timeless beauty. Hair accessories can be found in high-fashion boutiques or at fast-fashion stores like Zara, so there's something to suit every style and budget.

## 2. Cowboy boots

Yee-ha! For all the city girls, the country look is back! Street-style influencers like Kendall Jenner and Rosie Huntington-Whitley have been spotted rocking cowboy boots for both day and night occasions. Even Karl Lagerfeld, who sadly passed away in February this year, gave this classic style of footwear the stamp of approval by featuring cowboy boots in his Fendi FW18 runway collection. Cowboy boots have returned to the mainstream, and it looks like they're here to stay. For the perfect day-to-night outfit, pair your boots with a flowy bohemian-style maxi-dress.

## 3. Mule-Heels

Footwear is THE accessory of Spring/Summer 2019. If cowboy boots are not your thing, don't despair! There are other ways to make a statement with your shoes. If you love mules for how comfortable and easy-to-wear

they are, the best way to elevate your style is to add a kitten heel. Balenciaga's kitten heel mules have a long, pointy toe worth standing up for, and popular stores such as Mango and Topshop also have a range of styles available to suit your step.

## 4. HUGE glasses

For those who are yet to try the tiny sunglasses trend: it is at the end of its cycle so now might be your last chance. Major fashion houses are now rejecting the stylish but non-functional style of sunglasses, replacing them with ones reminiscent of shields or performance glasses. From Loewe to Heron Preston's collaboration with Nike, 'biker sunglasses' and those inspired by protective eye-wear are the new IT look.

## 5. TINY handbags

Are tiny handbags functional? No. But are they fun? Well, yes. And do they scream FASHION? Most definitely. For those who think a tiny bag can't fit anything and is therefore completely useless, let me break it down for you: When you go out with friends, all you need is some money or a credit card, maybe some lipsey and your keys. You can fit all of that in a tiny bag! What about your phone? Well, for most of us, it's in our hand most of the time anyway, so why not give the tiny bag a chance? After all, who can say no to Jacquemus's handcrafted micro-sized totes?

## 6. Crazy earrings

'Tis the season to go crazy! I mean, you can really do no wrong when you have the confidence to rock what you're wearing like you just got off the runway at Milan Fashion Week. Following the hoop earring trend, we have now been greeted with a new trend in the earring department and that is... well, do what you want! If you need a little guidance as to the most fashionable way to approach this trend, here it is: Make it big. Loewe, Chloe, Givenchy and even Milan's own master of elegance and sophistication; Giorgio Armani, all know that when it comes to earrings, bigger is definitely better this season.

## 7. Raiding Grandma's closet

For those in need of a subtler way to accessorise, and those who fear that their earlobes won't be able to hold heavy pieces, we recommend that you go into your grandma's closet and find some pearls. And, while you're at it, see if you can find some kitten-heeled, orthopaedic-looking shoes too. If you're lucky, they will fit. Anything that looks like it could work on a Simone Rocha runway is perfect. Last season was all about gender fluidity in women's fashion; featuring masculine suiting and relaxed-fit button-up shirts. This season is about bridging the gap between feminine strength and vulnerability; the innocence of a child combined with the soft gentleness of a woman. This concept is inspiring

designers of women's fashion and the hearts of buyers. Combining classic suiting and bold feminine silhouettes screams girl power, and we love it.

## 8. Square toe

There was a time, when a long, pointy tip was the least fashionable shoe style, but Balenciaga changed that perception with the infamous Knife boot. The pointy tip is still a fashionable choice, but the precise, straight cut is definitely the front-runner this season. Applied to sandals and boots alike, the square toe offers a sleek and precise look, which can easily be styled to suit any occasion. Some of the most interesting styles include ones from lesser-known brands, such as mules and high-heeled sandals from Mach & Mach and shaped heels from Nicole Saldaña.

## 9. Scarf manipulation

It's been a while since we considered scarfs a desirable accessory for any season other than winter, when their presence has more to do with the biting cold than making a fashion statement. Scarves are back this season, but not necessarily around our necks. The floaty lengths of material are the perfect accessory to elevate your favourite bag with your own unique style. If you're not into accessorising bags, you can always go for a braver choice: Wrap a scarf around your head in a style reminiscent of 1950s

Hollywood icons Grace Kelly and Jackie O.

## 10. Original nostalgia

The nostalgia trend, mainly focused on 70s and 80s style, has completely taken over the fashion industry, and what better way to find original and trendy pieces than in vintage and second-hand stores? The idea of everybody wearing the same exact thing is not ideal for a real fashion lover with a unique sense of style. Most fashion aficionados take pride in being different and like to wear pieces that are exclusive and original, but getting pieces custom-made is expensive, and nothing says 'exclusive' like a one-of-a-kind piece with its very own history. That's why shopping in vintage stores is one of our favourite pastimes and something we recommend to everyone. You can find some true gems among all the chaos.

*Nathalie Sophia*

# Styles of Real GenZ

You  
thought you  
knew Gen Z

**Style,  
beauty and  
the rawest  
aspects of  
2019 summer  
fashion  
trends: let  
your mind  
loose, but  
elegantly so**



Gen Z  
is  
about  
love

Style  
acknowledgment:  
Two vintage  
elements in this  
long editorial,  
including aspects  
of color, inspired  
by Enrique Vegga's  
excellent work  
with Jasmine Tookes  
in Harper's  
Bazaar, Nov'18,  
Kazakhstan.

Cover model, fashion model  
in this editorial: Elmayahh,  
@elmayahh  
MUA: Myrto Departez,  
@myrto\_departez

Photographer: Aristo Tacoma

Cafe Locations: 7 TIMES,  
Psiri, Athens  
Studio Locations:  
STUDIO P56, Athens,  
@studio.p56

Labels in this editorial:

Clothes and high heels  
TATU BY SUELITA,  
@tatu\_by\_suelita  
Boots by STRADIVARIUS,  
@stradivarius

Tobacco pouch  
by POUCHES SIMONA,  
@pouches\_simona

Vintage equipment  
from RETROSEXUAL,  
web retrosexual.gr



Gen Z are  
sweet people





You have  
nothing  
to fear  
from  
Gen Z





Got  
it?  
Okay,  
then!



















Gen Z:  
too tech  
aware  
not to  
be skin  
aware



































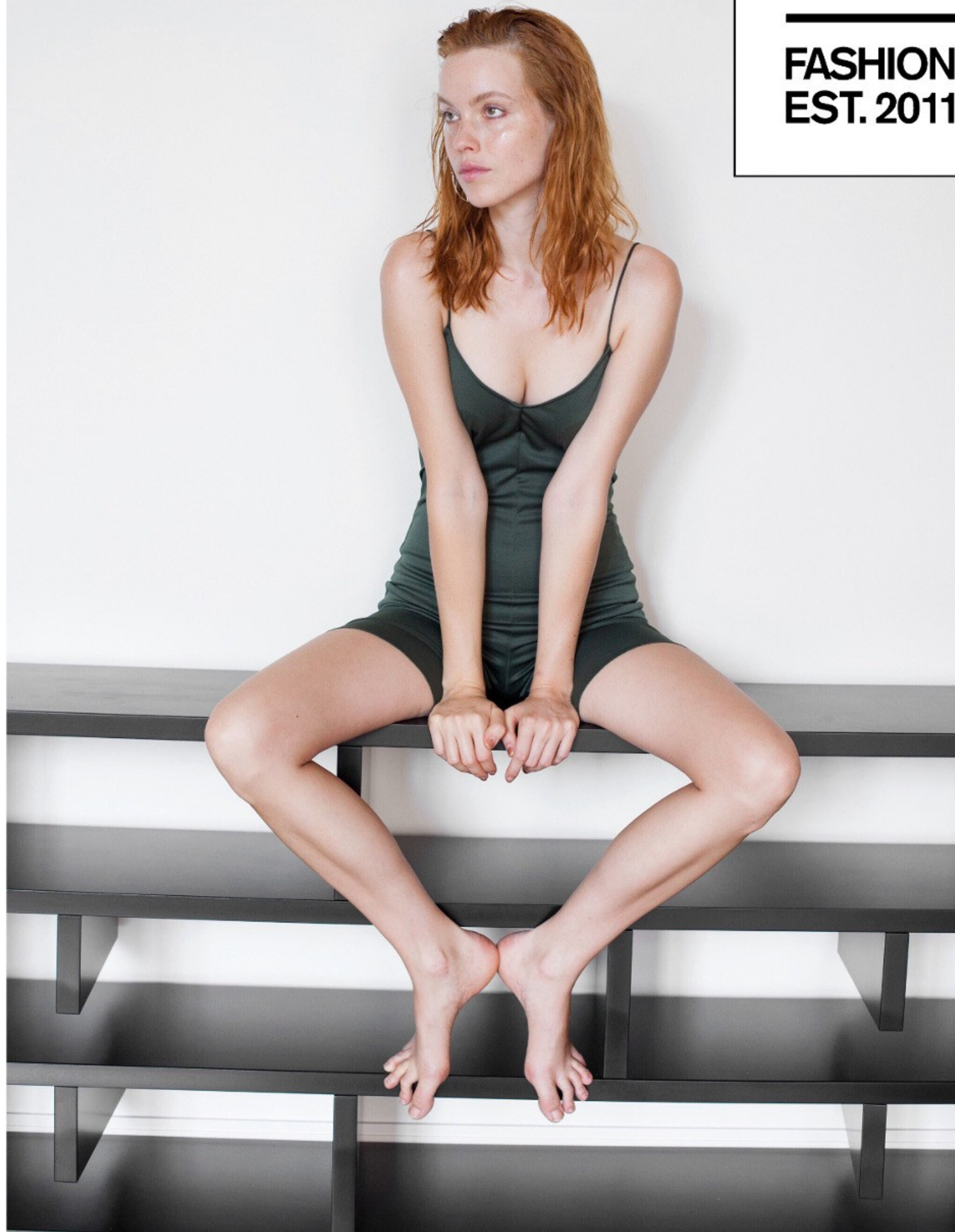


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# OTKUTYR

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Production & Styling:  
OTKUTYR  
@otkutyrffashionhouse

AspectDore



# Peaks of 2019 fashion



By BERLiNiB Illustrator  
Sristhi  
srishtioinam@gmail.com  
@goldenflower.-----



@manujacob



# My Youth is Yours

## Running away from adulthood into adolescence

By Nathalie Sophia,  
@fashionjudgment,  
BERLiNiB Fashion  
Correspondent,  
nathaliesophiajournaliste  
@gmail.com

Fall/ Winter 2018 brought us a strong vision of femininity. Intelligent, strong-willed and one that doesn't need to flaunt her body, but might prefer to wear something loose-fitting and comfortable, like an oversized suit. **The love for suits in women's closets has been ignited** and will surely remain in tack throughout the current season and many seasons to come. Recent fashion weeks have presented relaxed suiting in

Fall/Winter 2019  
collections.

Pants have been worn by men for centuries, while women picked them up as late as the 1930s. Some of the biggest influencers of that movement were **Marlene Dietrich, Katherine Hepburn and Coco Chanel.** Although women and men alike have now made pants a staple part of their wardrobe, it is worth noting that the suit remains a symbol of power and masculinity. Even in modern times, women who wear suits express feelings of strength and power when wearing them.

Portraying a strong presence in front of others and getting a boost of confidence is a desirable effect, but no man or woman is strong at all times. We are not always responsible adults, and there is no doubt that those who carry too much responsibility want to break free at times.

Adolescence, defined as the period **between childhood and adulthood,** is the perfect word to use when describing the majority of trends circulating the runways this season. Although the word can often have negative connotations--teenagers with rebellious and careless attitudes--the essence of adolescence is much different. The Spring/Summer 2019 season's suiting reflects more **softness and tenderness;**

qualities reminiscent of a naïve and careless youth.

Delpozo, Rodarte and a handful of other designers, who weave the adolescent theme into nearly each and every one of their collections, have recently been followed by **Marc Jacobs** and most notably **Prada,** which introduced headbands and a schoolgirl-inspired look with Oxford shoes, below-the-knee socks, baby-doll dresses, cashmere sweaters with white shirt collars, and a variety of bow decorations. More youthful looks can also be found at **Dior,** which presented a variety of ballerina-inspired looks, carrying the innocence of a child with ballerina shoes, headbands and tutu-inspired skirts.

While a head-to-toe look inspired by the innocence of youth may not fit all, a clue is to start with the little things. Regardless of age or personal style, anyone can sneak a hair accessory such as a headband or hairpins into their everyday or more formal looks. Another great way to implement that trend into your wardrobe is in the form of hosiery. Sheer socks of varying lengths from ankle to the knee can make the perfect accessory to elevate simple and comfortable shoes, making them the highlight of your outfit. The best examples of how to wear them are **the nylon Erdem, schoolgirl-inspired Prada and the lace delight of Suzanne Rae.** Pick your inspiration and go with it!

American educator Louis J. Kaplan said, "Adolescence represents an inner emotional upheaval, a struggle between eternal human wish to cling to the past and the equally powerful wish to get on with the future". Perhaps this is exactly what fashion is; not just now, but always. We always fight to maintain a balance between appreciating the past and its influences, and finding innovative solutions for a better future. Keeping that balance in life is essential, and why not take that idea into our wardrobes? Wear a sexy silk dress with kitten-heels or a suit with cute hairpins. How about a classic pencil skirt with a shirt and nylon knee-high socks? Fashion is like a playground – the more creative you get, the more fun it is, even if not everyone can understand.

*Nathalie Sophia*

iB



# Your Sensual IQ

Fashion model: Maya Melita,  
@melita\_maya  
MUA: Myrto Departez,  
@myrto\_departez

Photographer: Aristo Tacoma

Locations:  
TRANZISTOR  
Cafe-Bistrotheque,  
Psiri, Athens  
STUDIO P56, Athens,  
@studio.p56

Labels in this editorial:  
Clothes and shoes  
by H&M,  
&hm

Tobacco pouch  
by POUCHES SIMONA,  
@pouches\_simona

Vintage equipment  
from RETROSEXUAL,  
web retrosexual.gr

Andy Warhol chair located in  
clothes store DETROIT near  
Monastiraki, Athens









The era of computers was founded by the intellectual efforts of some, and we now have a wave of interest in design, beauty, art, and sensuality, propagated across the world by that very technology.

**Books, whether physical or represented more fleetingly on our phones and PCs, stimulate the mind. Fashion model Maya demonstrates this with a 2019 streak of 60s vintage.**

Sensual IQ self-education: some rules of thumb

**To the sensual, artistic individual, the body can be the mind on display.**











**Rule #1:  
#Long\_legs  
--not the  
antithesis  
of a capable  
brain**









Many great creative souls in humanity have been reported to talk to themselves. You find words to match your feelings and sensual ideas and so your insights grow and feelings can change. Rather than using simple words like 'good' or 'bad' to describe an image, find more descriptive words with greater depth to encourage your own understanding of what you see.



**Rule #2: Get  
a grip on  
sensual  
words**





### **Rule #3: Explore stimuli in moderation**

A legacy from the 1960s, and even more from the 1970s, is that the stronger the mental stimuli we generate, the more the mind fights back; the new "normality" of the brain is defined by its chemical environment. But in a world where fanaticism is rife, and mind-altering plant substances are being legalized to create brand-new billion-dollar industries, let us not underestimate the value of occasional mild mental stimuli. What would Wodehouse have been without Bertie's drinking binges, or Ian Fleming's Bond without the nicotine-triggered action chapters?



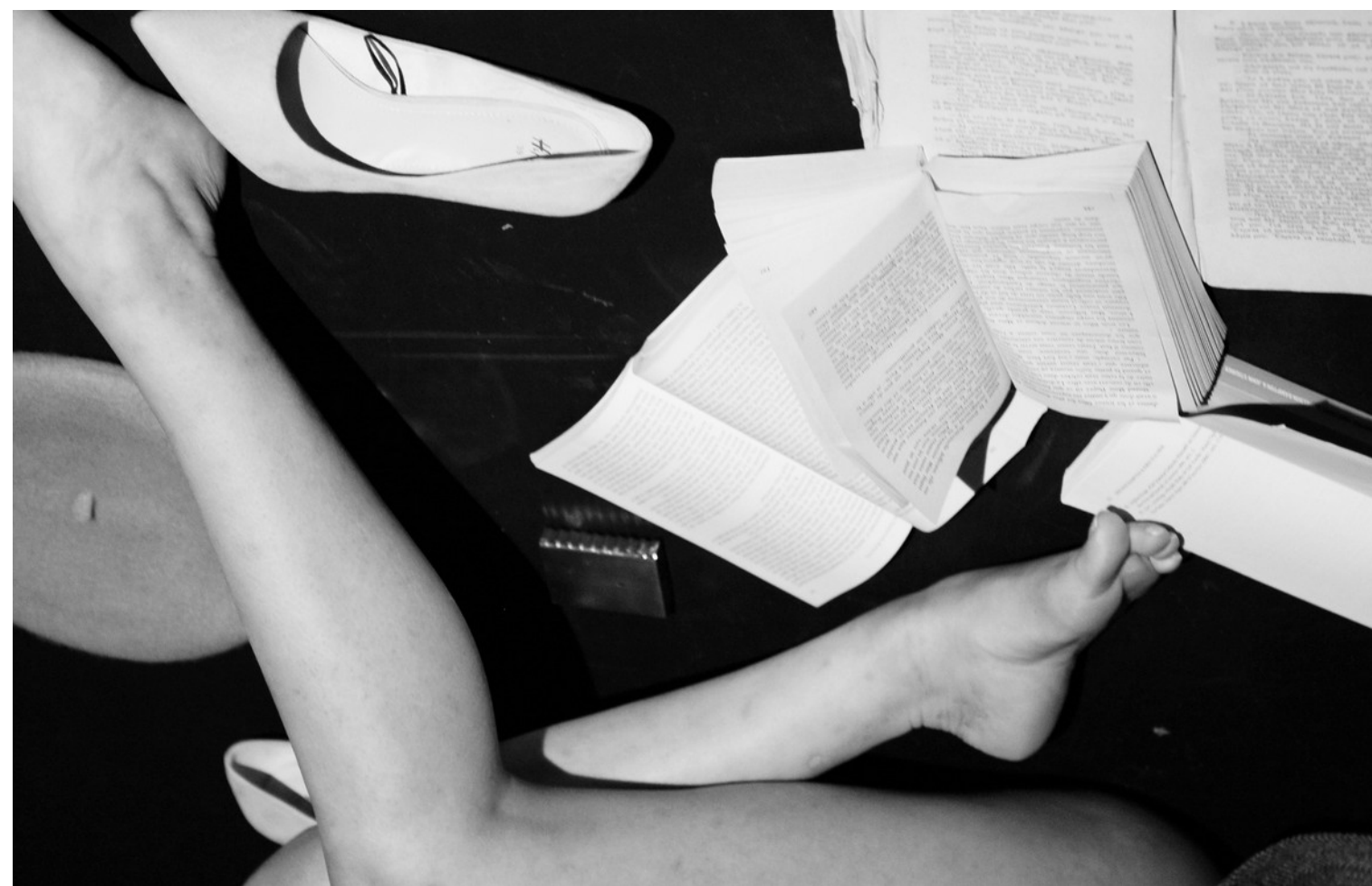


**Rule #4:  
Let  
concepts  
excite the  
body**

A significant portion of the brain is devoted to sensual/sexual intensities and conceptual work is necessary for its fullest activation. For many, it's a kind of platonic 'high' to work with beauty.















## Rule #5: Sleep is magic

The need for sleep increases during puberty because the complexities of harmonies are greater for the adult; a

harmony that involves the quantum chemistry of the brain, which only sleep can provide.





**Rule #6:  
Fibonacci  
is  
sexuality**

'The Golden Ratio'. The Golden Ratio is relevant in the scientific exploration of connections between health and attractiveness. The Fibonacci numbers 3, 5, 8 and their Golden Ratio 1.618.. is an intellectual drug for the sensual fashion design seeker, for the sensuality IQ.



The quest for a healthy trustworthy sexual partner, or, in this increasingly polyamorous world, healthy trustworthy partners, is wired into the numerics of instinctually recognisable beauty features known as





# T.N.S.

## {True Nonsense Section}

Text and illustration:  
Aristo Tacoma

# Genuine fakefur

Some say that we are now in a new age. You may have noticed that a couple of fashion brands had to issue

guise of 'fake fur'. It was a sell-out, and then a scandal, and certainly nothing to laugh about. It not only upset our animal-friendly feelings but also harmed the animals who went into that production. A serious matter indeed.

We made contact with the well-known professor Humphrey Bogus of Madland Looniversity and asked him to characterize the age we live in, and, in a nutshell, he put it all down to post-modernism.

"A modernist would prefer authentic fur. Those who prefer fake-fur are post-that. They are *beyond* all

Slightly bewildered but perhaps enlightened, we took our investigation further to people on the street, asking them some fairly random questions in which the keyword was "fake".

Q: Would you prefer a fake burger over an authentic one, if you could buy it at MacDonald's?

A: Oh my God how fantastic it would be, a fake burger! Totally!

No lacking of enthusiasm there. Another:

Q: Suppose you could eat a fake dinner with the president, on Mars, in a fake documentary, would you participate?

Q: Also fake.

A: Wonderful. I'd so love it.

Fake, clearly, is getting on! Yet another person on the street:

Q: Hi, we are investigating the concept "fake".

A: And where do you come from?

Q: We come from the Journal of Fake Investigations into Fake. Suppose your favourite news channel renamed itself into 'Just Fake News'. Would you still like it?

A: Awesome! What an amazing idea! I would adore it!

Talking about fake things seems to be a recipe for successful conversation. Here's another example:

Q: Suppose somebody offered you a fake car for half the price of a real car. Would you go for it?

A: Could you drive anywhere with that fake car?

Q: Of course not.

A: Lovely! I really like being home. I would love that car, absolutely!

To be fair, "fake" and its deeper meanings are not new as of this season or last. The legendary Pamela Anderson of Baywatch, which was most popular in the mid 90s, was a trail-blazer for the fake concept to make it this far into humanity. Indeed, she was one of the first to realize the potential for fakedom to enhance human lifestyle.

Ms Anderson, who spent most Baywatch episodes scantily clad in bikinis, is the author of this  $E=mc^2$ -level genius formulation in terms of calculating humanity's thoughts about fake:

A: Would the president, in case, be fake, too?

Q: Yes.

A: And Mars..?

"Upholstery is better than therapy."

For those who are not acquainted with the concept of 'upholstery', it means the stuffing of furniture. We can only guess that the young Ms Anderson, in her change rooms between beach kissing scenes, found her zen stuffing various antique chairs and sofas she kept there. No doubt a very noble hobby, and a rewarding way to spend one's spare minutes.

In fact, a study recently published in the Journal of Fake Science suggests that upholstery is among the best hobbies--ever.

For those who are not only advanced in the exploration of fakedom, but also in polyamorous or mono-amorous relationships, there is--you guessed it--a phone app made just for you. The app is called 'Fake the Fake!' and, once downloaded and connected via Bluetooth to suitable bedside equipment, it teaches customers to learn how to, well, fake the fake O.

The theory behind the whole idea is a little obscure, but we'll give it a try:

The creators of the app decided that it is fascinating for a partner to be suspicious that his or her partner or partners just faked their orgasm.

This, of course, would worry those who come genuinely and easily. And it is to address this exact worry that we now have the free app "Fake the Fake!", which teaches people to do and indeed over-do (so it really looks like a fake) all that people do to fake orgasm behaviours, perhaps to effectively conceal the fact that they are having

one or even many authentic orgasms.

The app is interactive and takes one through the difficulties of learning how to project the fake-so-it-looks-like-a-fake step by step.

At the click of a button, it gives you fifteen seconds to get prepared, then gives you scores according to how inauthentic your screams are.

One of their recommendations, as demonstrated in a (deep fake) video involving a celebrity, is to scream in an undeniably false way and totally out of rhythm. Another recommendation is to say a lot of clichés right afterwards such as "That was the best I've ever had" and similar nonsense.



public apologies after having the brilliant idea of trying to sell their authentic fur under the

that. So instead of 'post-modernism' we can just say Fake Fur! It sums it up neatly, don't you think?"



## Notes inspired by science

# Brain and body frequencies during laughter and sex

Text: Aristo Tacoma

The science of humor is not in itself humorous. It could be described as a tedious study, which seeks to answer questions such as: What are the gender differences between quantities of laughter?; What sound frequencies do people create during laughter?; To what extent is laughter independent of culture?; **What is the role of laughter in children's brain development?**

Similarly (and seriously), there are studies on another physiological phenomenon of importance to human beings that shares some common features with laughter: the orgasm.

A third area of research, which is related to both fields, is that of electroencephalography, more commonly known as EEG. EEG, alongside more technologically complicated ways of measuring the brain's activity, provides an indication as to what goes on in the brain from what could be described as a bird's eye view. Consider that the brain is like a city; the bird flies

over the city, and quickly gets a view of the big picture. This is the EEG.

Some of these impressions can be categorized, in conventional EEG jargon, as 'brain waves'. There is a particular set of waves between 8 and 13 Hertz (cycles per second) that have caught the attention of researchers in creativity. This so-called 'alpha state' of the brain is related to such phenomena as relaxation, playful creativity, a sense of flowing pleasure, and a general reduction of pain and fear.

Researchers have found that relaxed forms of laughter **generate waves between 8 and 13 Hertz**--thereby increasing the brain's alpha state. The presence of these waves, esp. when they are intense and correlated, enhances creativity and also indepth learning.

The camp of researchers who work on the more complex theme of sexual stimulation have had series of related finds:

During sexual arousal, alpha waves in the brain tend to increase. It follows then, that sexual stimulation leading to arousal can reduce feelings of pain and fear in humans.

Post-orgasm, as a rule, alpha waves immediately decrease. There is a Latin term for this: post-coital tristesse.

This research indicates that it is not mere talk to say that the best part of sex may be right before orgasm.

While the **sound frequencies of**

**laughter go into the kHz**, or kilo-hertz range, and while some forms of sexual vibration stimulation involve several dozen Hertz, there are some cross-overs of interest for the avid study of the significance of the 8-13 Hertz phenomenon in brain and body.

This particular frequency happens to be the one that receptor cells in the clitoris are most sensitive to.

This particular frequency --the same as the aforementioned alpha state which increases during laughter and sexual stimulation--is typically present in the anal region during female orgasm (to the extent that some scientists suggest that to measure for such physical vibrations can be a way to check for female orgasm).

Exploring the relationship between humor and sexuality further brings us to the age-old question of how to select the best sexual partner. Considering the research into the alpha state brain waves, it's not surprising to learn that

**'funny people'**

**have an**

**advantage** in this department. Sir Michael Caine, infamous for his political incorrectness, would probably agree. He famously said, "You can laugh more women into bed than you can seduce into it, just so long as they stop laughing when you're in bed."

All jokes aside, science has had some serious findings in support of Caine's comment. In 2016, a group of authors found that

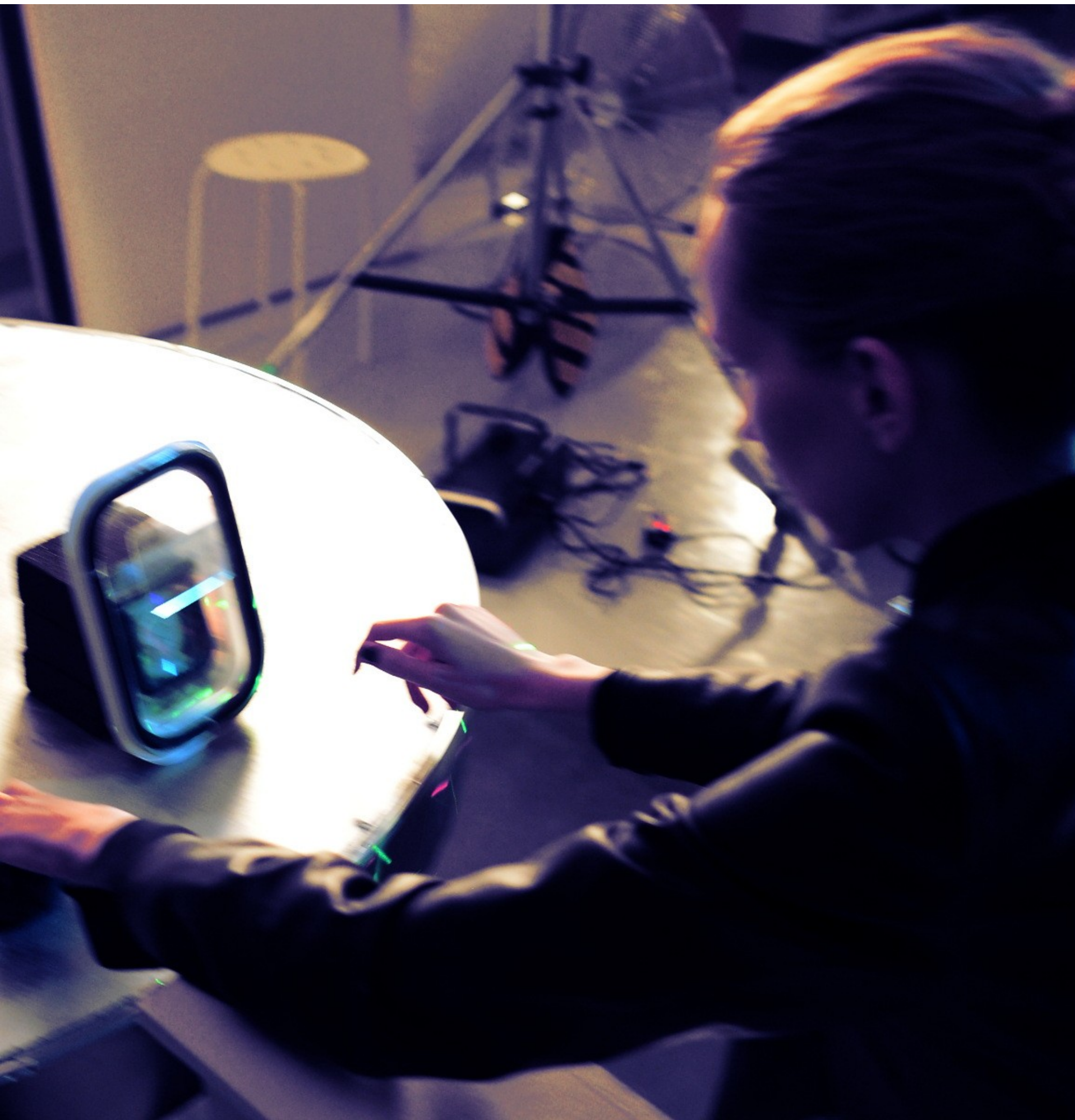
"partners who induced high-orgasm rates were rated [*in sequence*] as more humorous, creative, warm, faithful, and better smelling than partners who induced low-orgasm rates, and also engaged in greater efforts to induce partner orgasm." (J M Sherlock, M J Sidari, E A Harris, F K Barlow, B P Zietsch, Socioaffective Neuroscience & Psychology). The 'better smelling' part is, no doubt, good news to fashionable perfume brands.

For further study confer also:

EEG alpha power and creative ideation by A Fink & M Benedek in Neurosci. Biobehav., 2014 and research conducted by Nicole Prause, ph.d., also in her own science facility, [www.liberoscenter.com](http://www.liberoscenter.com)

The logo consists of a lowercase 'i' and an uppercase 'B' in a blue, serif font, positioned vertically.





# Organic Turing Test

**Probing  
it for  
mind**

Fashion model  
in this editorial:  
Natalie Rizou,  
@natalierizou  
MUA: Myrto Departez,  
@myrto\_departez

Photographer: Aristo  
Tacoma

Props and set design:  
Maria Asimaki

Location:  
STUDIO P56, Athens,  
@studio.p56

Labels in this  
editorial:

Pants, shorts, blouse,  
jacket, high heeled  
shoes  
by ZARA,  
@zara

Sportswear by GUESS,  
@guess

Lingerie bra by  
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**From Dune  
to Matrix,  
from  
Foundation  
to Star  
Wars, from  
Stanley  
Kubrick &  
A.C.  
Clarke's  
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Turing  
Test:

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checks  
whether  
mindless  
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programs  
can fool  
people  
into  
thinking  
they  
have  
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beings



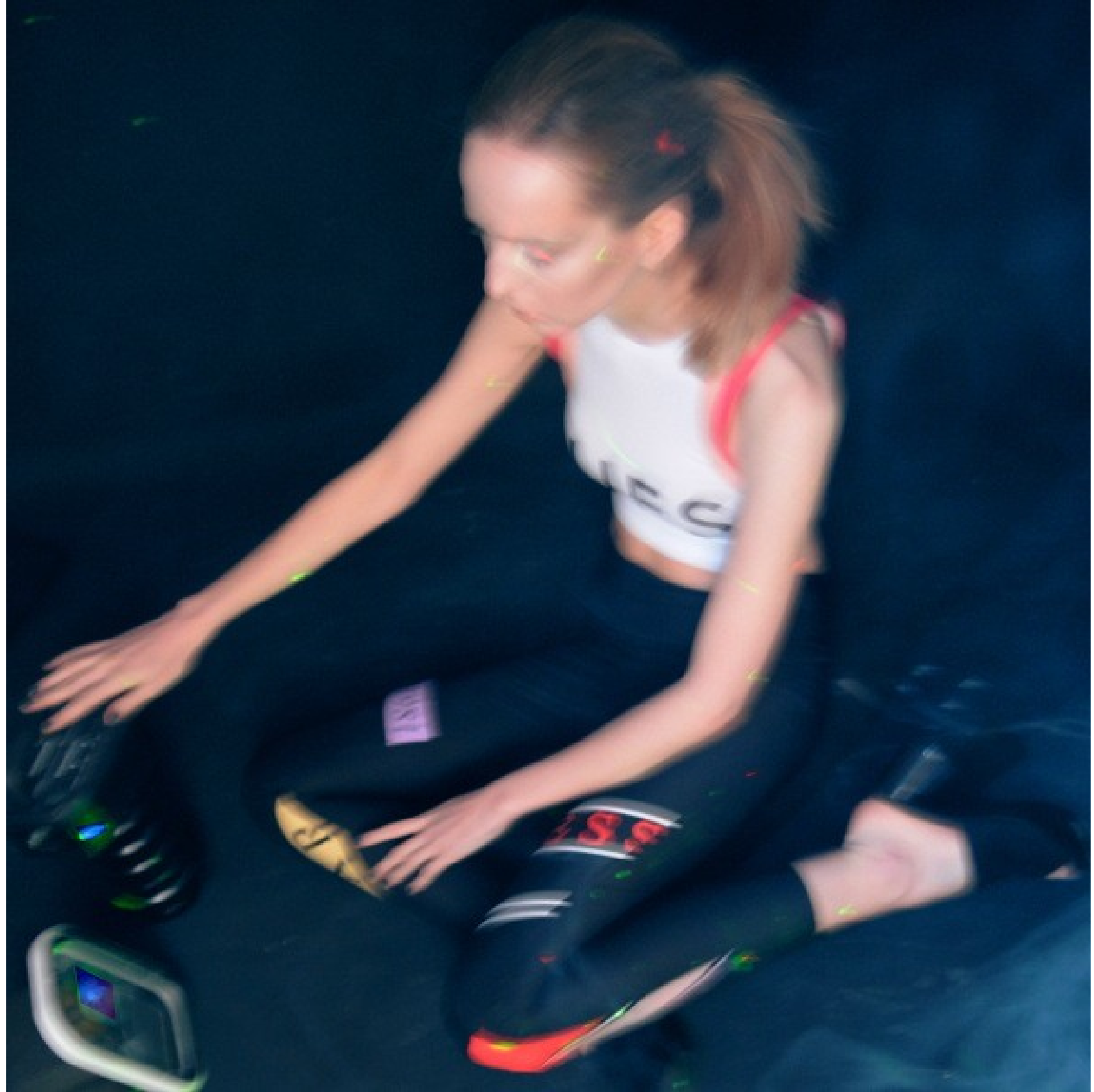


**PART I:  
MIND  
AND  
BEYOND**

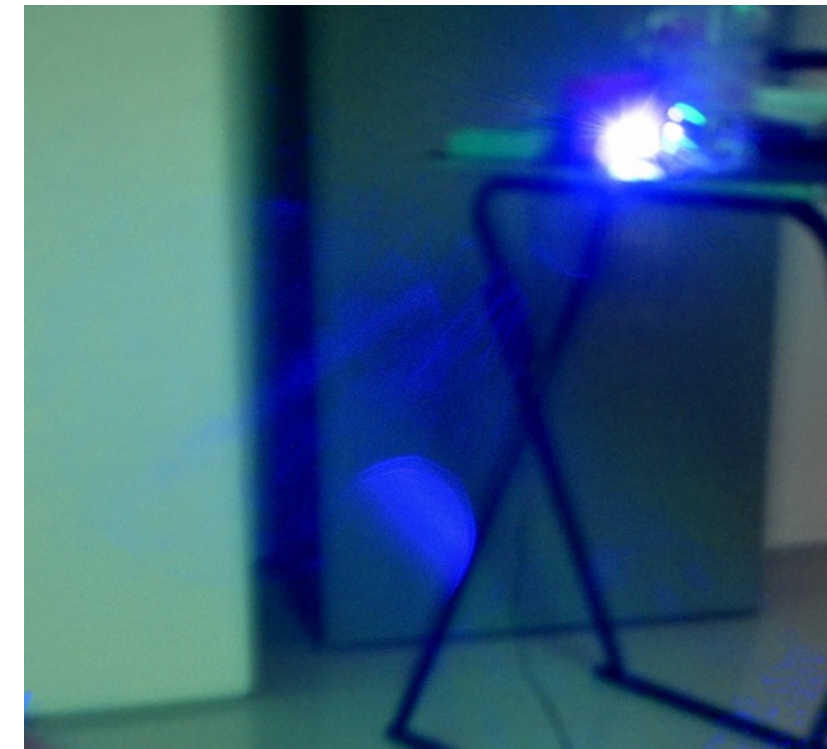
Consciousness [...] flows. A "river" or a "stream" are the metaphors by which it is most naturally described. In talking of it hereafter, let us call it the stream of thought, of consciousness, or of subjective life.  
--William James



Consciousness cannot be accounted for in physical terms. For consciousness is absolutely fundamental. It cannot be accounted for in terms of anything else.  
--Erwin Schrödinger

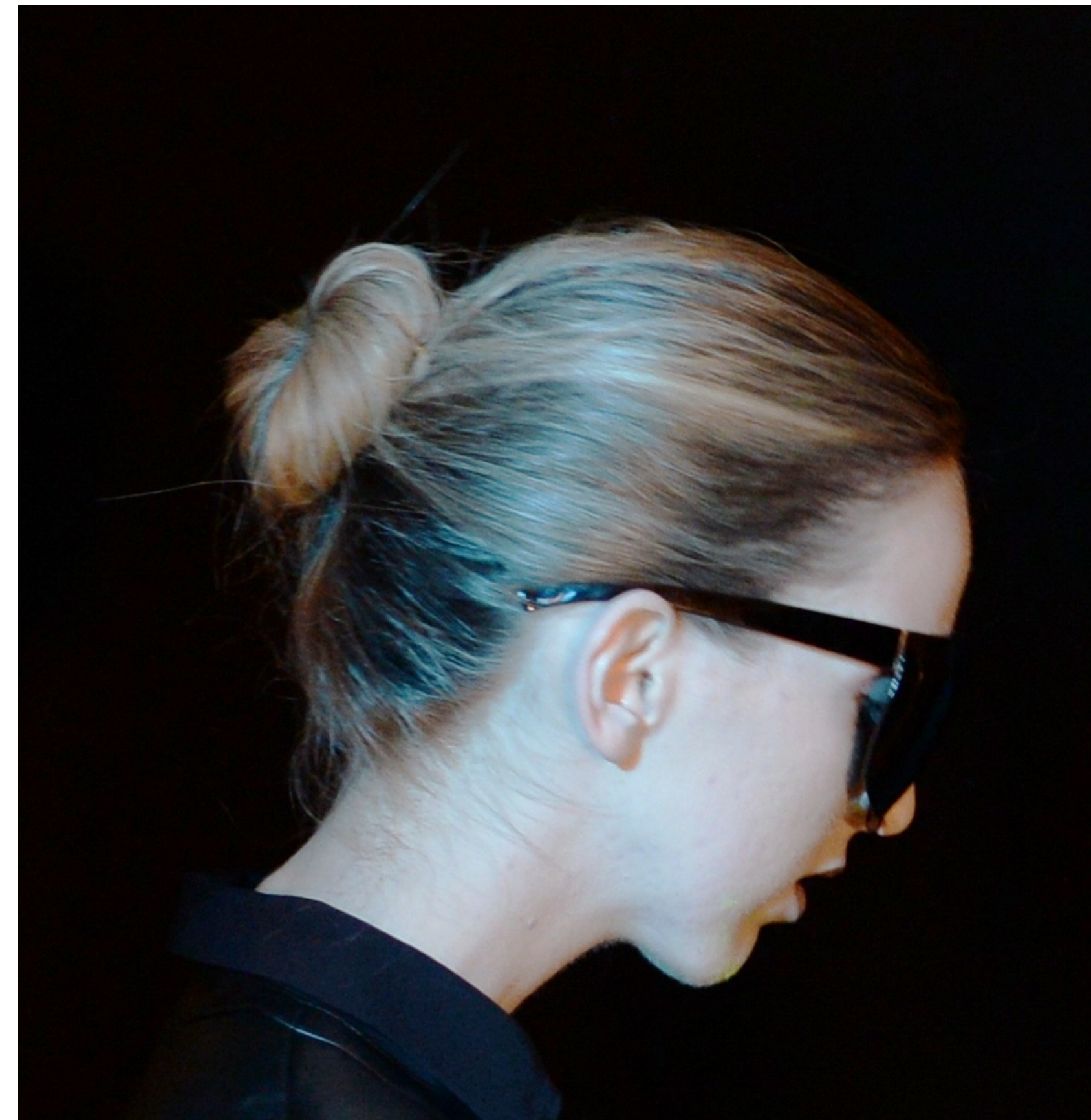






The inner witness is the self of pure awareness, which, though boundless and unchanging, perceives

creation through the constructs of mind.  
--Patanjali

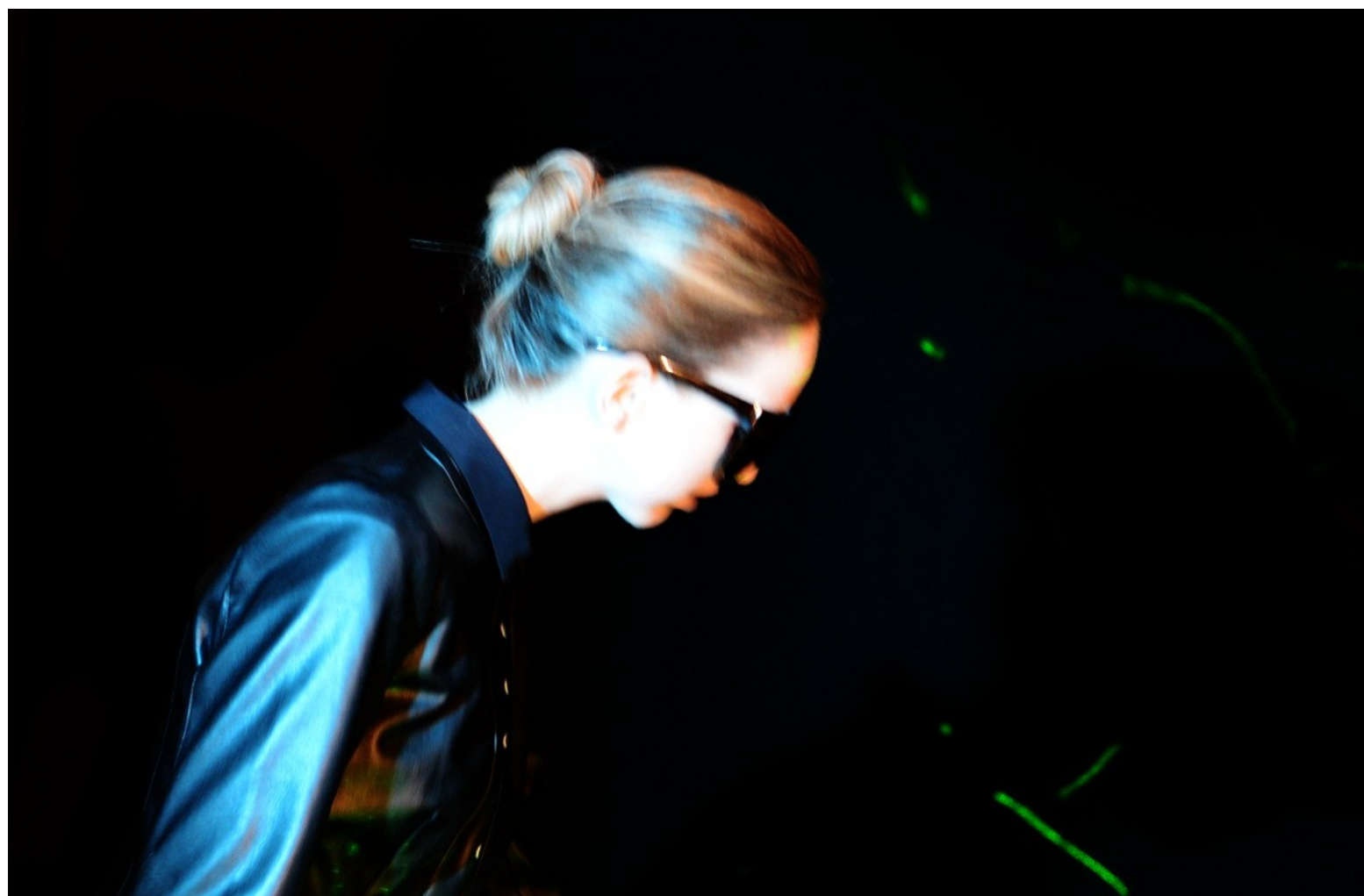






The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.  
--Albert Einstein





At the quantum level there is no difference between biology and physics.  
--Bryan Fuller & Alex

At a deeper level [...] matter and consciousness are [...] inseparable and interwoven  
--David Bohm



Kurtzman, in their "Star Trek Discovery"

The universe is mad, slightly mad.  
--Allen Ginsberg



Knowing others  
is intelligence  
--Lao Tzu



Your mind,  
this globe  
of  
awareness,  
is a starry  
universe.  
When you  
push off  
with your  
foot, a  
thousand  
new roads  
become  
clear.  
--Rumi



**Love [...] surrounds every being and extends slowly to embrace all that shall be.  
--Khalil Gibran**

I don't think love as a reason. I think love comes first and then the reasons follow.

--

Chimamanda Ngozi Adichie







Your theory  
is crazy,  
but it's not  
crazy  
enough to be  
true.

--Niels Bohr



Not only is  
the Universe  
stranger  
than we  
think, it is  
stranger  
than we can  
think..  
--Werner  
Heisenberg





# ORGANIC TURING TEST

## PART II:

### MIND/ BODY

In a dancer's body, we see [...] something of the miracle that is a human being.  
--Martha Graham

In the 20th century, science often pursued the idea of rationality as belonging to the brain and body as separate. As we neared the millennium, the brain was

seen as seat of feeling and the body as intelligent

Now, in the 21st century, the subconscious mind, sensed eg through gut feeling, is regarded as almost infinitely capable, and

parts of ancient philosophy may make fresh sense

You cannot prove the non-existence of the soul; you just have to take it on faith.

--Woody Allen

Each time your brain simulates sensory input, it prepares automatic changes in your body that have the potential to change your feeling.

--Lisa Feldman Barrett

The dancer's body is simply the luminous manifestation of the soul.  
--Isadora Duncan







The power of  
the good has  
taken refuge in  
the nature of  
the beautiful.  
--Plato

People who  
have more  
intero-  
ceptive  
ability have

greater  
activity of  
the [cortex  
brain area],  
which makes  
them more  
[aware of]  
emotions.  
--Daniel  
Coleman

I don't  
know why I  
did it, I  
don't know  
why I  
enjoyed it,  
and I don't  
know why  
I'll do it  
again.  
—Socrates





The Vagus  
nerve [...] connects the  
gut to the  
brain.  
--Robert  
Martone

The energy  
of the mind  
is the  
essence of  
life.  
--Aristotle







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