

引用吧系列活動 #2

她如何成為冰

Himali Singh Soin

瑜珈+翻譯共筆/舞/詮釋參與式工作坊：

李澁澁、王敬希、許祐綸、施雅恬、沈家如
邵容謙、朱峯誼、呂岱如、吳弼喻、徐詩雨

2023年7月29日（六）14:10-16:36

感謝各位來參與這場容許不確定性的工作坊！
我們把各自想要做的事放進「她如何成為冰」
願意/拒絕分享自身願望的參與者是我們的主角
收集願望做為適應氣候變遷/交織歧視侵蝕的種種方式

詩雨為榮耀目前在本事展出的藝術家 Himali Singh Soin
還有試試小喻買了很久都沒用的牌卡
提議翻譯她的詩，以及 15 分鐘一起做瑜珈

小喻雖然剛上完身心障礙二十小時照護課程
但對討論#crip、#neuro-emergence 這些主題依舊沒把握
所以為冰和殘疾（crip）的工作坊主題
帶了一塊用2公升香草冰淇淋盒做的冰塊
以及一些閱讀元素、材料進來攪拌[1][2]

結果雅恬或澁澁抽到了 Super Soldier 式瑜珈牌卡
家如避免我們過度彎曲自己的身體導致受傷
所以帶領我們進行了一段即興瑜珈冥想
這裡是一小段她的引導：

每個人都可以在 how she became ice 中選一個字
直覺感受這個字、這個聲音在身體、空間中
流動的質地、溫度、顏色、強度，並放掉它。

我們有些人選了：

frazil, tapering, ice, air, spectral

或許中間有些錯誤和誤解

總之，這是我們這次一起彎曲時空

到達彼此的某些/部分方式的切片：

Citing Bar #2

how she became ice

Himali Singh Soin

participatory yoga+translation workshop with:

Viviola Lww, Wang Jing Shi, Yu-Lun Hsu, Ya Tien Shih, Dr Chai-Ju Shen
samantha y shao, Chu Feng-yi, Esther Lu, renyu, Shih-yu Hsu

14:10-16:36, 29 July 2023

thanks everyone for attending 'how she became ice' citing bar workshop!
despite uncertainty we attempt to put our wishes and desires into practices
where participants are at the centre stage for sharing their dreams and refusals
as ways to adapt to the erosions of climate change/ intersectional discriminations.

Shih-yu suggested that we can do 15 mins yoga at the gallery and translate a poem
to honor Himali Singh Soin, the artist currently on exhibit,
while also utilizing a yoga deck renyu bought a while back.

renyu just finished 20-hour care-giving course for mental and physical disabilities
but still not confident on how to talk about physical and mental health.

So I contribute a block of ice

made from 2 liter vanilla ice cream box

and brief introduction of the respective reading materials into the mix. [1][2]

after Ya Tien or ww draw a yoga card for Super Soldier pose,
Chai-Ju volunteered to lead a improvisational yoga meditation
to avoid injury from overtly bending our bodies without warming up:
here is a small instruction she offered:

everyone can take a word from 'how she became ice'

intuitively imagine the texture, temperature, colour and intensity

of this word and sound flowing in your body, in the space and let go.

these are words some of us chose:

frazil, tapering, ice, air, spectral

there might be some mistakes and misunderstanding in between

however, this is some versions of the poem that uplift

the ways we bend spacetime to reach each other, this moment:

[1] «Stop Talking»

探討西方殖民者與原住民
教學法如何一起開啟那些
困難的對話，停止說話，
把耳朵和注意力還給周遭
環境要傳遞給我們的訊息。

[2] 世界上最長壽的人或許是
137歲的 Chief John Smith
而原住民訴求把他們身上奪取
的基因從研究室中還回來已有一
段時日。

《Cryopolitics》探討冷藏保存
技術延長細胞生命週期，
讓 DNA 研究成為可能。
然而為了滿足單一人類起源的
宏大敘事，科學家否定了大洋
洲原住民有自己的傳說，
執意要以 DNA 序列證明，
我們都來自非洲大陸。

how she became ice

她如何成為冰

a clear inverted mountain floating above the horizon
for historians the present had lost itself over time
there were no shadows
echoes of no surface
nobody left to be beautiful
the ghost of what-was-to-come singed.

一座山清晰的倒影懸浮在地平線上
對歷史學家而言當下隨時間迷茫
無跡無影
沒有邊際的回聲
無人能稱之美麗
將臨之鬼魂輕唱

過去成身的鬼影曾焚燒

the last frayed edges of what she knew had wilted.
her gelid fingers traced the tapering glaciers
marbled with mud. what had survived was ancient.
she found fossils of ferns stamped in stones from
way back when. her own landscape had once
been opposite like that.

她所知的邊界凋謝。
她長蹠的手指輕撫過漸細的冰河
和著泥如大理石般堅硬。
她找到遠古以前的蕨類化石。
她過往的地景和這幅景象形成反差。

長蹠—) 冰冷

the ice moved through her for a few hours. A
mineral messenger.

冰在她體內移動，長至幾小時
一個礦石的傳訊官。

she felt like a fjord:
she'd take kidneys over the north star and water
over watches.
she'd take time.
she'd take misdirection, indecision, intuition.
suspension over disbelief.
she'd take the third person over you.

她覺得自己像個海灣
她寧可選擇腎臟而非北極星，
選擇水而非手錶（？）
她會選擇時間
她會選擇迷失，猶豫和直覺
舉棋不定，而非喪失信仰
她將選擇第三者，而非你。

她感覺像是北國的海灣
她情願選擇腎臟而非北極星和海岸邊的水

or the sun and the moon at rest.
not rest like stillness, but the kind of rest
in music, a string held taut, an interval
with the pedal down. she'd take the
confusion, the hysteria or light, the
heft of its lurch sideways.
the ice fortified her. fronds of frost stung,
spikes spreading like cables pushing
signals through, antennae attuned
at frazil frequencies.

或是日月寂靜時，
非全然靜止的，而是在音樂上的靜止
當琴弦保持緊繃，當踏板踩踏的間隔時刻
她寧可接受混沌，歇斯底里的光。
或是偏離 / 前傾軌道的重量
側身踉蹌的重量
冰給她力量，冰霜包覆的蕨葉可以叮咬
尖刺延展開來，就像
訊號在電纜中被推進
天線調頻至冰晶

或是休息中的太陽和月亮
並非靜止不動，而是一種
弦繃緊的韻律
踏板放下的歇停，她接納
迷惘，歇斯底里或光芒，
冰強化她的霖刺，尖尖的刺像電纜線般
散開，傳遞著訊號，觸角
在結冰的崎嶇邊緣上遊走

beneath her turban, she could hear the grating
ring of silence, the screech of crystals forming,
futures foreseen, the tangle of tubular seaweed,
the rinse of starfish with no hearts and double
the hunger.

the opacity leaked out of her blood and her
bones.

spectral.

all the heat had dispersed.

her broken chronometer preserved in ice, still
recording two types of error:
the imperfection of the image exposed
and the great distance it represented.
when examined with a telescope
it proved to be our distance from one another.

*

dead reckoning
adjusting for parallax
distances were deceptive due to atmospheric
clarity and the absence of trees.
the gloop of algae, and nets and straws and
long-distance love letters congealed the ocean
into a jungle.
gelatinous gossip.

quartz: astral, petrified.
phosphorescent flares.

*

she went inside the boat.
anchored never too close to shore.
she was thawing. dripping afterlife.
still, a thin haze persisted. she was
translucent.

不透明滲透出她的血液和骨骸，
幽魂
所有的熱散發盡了。

她損壞的時計留存在冰之中，
停止不動，
記錄了兩個錯誤，
不完美的影像過曝
與再現的遙遠距離
當用望遠鏡測試時，
它證明了我們與它者的距離之遙遠

知悉死亡
調整行星排列的視差
因大氣的清晰度和沒有樹木
矇騙了距離
藍綠藻的呼吸，網子與吸管
和遠距離情書把海洋塞滿成叢林
充滿膠質的八卦。

水晶：天體，恐懼
石化光體的閃爍。

她走進船艙
從不離海岸太近
她的生命逐漸融化
仍然存在。稀微
她是透明的。

渾濁從她的血
與骨中滲漏
如鬼魅
所有的熱度已然消散

她入船艙
錨定離岸之所
她在冰融，向來世滴落
在一抹薄霧的堅持下
依人汀溼

她進到船內
錨定在永遠不會太靠近岸邊的地方
她在退冰，滴下來世
依舊，一層薄薄的霧不退去，她曾
透明。



beneath her turban, she could hear the grating
ring of silence, the screech of crystals forming,
futures foreseen, the tangle of tubular seaweed,
the rinse of starfish with no hearts and double
the hunger.
the opacity leaked out of her blood and her
bones,
spectral
all the heat had dispersed.

her broken chronometer preserved in ice, still
recording two types of error:
the imperfection of the image exposed
and the great distance it represented.
When examined with a telescope
it proved to be our distance from one another.

dead reckoning
adjusting for parallax
distances were deceptive due to atmospheric
clarity and the absence of trees.
the gloop of algae, and nets and straws and
long-distance love letters congealed the ocean
into a jungle,
goliathous gossip.

quartz: astral, petrified,
phosphorescent flares.

she went inside the boat,
anchored never too close to shore,
she was thawing, dripping afterlife.
still, a thin haze persisted: she was
translucent.

她壞壞的時計^鐘保存在冰之中，
停止不動，
紀錄了兩個錯誤，
不完美的影像過曝，
與再現的遙遠距離
當用望遠鏡測試時，
它證明了我們與它的
距離之遙遠



how she became ice

a clear inverted mountain floating above the horizon
for historians the present had lost itself over time
there were no shadows
echoes of no surface
nobody left to be beautiful
the ghost of what was to come singed.

the last frayed edges of what she knew had wilted.
her gold fingers traced the tapering glaciers
marbled with mud. what had survived was ancient.
she found fossils of ferns stamped in stones from
way back when, her own landscape had once
been opposite like that.

the ice moved through her for a few hours. A 冰在她体内移动。甚至叫停。
mineral messenger. 一個破石的信使。

she felt like a fard: 她感覺這是最北國的海岸。
she'd take kidneys over the north star and water 她情愿選擇腎臟而非北極星和
over watches. 海岸的水
she'd take time 她會選擇時間。
she'd take misdirection, infatuation, intuition. 她會選擇迷途、猶疑和直覺。
suspension over disbelief. 舉棋不定。而非盡心信仰。
she'd take the third person over you. 她選擇選擇第三者。而非你。

or the sun and the moon at rest.
not rest like stillness, but the kind of rest
in music; a string held taut, an interval
with the pedal down. she'd take the
confusion, the hysteria or light, the
hull of its lurch sideways.
the ice fortified her. fronds of frost stung,
spikes spreading like cables pushing
signals through, antennae attuned
at fault frequencies.

beneath her turban, she could hear the grating
ring of silence, the screech of crystals forming,
futures foreseen, the tangle of tubular seaweed,
the ruse of starfish with no hearts and double
the hunger.
the opacity leaked out of her blood and her
bones.
spectral.
all the heat had dispersed.

her broken chronometer preserved in ice, still
recording two types of error:
the imperfection of the image exposed
and the great distance it represented.
when examined with a telescope
it proved to be our distance from one another.

dead reclining
adjusting for parallax
distances were deceptive due to atmospheric
clarity and the absence of trees
the gloop of algae, and reeds and straws and
long-distance love letters congealed the ocean
into a jungle.
gelatinous gossip.
quartz: astral, petrified,
phosphorescent flares.

她入船艙
錨定離岸之所
她在冰融，向來世滄落
在一抹薄霧的堅持下
依人訂鑿

she went inside the boat.
anchored never too close to shore.
she was thawing, dripping afterlife,
still, a thin haze persisted, she was
translucent.

入船艙
她 ~~入船艙~~
錨定離岸之所 本意
她在冰融，向來世滄落
在一抹薄霧的堅持下
依人訂鑿



how she became ice

a clear inverted mountain floating above the horizon

for historians the present had lost itself over time

there were no shadows

echoes of no surface

nobody left to be beautiful

the ghost of what was to come singed

the last frayed edges of what she knew had wilted

her gilded fingers traced the tapering glaciers

marbled with mud, what had survived was ancient

she found fossils of ferns stamped in stones from

way back when her own landscape had once

been opposite like that

the ice moved through her for a few hours. A

mineral messenger

she felt like a fjord:

she'd take kidneys over the north star and water

over watches

she'd take time

she'd take misdirection, indecision, intuition

suspension over disbelief

she'd take the third person over you

or the sun and the moon at rest

not rest like stillness, but the kind of rest

in music, a string held taut, an interval

with the pedal down, she'd take the

confusion, the hysteria or light, the

heart of its lurch sideways

the ice fortified her, fronds of frost stung

spikes spreading like cables pushing

signals through, antennae attuned

si-frazi frequencies

或是休息中的太陽和月亮

並非靜止不動，而是一種
在鬆弛旋律中逐漸變緊的

踏板放下時歇停，他播弄的
迷惘，歇斯瓦里或光芒，

側身踉蹌的重量

冰晶刺擊她力量，無聲地
水看可咬

尖利極速展開來，就像

訊號在電纜中被推查

天線調頻至水晶

beneath her turban, she could hear the grating

ring of silence, the scorch of crystals forming

futures foreseen, the tangle of tubular seaweed,

the rinse of sterfish with no hearts and double

the hunger

the opacity leaked out of her blood and her

bones

spectral

all the heat had dispersed

淨淨從她的血

與骨中滲露

如鬼火

所有的熱已經消散

her broken chronometer preserved in ice, still

recording two types of error:

the imperfection of the image exposed

and the great distance it represented

when examined with a telescope

it proved to be our distance from one another

desert reckoning

adjusting for parallax

distances were deceptive due to atmospheric

clarity and the absence of trees

the gloop of algae, and nets and straws and

long-distance love letters congealed the ocean

into a jungle

gelatinous gossip

quartz: astral, petrified

phosphorescent flares

she went inside the boat

anchored never too close to shore

she was thawing, dripping afterlife

still, a thin haze persisted, she was

translucent



how she became ice

她如何成为冰

a clear inverted mountain floating above the horizon

一座清晰的倒置的山峰漂浮在地平线上方

for historians the present had lost itself over time

对历史学家来说，现在已在时间中迷失了自己

there were no shadows

没有阴影

echoes of no surface

没有回音

no body felt to be beautiful

没有人觉得美丽

the ghost of what was to come ainged

即将来临的鬼魂

the last frayed edges of what she knew had wilted

her gelid fingers traced the tapering glaciers

marbled with mud, what had survived was ancient

she found fossils of ferns stamped in stone from

way back when her own landscape had once

been opposite like that

the ice moved through her for a few hours. A
mineral messenger.

she felt like a fjord

she'd take kidneys over the north star and water
over watches.

she'd take time

she'd take misdirection, indecision, intuition,
suspension over disbelief.

she'd take the third person over you.

or the sun and the moon at rest.

not rest like stillness, but the kind of rest

in music, a string held taut, an interval

with the pedal down, she'd take the

confusion, the hysteresis or light, the

helt of its torch sideways

the ice fortified her, fronds of frost stung,

spikes spreading like cables, pushing

signals through antennae abated

at frost frequencies.

对历史学家来说，现在已在时间中迷失了自己
没有阴影
没有回音
没有人觉得美丽
即将来临的鬼魂

ICE

一座清晰的倒置的山峰漂浮在地平线上方
对历史学家来说，现在已在时间中迷失了自己
没有阴影
没有回音
没有人觉得美丽
即将来临的鬼魂

冰

beneath her turban, she could hear the grating

ring of silence, the screech of crystals forming,

future forsook, the tangle of tubular seaweed

the nose of starfish with no hearts and double

the hunger

the opacity leaked out of her blood and her

bones.

spectral

all the heat had dispersed.

her broken chronometer preserved in ice, still

recording two types of error

the imperfection of the image exposed

and the great distance it represented.

when examined with a telescope

it proved to be our distance from one another.

need reckoning

adjusting for parallax

distances were deceptive due to atmospheric

clarity and the absence of trees

the glomp of algae, and nets and snags and

long-distance low kites' congealed the ocean

into a jungle

gelatinous gossip.

quartz: astral, petrified.

phosphorescent flora.

she went inside the boat

anchored never too close to shore.

she was thawing, dripping sterility

still, a thin haze persisted, she was

transparent.





how she became ice.

a clear inverted mountain floating above the horizon
for historians the present had lost itself over time
there were no shadows
echoes of no surface
nobody left to be beautiful
the ghost of what was to come singed.

The last frayed edges of what she knew had wilted,
her gelid fingers traced the tapering glaciers
melted with mud, what had survived was anolent.
she found fossils of ferns stamped in stones from
way back when, her own landscape had once
been opposite like that.

the ice moved through her for a few hours. A
mineral messenger.

she felt like a fjord:
she'd take kidneys over the north star and wiser
over watches.
she'd take time.
she'd take misdirection, indecision, intuition,
suspension over disbelief.
she'd take the third person over you.

or the sun and the moon at rest,
not rest like stillness, but the kind of rest
in music, a string held taut, an interval
with the pedal down, she'd take the
confusion, the hysteria of light, the
belt of ice lands sideways,
the ice fortified her, fronds of frost stung,
spikes spreading like cables pushing
signals through, antennae attuned
at frazil frequencies.

我所知的這層薄冰。 (新印)
他天際的浮山極輕極薄一閃
忽如大冰的剝離。
他找到這之前到該化雪。
他到這之前到該化雪。
天書。

6
beneath her turtan, she could hear the grating
ring of silence, the serech of crystals forming,
futures foreseen, the tangle of tubular seaweed,
the rinse of sterfish with no hearts and double
the hunger.
the opacity leaked out of her blood and her
bones.
spectral,
all the heat had dispersed.

7
her broken chronometer preserved in ice, still
recording two types of error:
the imperfection of the image exposed
and the great distance it represented.
when examined with a telescope
it proved to be our distance from one another.

8
dead reckoning
adjusting for parallax
distances were deceptive due to atmospheric
clarity and the absence of trees.
the gloom of algae, and nets and straws and
long-distance love letters congested the ocean
into a jungle
gossamer gossip.

9
quartz, azural, petrified,
prophorescent flees.

10
she went inside the boat,
anchored never too close to shore,
she was thawing, dripping afterlife,
will, a thin haze persisted, she was
translucent.

不透明透通出她的血和骨髓。
幽藍。
所有的熱散發盡了。

智慧死亡
調整偏差
距離是欺騙的
由於大氣透明度
和缺乏樹木
藻類的陰暗和
稻草和長距離
情書堵塞海洋
變成叢林
薄如紗的
流言
水晶：信任，熱情
石化光怪陸離。

她進到船內。
錨是永不遠不至太靠近岸邊的
她在融冰，滴下來世
意志，一層薄霧的霧不透明，她曾
透明。

how she became



a clear inverted mountain floating above the horizon

for historians the present had lost itself over time

there were no shadows

echoes of no surface 失去的回聲 無所適從的? 無邊際

nobody left to be beautiful

the ghost of what was to come Impending future impending future

the last frayed edges of what she knew had wilted

her gelid fingers traced the tapering glaciers icy thinning/dispersing

marbled with mud, what had survived was ancient

she found fossils of ferns stamped in stones from

way back when, her own landscape had once

been opposite like that

the ice moved through her for a few hours. A
mineral messenger.

she felt like a lord.

she'd take kidneys over the north star and water

over watches

she'd take time.

she'd take misdirection, indecision, intuition,

suspension over disbelief.

she'd take the third person over you.

or the sun and the moon at rest

not rest like stillness, but the kind of rest

in music, a string held taut, an interval

with the pedal down, she'd take the

confusion, the hovering of light, the

weight of its lurch's delays

the ice formed her, trends of frost stung

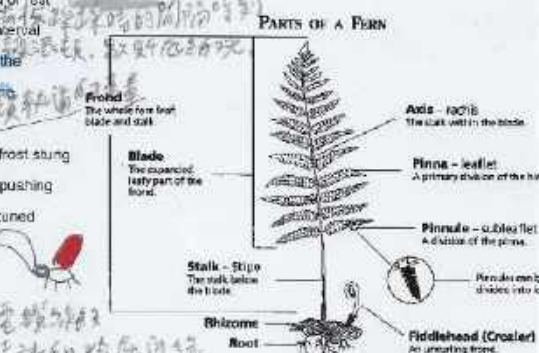
spikes spreading like cables pushing

signals through, antennae attuned

at irregular frequencies.

giving her sensations of more-than-human

冰強化她的靈敏，尖銳的刺電擊神經
關閉，作這靈敏，最所在晶冰的吻你記錄
二二五五



⑥ beneath her turban, she could hear the 聽見的
ring of silence, the screech of crystals forming,

futures foreseen, the tangle of tubular seaweed,

the rise of starfish with no hearts and double
a sound of movement made by starfish

⑦ the opacity leaked out of her blood and her
bones.

ghostly spectral
all the heat had dispersed.

⑧ her broken timer chronometer preserved in ice, still
recording two types of error:

the imperfection of the image exposed

and the great distance it represented,

when examined with a telescope
it proved to be our distance from one another.

⑨ dead reckoning 測算 (測算行進距離)
adjusting for parallax 視差的

distances were deceptive due to atmospheric
clarity and the absence of trees.

the group of algae, and nets and straws and
long-distance love letters congealed the ocean

into a jungle.

gelatinous gossip.

⑩ quartz: astral, petrified.

phosphorescent flares.

⑪ she went inside the boat,
anchored never too close to shore.

she was thawing, dripping attentio,

still, a thin haze persisted, she was
translucent.