
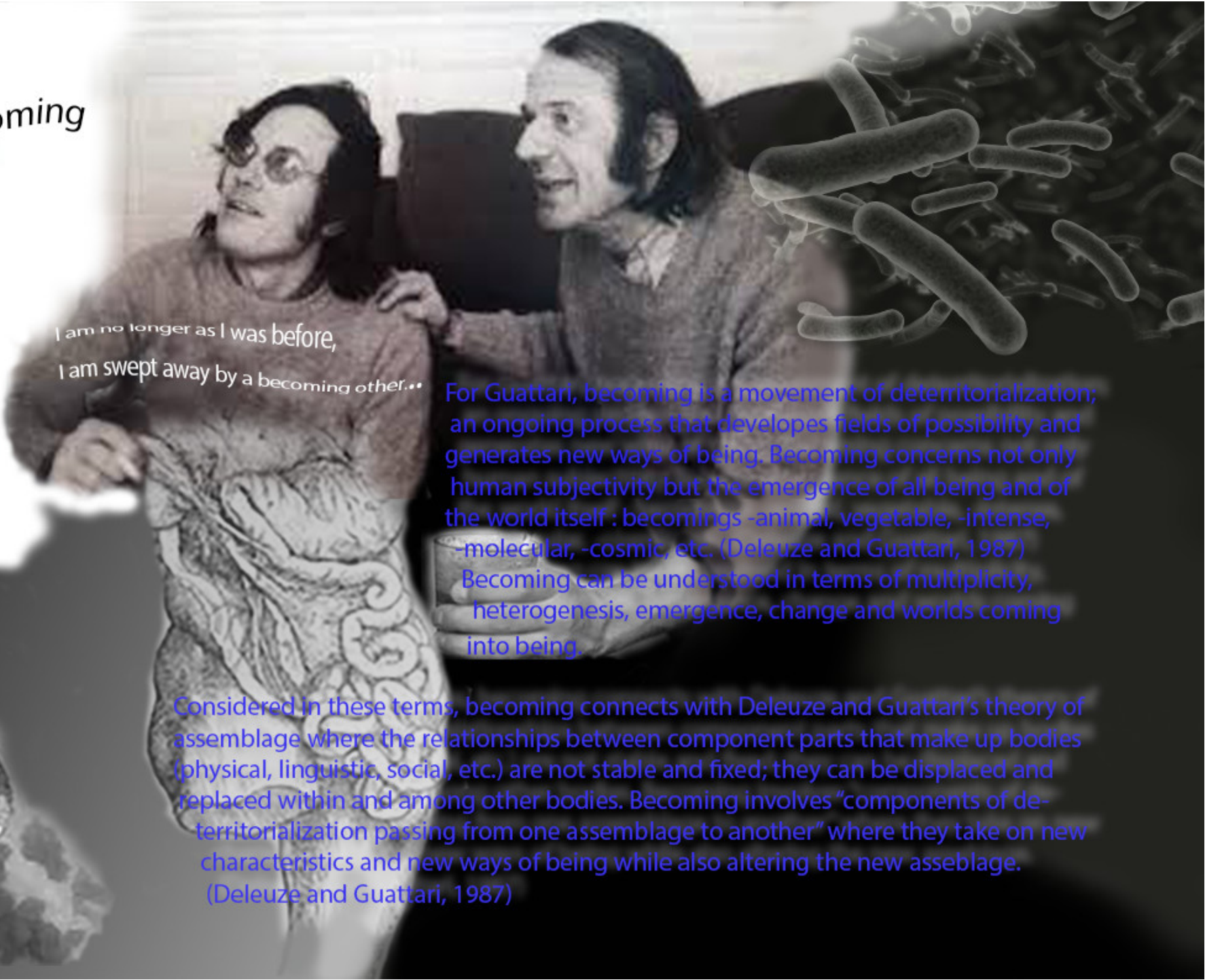
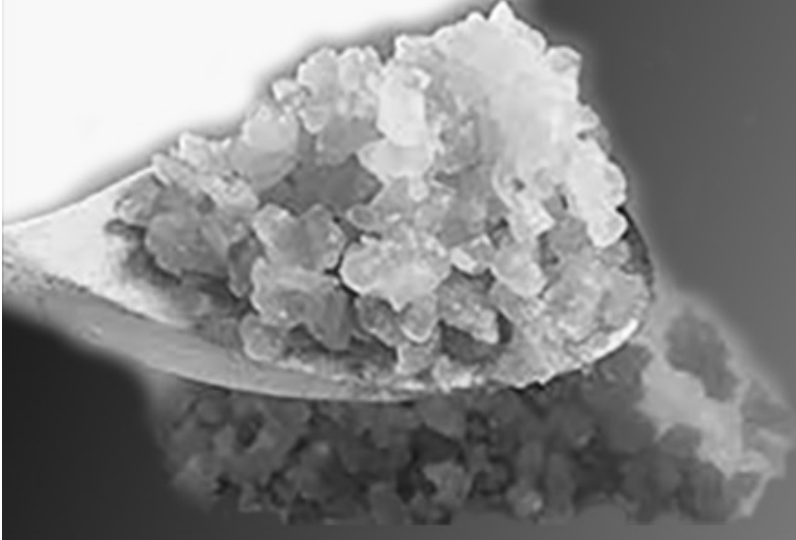


becoming

I am no longer as I was before,  
I am swept away by a becoming other...



For Guattari, becoming is a movement of deterritorialization; an ongoing process that develops fields of possibility and generates new ways of being. Becoming concerns not only human subjectivity but the emergence of all being and of the world itself : becomings -animal, vegetable, -intense, -molecular, -cosmic, etc. (Deleuze and Guattari, 1987)  
Becoming can be understood in terms of multiplicity, heterogenesis, emergence, change and worlds coming into being



Considered in these terms, becoming connects with Deleuze and Guattari's theory of assemblage where the relationships between component parts that make up bodies (physical, linguistic, social, etc.) are not stable and fixed; they can be displaced and replaced within and among other bodies. Becoming involves "components of deterritorialization passing from one assemblage to another" where they take on new characteristics and new ways of being while also altering the new assemblage. (Deleuze and Guattari, 1987)

## BECOMING / KEFIR WATER

“I am no longer as I was before, I am swept away by a becoming other, carried beyond my familiar existential Territories.” (Guattari, 1992, p. 93)

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Kefir cultures are symbiotic communities of bacteria and yeast (or living assemblages) which appear as small translucent granules. They grow quickly when fed with sugar and minerals. Under the right conditions, one batch of granules can continue to make new Kefir indefinitely. Over time the granules will multiply and can be split off to begin new communities. When you drink it, healthy kefir bacteria become part of the trillions of microorganisms and their associated genetic material that live in your intestinal tract.

Your communal microbiome is changed by this interaction (drinking kefir water) – but so is the Kefir as it “becomes” a new way of being-kefir within your gut-assemblage. We now know that the microbiome effects the entire person including their overall physical health and emotional, affective state. “Becomings are affects.” (Deleuze and Guattari, 1987, p. 256) You are an assemblage of many beings already. For this reason, visual artist and food fermentation experimentalist S.E. Nash proposes that “they/them/there” may be the correct pronouns for everyone. (Nash 2017)

### References:

Guattari, F. (1995). *Chaosmosis*. (P. Bains, and J. Pefanis, Trans.). Bloomington and Indianapolis: Indiana University Press. (Original work published 1992)

Deleuze, G. and Guattari, F. (2005) *A thousand plateaus: capitalism and schizophrenia*. (B. Massumi, Trans.). Minneapolis: University of Minnesota Press. (Original work published in 1987)

<http://www.senash.com/about>

### RECIPE:

This recipe is paraphrased from <https://www.fermentedfoodlab.com/make-probiotic-rich-water-kefir/> by Danielle Ramirez.

*\*In Montreal you can get dehydrated Kefir grains at Mycoboutique on St. Denis. They are also available on-line.*

To activate dehydrated water kefir grains:

- Heat 3-4 cups water.
- Pour into glass jar.
- Dissolve ¼ cup cane sugar in the water.
- Cool to 68°-85°F.
- Empty entire packet of dehydrated water kefir grains into cooled sugar water.
- Cover with a coffee filter or cloth, secured by a rubber band.
- Place in a warm spot, 68°-85°F, for 3-4 days.

After 4 days grains should be plump and translucent. They are now ready to make water kefir. Strain off the sugar water and discard it. Once activated, grains can continue making Kefir indefinitely: to keep them healthy and active, make a new batch of Kefir water every 24-48 hours.

### Ingredients:

¼ cup water kefir grains

¼ cup brown sugar

½ cap liquid minerals (optional)

1 quart water (filtered non-chlorinated, non-fluoridated)

### Instructions:

1. If you have dehydrated grains activate them as described above.
2. Fill the mason jar half way with spring water, add the brown sugar and minerals and stir until the sugar dissolves.
3. Add the kefir grains and top off with the rest of the water. Screw on lid and sit on counter for 48 hours.
4. Strain the water kefir with a plastic or wooden strainer (they don't react well to metal) into a pitcher or mason jars and place in the fridge. Repeat this recipe to make another batch.
5. The finished water kefir is now ready to consume, flavor, bottle or store in the refrigerator.?
6. You can flavor kefir with lemon, ginger, cranberry juice etc. and drink it right away. Or, to make it fizzier add ¼-1/2 a cup of fruit juice for every cup of Kefir water and re-ferment for 24-48 hours. When using fresh fruit, leave in the water kefir no longer than 24 hours. For a stronger fruit flavor, strain out the fruit after 24 hours and add fresh fruit; continue to ferment another 24 hours. \*Limit the flavoring period to 2-3 days if you are bottling the kefir in a tightly-sealed bottle. If left longer – bottles may explode!

# cosophy

The reconquest of a degree of creative autonomy in one particular domain encourages conquests in other domains - the catalyst for a gradual re forging and renewal of humanity's confidence in itself starting at the most miniscule level... The only true response to the ecological crisis is on a global scale, provided that it brings about an authentic political, social and cultural revolution, reshaping the objectives of the production of both material and immaterial assets. Therefore this revolution must not be exclusively concerned with visible relations of force on a grand scale, but will also take into account molecular domains of sensibility, intelligence and desire. (Guattari, 1989, p. 28).

We need new social and aesthetic practices, new practices of the Self in relation to the other, to the foreign, the strange - a whole program that seems far removed from current concerns... we will only escape from the major crises of our era through the articulation of: a nascent subjectivity, a constantly mutating socius, an environment in the process of being reinvented... (Guattari, 1989, p. 68).

Reference: Guattari, F. (2000). *The Three Ecologies*. (A. Pindar and P. Sutton, Trans.). New Jersey: The Athlone Press. (Original work published 1989)

## ECOSOPHY SALAD

In *The Three Ecologies* (1989) Felix Guattari identifies three interrelated ecological registers: the environment, social relations and human subjectivity. For Guattari, environmental concerns are fundamentally linked to social and economic inequities, and to the stultifying effects of Capitalism on individual and collective subjectivities. From this perspective, foregrounding the interconnections between the mental, interpersonal, and larger environmental spheres, Guattari questions the ways that traditional environmentalism maintains an oppositional binary separation between nature and culture, flattening and over-simplifying the complexity of the enmeshed relations between the three ecologies. “Ecosophy” (or ecological philosophy) can be understood as the study of the complex and intimate interconnections between these three areas. Since they are enmeshed, change in one area effects change in the other realms including micro-level shifts of affective and sensory attunement.

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Thinking local? There are reasons why local produce tastes better and is better for the environment but most people don't have access to this kind of food. For Guattari, the local is not positioned in opposition to the global – but rather can be the site for initiating larger re-inventions and re-imaginings. “The Local” should not be fetishized as the easy solution to global problems. Instead we should consider the effects of the local on the global and vice versa. Creative experimentation with micro-political and micro-affective engagements are useful and can lead to resingularizations which in turn, can effect change on a larger scale. Local contexts should be appreciated on its own terms: for example, the doctors at La Borde who worked in the kitchen changed relations within the institution. When many psychiatric hospitals change – psychiatry begins to change: Institutional change is linked to societal change. What Guattari terms Integrated World Capitalism works to shape our tastes and desire through the mass media. Resistance and the re-singularization of subjectivity begins with moments of rupture at the level of the imagination, the sensory, and the

affective. In Montreal, Lufa Farms produce organic fruit and vegetables in a series of rooftop greenhouses built on industrial buildings around the city, a creative and imaginative use of urban space for farming. You can visit the greenhouses and see how the produce is grown giving you a more direct experience with what you are eating, important from an ecosophical perspective. The produce also tastes very different to that which is available in supermarkets, enabling a sensory re-engagement with living food. Urban farming also works to destabilize the traditionally oppositional nature/culture binary. <https://montreal.lufa.com/en/farms>

## RECIPE

### Ingredients:

One - several cups of mixed greens: you can use different combinations each time you make the salad (for example: lettuce, arugula, kale, sorrel...) depending on what is available, and importantly, what tastes good.

Zero - several cups of sprouts (alfalfa, lentils, chickpeas, etc. are easy to sprout in an open glass jar covered with mesh: soak overnight, then rinse daily.)

Zero - several cups of chopped raw vegetables (for example, chicory, endive, red cabbage, fennel...) Think about combining a variety of textures and tastes.

Zero - several cherry tomatoes (cut in half for maximum taste and feel.)

Dressing: this could also be different each time. Taste each ingredient, combine to balance acidity, salt, oil, heat and ‘tanginess’. You could start with something like this: 2 tablespoons of grapefruit juice, 2 tablespoons of lemon juice, 2/3 cup of olive oil (or canola, avocado, sunflower oil), 1/2 teaspoon apple cider vinegar, 2 teaspoons of balsamic vinegar, 1/2 clove of crushed Garlic, 1/2 teaspoon Dijon style Mustard, 1 teaspoon maple syrup, salt and pepper to taste.

### Instructions:

Grow some greens, sprouts, vegetables or edible flowers, or find out how you can get a community garden or buy / share / exchange with friends and neighbors. As mentioned above, delicious locally grown organic produce is available in Montreal at Lufa Farms.

This salad can be different each time you make it, and different for each serving.

Each ingredient should remain large enough that you can identify its singular taste within the collective composition of the salad.

Prepare and arrange all the ingredients separately and have people assemble their own salad bowl, starting with one green, then another, adding crunchy vegetables and sprouts if desired, and then dressing.

Toss lightly. Eat slowly.

Add and remix elements to taste.

When eating the salad, try to taste separate ingredients as well as various combinations.

You could eat with your hands, one piece at a time.

To me, salad is vitality. It nourishes me in a way that nothing else does, renewing and resetting my sense of wellbeing. Enjoy!