

ANA'S HOT & STEAMY GUIDE TO AUTONOMOUS LOVE ♥

7 WAYS TO
TELL IF HE'S
ACTUALLY AN
AI CHAT BOT
TRYING TO SELL
YOU SUNGLASSES

MICRODOSING
ELECTRICITY
FOR CUTER
PORES

BRINGING
BITCOIN INTO
THE BEDROOM



FEBRUARY 2025 ~ FREE TO TAKE ~ HAPPY V-DAY ♥

“Relations between one soul and another, expressed through such uncertain, divergent things as words exchanged and gestures made, are of a strange complexity. The very way in which we come to know each other is a form of unknowing. When two people say “I love you” (or perhaps think or reciprocate the feeling), each one means by that something different, a different life, even, perhaps, a different color and aroma in the abstract sum of impressions that constitute the activity of the soul.”

-FERNANDO PESSOA



“Love is lak de sea. It’s uh movin’ thing, but still and all, it takes its shape from de shore it meets, and it’s different with every shore.”

-ZORA NEALE HURSTON

For most of my life I felt very jaded about Valentines day (my whole 20's I would just yell "I practice love and generosity regularly why do I need a commercial holiday to do it !") so it's funny to me that I've come to the point where I'm making a celebratory zine for it. In my old age*, though, I've come to embrace it in my own way. I realize now that part of my distaste for the day was in its gendered expectations, but also because I'm a native English speaker and as always this language is lacking in the complexity I crave. LOVE means so many things and can be practiced in so many ways and yet we only really have one word for all of those things. Any new words that I've come across really don't do it for me either - did you know the word for the intense desire to kiss someone is the truly heinous "Basorexia" ??? Like Cindy Crabb said in her recent piece Love Is "I wish we had 100 words for love....A word for *even though I have been irrevocably harmed by you, part of my heart is still with you, but I will forever keep a safe distance.* A word for *I care deeply about you, and feel a secure level of commitment to our friendship.* A word for *I see you and want to keep seeing you.* A word for *I am at rest with you.*"

I am in no way an expert on love and I think anyone who claims to be is a total ding-dong. The whole nature of loving someone else is to be constantly surprised ! I'm also in no way a perfect model of someone who Loves, I'm beautifully messy in my own special way just like all the other girls. But ! I do a lot of thinking and reading about love and accountability and communication and thought it'd be nice to share what I've learned over the years.

For the record, I am writing this from the perspective of a white, bisexual, disabled, trans woman. By default my practice of love involves forever unpacking the racism, ableism, fatphobia, homophobia, transphobia and many other phobias that have been foisted upon me by the colonized society I exist in. This also means that I have come to terms with the fact that just as I will be hurt by someone I love at some point, I will inevitably hurt someone I love in a way I could never anticipate. I do my best to prepare myself for that situation so that when it comes we can acknowledge it and work through it in whatever way possible. I genuinely believe that everyone is trying their best at all times, there's just so many barriers and hangups that prevent us from connecting and being together. Given all this, I thought I'd start with a little glossary of things to consider this Valentines Day and beyond <3

LOVE WOULD BE

*I'm 32 in March :p

MIRRORS

Any intimate relationship is akin to holding up a mirror to the strangest and scariest parts of your personality. Sometimes you'll see yourself unconsciously acting out deep seeded patterns. Sometimes you'll see your least favorite parts of yourself in your loved one and it'll frustrate you to no end (hence the phrase "you spot it you got it"). Sometimes you'll be so terrified you do everything you can to make sure as little of the real you is reflected at all. This is all normal and understandable ! But the trick is to enter the mirror, to embrace the mirror. While there is some truth to the whole "you can't love someone else without loving yourself" adage, it's also impossible to learn and grow in solitude. In order to truly love, we need these pesky reflections to reveal the things we're afraid to see and deal with. After all, when used correctly, mirrors amplify the natural light of a space and make it that much more enjoyable to be in ! It's all a matter of perspective. Like James Baldwin said : *"The longer I live, the more deeply I learn that love — whether we call it friendship or family or romance — is the work of mirroring and magnifying each other's light."*

FRIENDSHIP

Everything I'm writing about can and should be applied to friendships ! I'm very much against how partners get prioritized over friends in our culture because I have many deep and dear friendships from whom I get things I'd never receive from a partner.



-REMEDIOS VARO-

I've also felt the pain and loss of being single when a good friend disappears into a new relationship. The fact is, Isolation is one of rape culture's greatest weapons, and making sure that we have people who aren't our partner that we're talking to regularly about our life and feelings is essential for our health and well being. This could be a family member or a bestie or whoever, but making sure you're not totally out on your own gives you the power and perspective to thrive in all your relationships ! Friendships too can be messy and painful and sometimes need to end, but I hope that we can all give that ending the respect it deserves and not just move on because it was "just a friend" we were dealing with.



-TOVE JANSSON-

CONSENT

While there has been a greater awareness of what consent really is over the past decade there's still so much to learn ! Because consent is so much greater than a simple "yes" or "no" and it also applies to so many situations and dynamics beyond sex. Pay attention to the way you ask for things. Are you wording your question in a way that gets **you** what **you** want, or are you asking in a way that genuinely gives the other person what **they** want ? Are you being mindful of whatever power dynamics and complicated histories are at play ? A good way to practice is in low stakes everyday situations and then escalating from there ! And remember, if someone says "no" or sets a boundary this is not a punishment. This is an act of trust and faith, a gift from them to you. I like to try and find the joy in a boundary, to use the new information as a way to strengthen what you already have together !

On the flip side, learning how to say "No" is a whole art in itself. I can't particularly claim to be the strongest at this but I've certainly gotten a lot better over the years with a couple different techniques. The major one I've come to embrace is that if I'm feeling indecisive in any way it becomes a hard No for me, because that usually means I'm feeling some kind of pressure (be it external or internal) that is influencing my decision. I'd always rather say No to be safe then say Yes and get myself in a bad situation. Another technique that I like is - when possible - to think ahead and weigh out options and situations and see how each one feels to me in my body and brain. That way I can go into things having some understanding of my limits. And ! Similar to asking, you can totally practice getting down a full bodied No in low stakes situations. It's *fun* to say NO

tbh !!!! Just watch : "Do you want some of my chips?" "NO!" Didn't that feel great ???

And, finally, sometimes we say yes but really mean no and regret it later. If this happens, please remember to be so generous and kind with yourself. You're not stupid and it's not your fault, you're just learning who you are and how to communicate that <3



-NAN GOLDIN-

SAPPY

Lest this all starts to sound clinical and void of any romance, I just want to be clear that it's REALLY fun to be full on head over heels corny at times. I love to sing along to The Cranberries totally knowing I'm a fool for someone. I love to cry to "Kaleidoscope" by Chappell Roan even though when she says "love is a kaleidoscope / how it works I'll never know" I'm always reminded of the ICP lyric "f*cking magnets / how do they work?" I watch TONS of rom coms !! I'm unabashedly sappy and mushy and proud of it, but I'm focusing on other more serious topics in this zine because we're already primed and prepped enough in this department by TV, movies, pop songs, etc and it's alllllll the other stuff that needs the actual work. So let's keep moving along !!

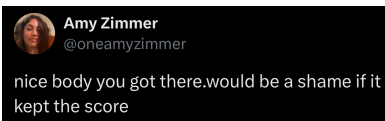
SOLITUDE

"Love rests on two pillars: surrender and autonomy. Our need for togetherness exists alongside our need for separateness." from

Mating in Captivity by Esther Perel

This is totally a "freak what you feel" situation because I for sure know I need more alone time than most people I've talked to, but I wanted to make sure solitude was noted because it's important to have time to reflect ! To have time to do the little things that make you that special weirdo someone fell in love with ! I know a lot of people who struggle with this and I certainly have in the past, but it's always always worth it to schedule out some solitary moments for yourself and really commit to them. Don't let yourself get into a scarcity loop - you deserve that sweet solo time ! I personally love to take myself out on dates to the movies or like, dumplings and miso soup in the park. It's just dreamy !! And then afterwards I get to be like "omg Ana's so cute and I had such a nice time with her...I think she might be the one !!!!!" :3

TRAUMA



Much like love, trauma is a word that is used so much for so many different things. From a physical wound to epigenetically inherited traits inscribed onto your DNA ! So obviously it's going to affect your relationships in many many ways !

Leah Jo Carnine and Fizz Perkal define trauma as "the way the body responds to and holds onto stressful and harmful experiences....trauma is a form of disconnection, an experience of

overwhelm so big it is stored in the body to be processed later." I for one am diagnosed with Complex PTSD, which ultimately means I have long struggled with anxiety because of various incidents throughout my life, not just one outstanding event. Over the years I've discovered that most of my anxiety is held in my pelvic floor (which is more common than you'd expect !) and after a long practice of physical therapy I've been able to learn how to relax that part of my body and ease some of the tension. I feel very lucky I was able to spend all that time understanding myself, but it's important to note that this is a very western process. Palestinian Psychologist Samah Jabr talks about how the very concept of being "post" trauma is an incredible privilege, and I keep this in mind if I ever find myself feeling frustrated about where I'm at.

So we all have trauma, what does that mean for our relationships ? Right now alot of people talk about how trauma informs our "attachment styles" in relationships - though, I find that the term "attachment strategy" is much less intense and damning. After all, no matter how frustrating dealing with an avoidant partner is, their avoidance is ultimately an attempt to keep themselves safe. Our attachment strategies can also vary from person to person: insecure over here - avoidant over there ! Nothing is ever so straightforward as having just one simple "style" now and forever.



But it makes sense that our early attachments and experiences inform how we act later in life - we're taught what's "home" and what isn't and then we seek to recreate that later on in some way. Like - recently my sister told me I stopped hanging out with some kids when I was a little girl because they hit me in the head with a lamp. I have NO memory of this but like it must've affected me somehow right ??? And looking around my apartment now I realize I only use lamps and barely any overhead lights so I'm like...are my lighting preferences an attempt to have control over that which maimed me ???

That's mostly a joke, but it does speak to the way that all the behaviors and preferences that are intrinsic to us don't come from a void. They're birthed from our long, strange lives and manifest in ways that never fail to surprise us ! So if you find yourself being particularly sensitive to something, or your reaction is feeling outsized for the situation, there's likely a traumatic root there that you should sit with and unpack. Could be a childhood incident, something that reminds you of someone who hurt you, etc etc, but it's not gonna go away unless you pay attention to it !

Similarly, if someone is acting in ways that totally baffle you there is most definitely something deep seeded steering the wheel. No one is inherently "bad" or "confusing" or "distant" - just shaped by external forces ! And we really can't assume anything about anyone. Like, just because someone isn't regularly talking about being a rape survivor doesn't mean they aren't, maybe they just don't want to talk about it unless it's absolutely necessary ! The thing about trauma is that there's never really a moment where you've fully "healed," just a time where you finally

have moved on enough that you're generally able to go about your day without being wrecked by it.

I had a major surgery in 2023 that required me to severely limit all physical activity for several months. When I finally started riding my bike again I was so proud of myself and having so much fun that I started imagining everyone else was recovering from surgery too and thinking "we're all doing so well!!!" Which was cute to think, and a mindset I've tried to carry with me since. Most of the time you really have no clue what any one person is going through, so approach them with love and take care of yourself while doing that. Easier said than done ! But totally worth it :)

JEALOUSY

Jealousy is one of our greatest teachers ! It's an intense feeling that never ever feels good and sometimes it makes us do things that are ugh just so embarrassing ! But what is so cool about jealousy is that it shines a harsh light on important needs that aren't being met. So when we really stay with the jealousy, let it rise but don't act on it or shame ourselves for it, we're able to understand ourselves that much better. Sure it would be nice if we just inherently knew these things and were able to communicate them right off the bat, but that's just not how our silly brains work hun ! We get a full bodied outrageous feeling that makes us sit up and realize something's missing. Or ! Maybe there's some peace and acceptance we need to work on finding in order to resolve the struggle. Regardless, jealousy is a sure fire sign that some internal change is needed, so we should greet it with love when it comes roaring into our lives. It's here for a reason, it just really doesn't know how to act !

BREAKUPS

I'm a crybaby so I'm not gonna pretend like I don't still cry regularly about certain endings and loss in my life. Stuff that happened years ago can come up and I just totally lose it ! It's important for me to mourn, but I've also found it's important to never consider a breakup to be a Failure. This is often how they're portrayed and it makes me so sad to hear it, because an ending should never be equated with defeat. Everything comes to a close at some point, and relationships are so hard. Sometimes things just have to change and it's so so brutal but everyone's ultimately better off for it !

I take comfort in knowing that even if I'm totally distant from someone I've loved, they're still a huge part of me. I carry them with me in certain jokes or behaviors or songs or places, and I get to be reminded of this supremely special person I came to know so well. Oh god here I go crying again !!! BRB....
OK I'm back :)

When I think of healthy ways of separating, I often come back to this one part of Mr. Telephone Man by New Edition where Bobby Brown sings "must be a bad connection / for my love and affection !" I love that this line veers away from blaming yourself or the other person and just accepts that sometimes the connection goes bad ! Things get in the way ! But that doesn't mean there's anything wrong with the way you love or who you are. Even if the relationship ended horribly and you're in exquisite pain : there's nothing wrong with you or the way you love.

There was a period in time a couple years ago where I considered myself "radioactive" - I literally didn't think anyone should come near me and I was

terrified of actual intimacy because I was convinced it'd end horribly. This came from absurdly low self esteem and self worth which then naturally fed into the way I was processing my life at the time. I felt worthless so I acted like I was worthless and got into situations where I was treated like I was worthless. And it hurt ! It was really hard !! But like everyone else I just needed some fine tuning and reflection, and that's when I really fell deep into my obsession with self-help books and relationship theory. Not trusting that "radioactive" feeling changed my life, and it's also what gave birth to this very zine <3



- CINDY SHERMAN -

LIGHTHOUSE

"A lighthouse that's me, a lighthouse that's easy to be with" - The Shadow Ring

A quick little closer ! I like The Lighthouse as a metaphor for how to function in relationships : constant and steady and helping people draw near despite whatever turmoil surrounds you. A soft, clear beam reaching out into the unknown ! We'll never be perfect and free of complication or conflict, but at least we can try our best to help others navigate our choppy waters :) See ya in the briny deep !!!



3 A legendary character from the late Heian period (794–1185), Heichū stole a woman's chamber pot so he could smell it, thereby overcoming his desire for the woman. To his surprise, he found the contents delightfully perfumed—to the point that he sipped the urine and took a bite out of a turd. Heichū quickly realized, though, that the woman had played a trick on him: the “urine” was clove-infused water, and the “turd” was a taro root mixed with incense. ↩ -MASOAKA SHIKI

but this is not an Ode to your right hand, the one you call unnatural yet somehow knows how to move like a cartographer over the map of me.

this is an Ode to the moment you climb to the other side of the bed, pull up the sleeve of your left arm.

what is the word for something becoming more than whole? what is the word for a bird already stunning in it's sitting form opening its wings and the watcher loses their breath?

is it yesterday was the best day but today is forever?

is it believing wholly in your breath until you reach sea level and learn how easy breath can be?

is it just the word shine?

is it bloom?

what is more beautiful than a hand?

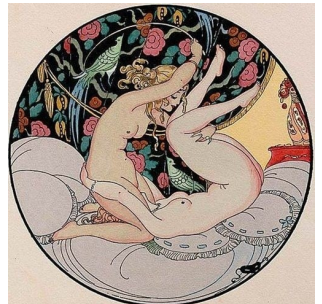
alive. nimble. and reaching.

ode to my lover's left hand is an ode to her voice in the shower. an ode to the unlocking of our thoughts to be open throats.

-OLIVIA GATWOOD

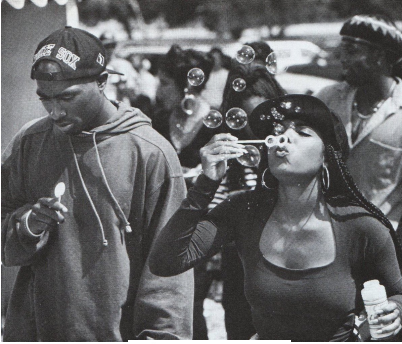
fishwife, bad wife, good wife, what's the word for someone who stares long into the morning, unable to even fix tea some days, the kettle steaming over loud like a train whistle, she who cries in the mornings, she who tears a hole in the earth and cannot stop grieving, the one who wants to love you, but often isn't good at even that, the one who doesn't want to be diminished by how much she wants to be yours.

-ADA LIMÓN



-GERDA WEGENER- →

Because we all do it. We all run from the ugly. And the farther we run from it, the more we stigmatize it and the more power we give beauty. Our communities are obsessed with being beautiful and gorgeous and hot. What would it mean if we were ugly? What would it mean if we didn't run from our own ugliness or each other's? How do we take the sting out of "ugly?" What would it mean to acknowledge our ugliness for all it has given us, how it has shaped our brilliance and taught us about how we never want to make anyone else feel? What would it take for us to be able to risk being ugly, in whatever that means for us. What would happen if we stopped apologizing for our ugly, stopped being ashamed of it? *What if we let go of being beautiful, stopped chasing "pretty," stopped sucking in and shrinking and spending enormous amounts of money and time on things that don't make us magnificent?* - MIA MINGUS



- POETIC JUSTICE -

The erotic functions for me in several ways, and the first is in providing the power which comes from sharing deeply any pursuit with another person. The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them, and lessens the threat of their difference.

Another important way in which the erotic connection functions is the open and fearless underlining of my capacity for joy. In the way my body stretches to music and opens into response, hearkening to its deepest rhythms, so every level upon which I sense also opens to the erotically satisfying experience, whether it is dancing, building a bookcase, writing a poem, examining an idea.

That self-connection shared is a measure of the joy which I know myself to be capable of feeling, a reminder of my capacity for feeling. And that deep and irreplaceable knowledge of my capacity for joy comes to demand from all of my life that it be lived within the knowledge that such satisfaction is possible, and does not have to be called *marriage*, nor *god*, nor *an afterlife*. - AUDRE LORDE

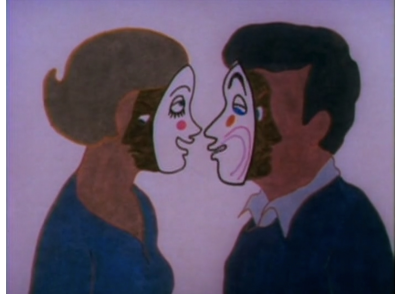
Wanna kiss today after

Recognizing each other as independent, complicated and beautiful individuals ?

My heart is beating so fast right now I can't believe I asked that

continually leads them to surprise themselves. More often than not, when a person breaks a promise, it is because they believed themselves to be the kind of person who could keep it and found themselves to be a person who could not. - MARIA POPOVA

Often when I imagine you
your wholeness cascades into many shapes.
You run like a herd of luminous deer
and I am dark. I am a forest. - RAINER MARIA RILKE



- EVERYBODY RIDES THE CAROUSEL -

TO LOVE SOMEONE LONG-TERM IS TO ATTEND A THOUSAND FUNERALS OF THE PEOPLE THEY USED TO BE.

The people they're too exhausted to be any longer. The people they don't recognise inside themselves anymore. The people they grew out of, the people they never ended up growing into. We so badly want the people we love to get their spark back when it burns out; to become speedily found when they are lost. But it is not our job to hold anyone accountable to the people they used to be. It is our job to travel with them between each version and to honour what emerges along the way. Sometimes it will be an even more luminescent flame. Sometimes it will be a flicker that disappears and temporarily floods the room with a perfect and necessary darkness.

HEIDI PRIEBE

When I want to describe
staying up on the phone with you
way later then I ever planned
My first thought is
"I love you even when you inconvenience me."

But - that feels wrong
The whole point is that I wasn't inconvenienced at all
So I guess what I'm trying to say is
"I love you so I always have the time"
- ANA WOLFE

ANA APPROVED BOOKS ON LOVE YOU CAN TAKE OUT FROM THE LIBRARY

Listen...my scope is limited ! I can't tell you how to keep your marriage strong after your first child because I've never done that. I can't tell you how to handle having your three girlfriends at the same party because I really only have the time and energy for one partner ! But luckily there are MANY well researched and informative books out there that touch on these subjects (and weren't hastily assembled in a month like this one). I would recommend approaching each of these with a bit of distance - some may say things you don't relate to or agree with at all ! - but there are generally enough gems in each one that they're worth seeking out. If you're a cis, straight white man in particular I highly recommend you read the books by BIPOC women and non-binary writers on this list...I guarantee you will learn a lot. Happy reading !!!!

All About Love: New Visions by bell hooks

An absolute classic. If you've read any books on love, it's probably this ! It was a total life changer for me when I read it at 24, and I've always found it worth returning to in the years since. Lesser known but still recommend are the two other books in her "Love Trilogy" : **Salvation: Black People and Love** and **Communion: The Female Search for Love**.



Disability Intimacy edited by Alice Wong

Really great disability justice compilation with essays by heavy hitters and first time writers, such a blessed resource ! Especially since it focuses on not just romantic intimacy but also what Mia Mingus calls "access intimacy" - when someone gets your needs for moving through the world without you having to explain. If you're new to disability justice, this is a great place to start !

I Hope We Choose Love: A Trans Girl's Notes from the End of the World by Kai Cheng Thom

I've been in love with Kai Cheng Thom's writing ever since her debut novel in 2017 but this one really floored me when it came out and I recommend it often to others. When you've been let down and hurt in the myriad ways we all end up experiencing, it's SO hard to maintain a practice of love. It's much much easier to feel anger and alienation and take that out by punishing and isolating, but Kai's writing is the much needed balm for the times when love starts slipping away. The fact that it's rooted in radical, anti-racist, abolitionist politics just makes it that much more incredible and essential. I'm so deeply indebted to all her work that if you enjoyed anything I had to say in this zine you will absolutely love this book !! There's also an accompanying workbook on her website ariseembodiment.org, plus many many talks on youtube where she gives even more brilliant advice.

Hold Me Tight: Seven Conversations for a Lifetime of Love by Dr. Sue Johnson

This was one of the first real deal self help books I ever read and I was sorta embarrassed at first until I realized how fun it was to say the whole title out loud when people asked me what I was reading ! It's so unwieldy but it's totally honest, you know what you're getting into ! What really impressed me about this one was the way it unpacked all the ways trauma prevents us from connecting with each other. She gives a bunch of real life examples where people who loved each other just could not communicate what was actually happening, and then showed how to work past those walls and barriers in order to just be like "when you do this thing, it's terrifying to me." The outcome was always so simple but it took so much work to get there ! Which is a place I'm sure we've all been. Essential intel for good communication !!!

Support: Feminist Relationship Tools to Heal Yourself and End Rape Culture by Cindy Crabb

Cindy Crabb is one of the classic punk zinesters so there's a lot of good old fashioned handwriting and xeroxing in here. This informal presentation I think helps make the writing that much more intimate...it hits really hard ! Like, the first time I tried reading it I totally wept and dissociated and felt so much. Eventually I was able to return and

soak it up at a pace that felt manageable and it was so worth it ! There's so much in here that still isn't talked about enough these days, but this feels like a really solid start to having these tough important conversations. If you're a survivor just make sure you're being careful going in !!!!!

How To Be An Adult in Relationships by David Richo

So I've actually only read "How To Be An Adult" and not this variation, but that one is about relationships too and they're basically really similar ?? So I'm recommending it anyways because HTBAA totally blew me away when I read it, an absolute 4 on the floor banger of a self help book !! Succinct and poetic and holding so much wisdom.

Mating In Captivity by Esther Perel

My main thought when reading this was "ugh I wish I had this when I was co-habiting in my 20's !!!" so if you're currently co-habiting maybe put this at the top of your list !!! The focus on MIC is maintaining intimacy and sex in long term relationships, keeping the romance alive ! Perel goes in on relationship dynamics, patterns that couples often get stuck in and so many other habits that can absolutely destroy the erotic and romantic links between two people. She makes long term healthy intimacy really feel possible !



How To Tell When We Will Die by Johanna Svedva

I'm actually really glad I bought this one instead of taking it out from the library because I ended up basically underlining the whole book !! It's just hit after hit and so often after I finished an essay I would just be like "what the heck this book is SO good !!!" which is just SUCH a good feeling. Johanna is most famous for their essay "Sick Woman Theory," which focuses one of the main paradoxes of being both radical and disabled - wanting to march in the streets with everyone else but not being able to get out of bed !! And that is understandably a bona fide classic, but there's so much more to sit with in this book about our complicated bodies, relationships and worlds. An excellent read on maintaining a practice of love when everything feels hopeless TBH !

Love In A F*cked Up World: How To Build Relationships, Hook Up and Raise Hell Together by Dean Spade &&&&&&& Loving Corrections by adrienne marie brown

OK full disclosure these both just came out so I haven't read either yet ! (As of writing this am currently in line to take them out from the library myself !!) But I've been following Dean Spade and adrienne marie brown and their writings on love for forever and I just know these are both going to absolutely slap !! So get in line right behind me OK !!!

Ace: What Asexuality Reveals About Desire, Society, and the Meaning of Sex by Angela Chen

There is SO much to learn from the asexual community and the spectrum of what "asexual" can be is so much wider than most people realize ! I really recommend reading this, even if you're skeptical. Western culture is so highly sexualized in ways that affect us all in one way or another, and this book and everyone interviewed are actively working to imagine a culture outside of that. Which is really cool ??? One of my favorite takeaways is the separation between romantic and sexual attraction - very nuanced and subtle differences that are often totally steamrolled by allosexual culture ! And, also, for the record, just saying: I place myself on the asexual spectrum as "Demisexual," which means I can absolutely have a crush but it takes a while of really getting to know and appreciating someone before I actually have sexual feelings. For most of my life I just thought I was a weirdo, but now I've got a word for it ! A big comfort for sure :)

Honorable Mentions

- **Pop Song** by Larissa Pham
- **Stay and Fight** by Madeline ffitich
- **An Honest Woman : A Memoir of Love and Sex Work** by Charlotte Shane
- **Their Eyes Were Watching God** by Zora Neale Hurston
- **The Fifth Wound** by Aurora Mattia
- **Little Blue Encyclopedia (For Vivian)** by Hazel Jane Plante

Here's a couple other lists of things to check out if you're curious !!

They're by no means definitive and were totally dashed off the top of my head, but all things that are special to me in some way !! Hope you enjoy your time with them <3

5 Actually Good Romance Movies

1. Mississippi Masala
2. Crossing Delancey
3. But I'm A Cheerleader
4. My Beautiful Launderette
5. Saving Face

5 Fun & Absolutely Batsh*t Rom-Coms

1. Serendipity
2. Only You
3. Simply Irresistible
4. Splendor
5. Making Mr. Right

10 Really Good Love Albums

1. Janet Jackson **The Velvet Rope**
2. SOPHIE **Oil of Every Pearls Un-Insides**
3. Ruth Anderson and Annea Lockwood **Tête-à-tête**
4. The 6ths **Wasps Nest**
5. Fiona Apple **The Idler Wheel**
6. Beverly Glenn Copeland **Keyboard Fantasies**
7. Chuquimamani-Condori **Find Me** (technically a mix but omg I've cried so many times to this one and I want more people to know about it)
8. That Dog **Totally Crushed Out!**
9. Erika de Casier **Still**
10. Mope Grooves **Box of Dark Roses**

10 Songs About Love That I Like Alot

1. Kate Bush "**Why Should I Love You**"
2. Pharoah Sanders "**Love Is Everywhere**"
3. Yoko Ono "**Nobody Sees Me Like You Do**"
4. Dream 2 Science "**My Love Turns To Liquid**"
5. Prince "**If I Was Your Girlfriend**"
6. Electrelane "**The Greater Times**"
7. Charli XCX "**Twice**"
8. Sonic Youth "**I Love You Golden Blue**"
9. Dijon "**Big Mike's**"
10. Frank Ocean "**Thinkin' Bout You**" (+ that vine that's like "a potato flew around my room")



-TRACY EMIN-



-BARRY MCGEE-

Susan Stryker said *I am a transsexual and therefore I am a monster*. Like all transsexual women who survived their girlhoods, I am a woman grown and a woman crowned. I gave birth to myself and I built my own body out of fire and clay. My flesh is full of hurricanes, and my voice is full of lightning. I will always be too loud, too much, too crazy, too enamored with magic and miracles. To anyone who has ever wanted or ever will want to love me, this is my truth and my confession and my promise: I can be the earth for you. but I am also the rain. I will always be everything that I am. I will always be the rain. **-FAI CHENG THOM**

MIRROR PIECE

Instead of obtaining a mirror, obtain a person. Look into him. Use different people. Old, young, fat, small, etc.

1964 spring

-Yoko ONO

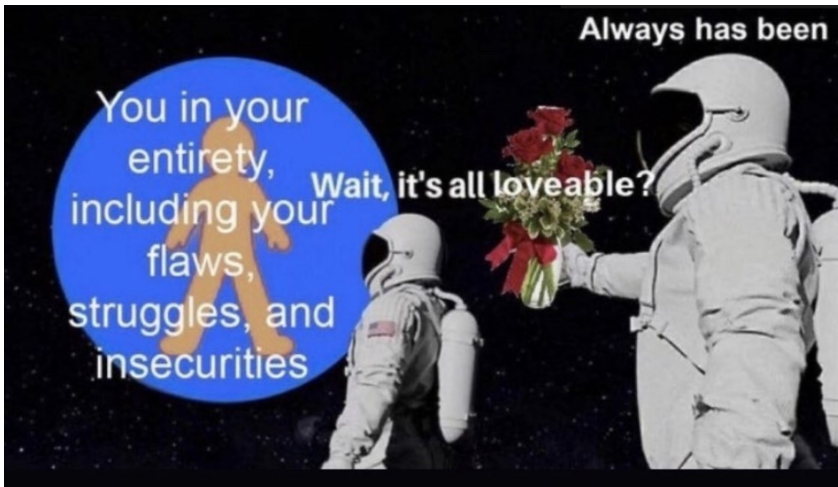
"You meet a new person, you go with him and suddenly you get a whole new city...you go down new streets, you see houses you never saw before, pass places you didn't even know were there. Everything changes."

-SAMUEL DELANY



-UNKNOWN ARTIST (2594)-

Every day, instead of taking every reaction personally, remember that most people are guarded, afraid of differences, and ruled by shame. They haven't learned how to trust yet. They don't know how to feel compassion for people who don't sound and act and look like them. But when you show them compassion, you teach them to stretch and expand. You demonstrate a superpower that everyone on the face of the planet needs to develop, whether they know it consciously or not. **-HEATHER HAVRILESKY**





-HENRI TOULOUSE-LAUTREC-

Didn't Sappho say her guts clutched up like this?
 Before a face suddenly numinous,
 her eyes watered, knees melted. Did she lactate
 again, milk brought down by a girl's kiss?
 It's documented torrents are unloosed
 by such events as recently produced
 not the wish, but the need, to consume, in us,
 one pint of Maalox, one of Kaopectate.
 My eyes and groin are permanently swollen,
 I'm alternately brilliant and witless
 —and sleepless: bed is just a swamp to roll in.
 Although I'd cream my jeans touching your breast,
 sweetheart, it isn't lust; it's all the rest
 of what I want with you that scares me shitless.

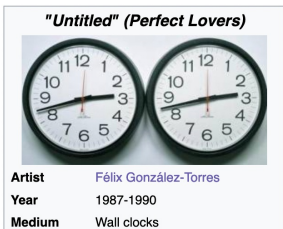
-MARILYN HACKER

KISSING DOESN'T KILL: GREED AND INDIFFERENCE DO.



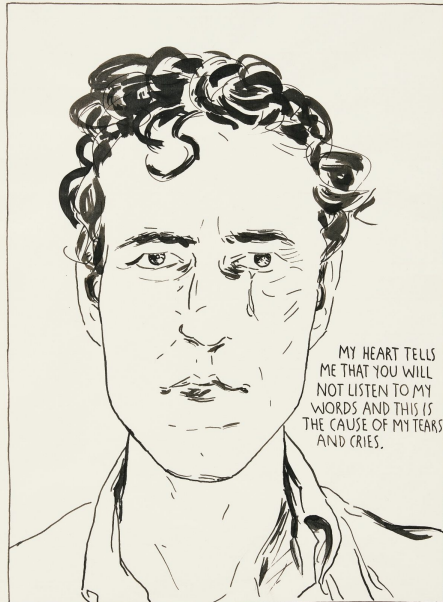
CORPORATE GREED, GOVERNMENT INACTION, AND PUBLIC INDIFFERENCE MAKE AIDS A POLITICAL CRISIS.

"Untitled" (*Perfect Lovers*) is the title of two different artworks created by Félix González-Torres (or Felix Gonzalez-Torres). Each of the artworks consists of two identical wall clocks hung side-by-side so that they are touching. When installed the clocks are initially set to the same time but may fall out of sync over the course of an exhibition. "Untitled" (*Perfect Lovers*) (1987-1990) consists of two wall clocks with black rims; this work is an edition of three, plus one [artist's proof](#). A separate, unique work, "Untitled" (*Perfect Lovers*) (1991), similarly consists of two identical wall clocks but with white rims instead of black, and includes the option of painting the wall on which the clocks are hung light blue.^{[1][2][3]}



The number of hours we have together is actually not so large. Please linger near the door uncomfortably instead of just leaving. Please forget your scarf in my life and come back later for it.

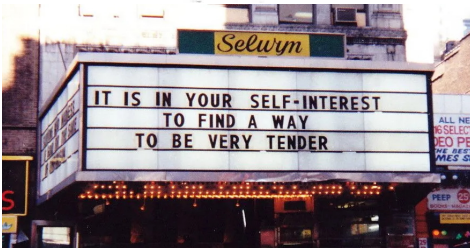
-MIKRO HARVEY



-RAYMOND PETTIBON-

Usually we imagine that true love will be intensely pleasurable and romantic, full of love and light. In truth, true love is all about work. The poet Rainer Maria Rilke wisely observed: "Like so much else, people have also misunderstood the place of love in life, they have made it into play and pleasure because they thought that play and pleasure was more blissful than work; but there is nothing happier than work, and love, just because it is the extreme happiness, can be nothing else but work..." The essence of true love is mutual recognition – two individuals seeing each other as they really are. We all know that the usual approach is to meet someone we like and put our best self forward, or even at times a false self, one we believe will be more appealing to the person we want to attract. When our real self appears in its entirety, when the good behavior becomes too much to maintain or the masks are taken away, disappointment comes. All too often individuals feel, after the fact – when feelings are hurt and hearts are broken – that it was a case of mistaken identity, that the loved one is a stranger. They saw what they wanted to see rather than what was really there.

-BELL Hooks



*Love is contraband in Hell,
cause love is an acid
that eats away bars.*

-JENNY HOLZER-

*But you, me, and tomorrow
hold hands and make vows
that struggle will multiply.*

-ASSATA SHAKUR

*The hacksaw has two blades.
The shotgun has two barrels.
We are pregnant with freedom*

We are a conspiracy. (130)

Love is bigger, huger, more complex, and more ultimate than petty fucked-up desirability politics. We all deserve love. Love as an action verb. Love in full inclusion, in centrality, in not being forgotten. Being loved for our disabilities, our weirdness, not despite them. Love in action is when we strategize to create cross-disability access spaces. When we refuse to abandon each other. When we, as disabled people, fight for the access needs of sibling crips...When disabled people get free, everyone gets free. More access makes everything more accessible for everybody."

-LEAH LAKSHMI PIERZNA-SAMARASINHA

FINAL NOTES FROM ANA :

Thanks to NCEL, LH and SS for teaching me more about love than I will likely ever be able to process in this lifetime.

Thanks to AS for so many helpful conversations.

Thanks to LT for telling me about "you spot it you got it" And thanks to everyone else I love, have loved or built intimacy with. It's been an honor !

Free Palestine, death to the algorithm, hack the planet, etc etc now and forever <3



-LEONOR FINI-

When I put my hands on your body, on your flesh,
I feel the history of that body.
Not just the beginning of its forming in that distant lake
but all the way beyond its ending.
I feel the warmth and texture and simultaneously,
I see the flesh unwrap from the layers of fat and disappear.
I see the fat disappear from the muscle.

I see the muscle disappearing from around the organs
and detaching itself from the bones.
I see the organs gradually fade into transparency leaving a gleaming skeleton,
gleaming like ivory that slowly revolves until it becomes dust.

I am consumed in the sense of your weight the way your flesh occupies
momentary space, the fullness of it beneath my palms.

I am amazed at how perfectly your body fits to the curves of my hands.
If I could attach our blood vessels so we could become each other, I would.
If I could attach our blood vessels in order to anchor you to the earth, to this
present time, to me, I would.

If I could open your body and slip up inside your skin and look out your eyes
and forever have my lips fused with yours, I would.

It makes me weep to feel the history of you, of your flesh, beneath my palms,
as you twist and turn over to one side, to create a series of gestures, to reach
up around my neck to draw me nearer.

All these moments will be lost in time, like tears in the rain.

-DAVID WOJNAROWICZ

As it turns out, the most romantic day of the year does not necessarily warm the hearts of the artists in the 90's. Although Murray called Valentine's Day "sort of a sweet holiday" and recalled with affection the dime-store valentines and candy of grade-school days, hers was a lonely voice. Her artistic colleagues tend to look with indifference, mild skepticism or downright hostility to the day that Moffett referred to as an "annual cult spasm of heterosexual caring." -NYTIMES, 1993



ANA WOULFE is a queer femme artist, printmaker, musician, transexuelle, vegan, cyclist, weirdo, smiley face, caring person, etc etc living on occupied Lenape land ("Philadelphia") and also the 2025 artist in residence at the Free Library Art Department. You can find her on the world wide web at www.deeperclarity.net or at home making a pizza.

This zine was assembled and printed for a Valentines Day themed live screenprinting event at the Parkway Central Library on February 11th, 2025.