

# One for the Soul

A Labor Day Speech

Line Mertens for and with *Tiny Demolitions* Antwerpen, May 2024

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Hi
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and welcome
to the written version
of our Tiny Demolitions' speech of May.

This piece
will consider:
labor, value and –

yes?

yes.

are you sure?
I thought I was.
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it will consider

- the soul.



But first, a sidenote on stories.

# 1/ this thing with 'natural': Saini and M'charek

#### A sidenote on stories

as they are written about in these pages. In *Tiny Demolitions* we deal with stories, as part of our tract of thought and feeling.

We care about stories in the way they shape our horizons, the way they inform how we can exist, or, potentially, how we cannot.

It is through stories that we can imagine – *in a flicker!* – a good life, a good person, a healthy family, hard work.

Really, all of this shit.

We believe there is work to be done in understanding which narratives shape us, and how, to not take them for granted or as natural, and to continually inform them with our lived experience, and the lived experience of others whom we can – yes, oh, yes! – learn to attend to.

# CHAPTER ONE: the Soul and Hesitation

I hesitate
in writing
and speaking about the soul,
the very word
seems to come with a warning.
I think this hesitation
is two-fold.

#### **FOLD 1: TEMPORALITY**

I am talking to you from the month of May. On May the First we had the international celebration of Labor Day de *Dag van de Arbeid* which can remind us at its best to think about tangible, pressing issues like: working conditions care as labor and the ongoing exploitation and destruction of huge swaths of the living world. To move our thoughts, then, - to thinking about the - eh soul something, seemingly, out of this world something unclear something my parents had already classified as catholic bullshit from which they had rightfully rid themselves - well, this can cause some hesitation.

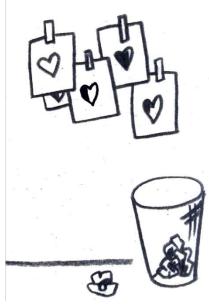
Nevertheless, I want to go on precisely because I think the story of the soul got lost, when we might need it. That it was made intangible
and elusive
out of this world
and so hard to even consider
when at the same time
through the perpetual
crises of our capitalist
world order
- sometimes it feels
like my soul hurts.
How could it not?

So I am writing and speaking about the soul and it would give me great pleasure if you could bear with me.

### FOLD 2: DISCLAIMER - LOSING THE SOUL

I grew up
without a soul
- that is to say
without any concept
of a soul
and without any thought
about it.

My father, born in 1948 in the small town of Lier, Belgium had a teacher at the age of 6, and for each of his pupils this teacher had put a white piece of paper on the wall, and on this piece of paper he had drawn a heart. Dit, kindjes, is jullie ziel This, he said, is your soul. And every time they did something wrong there would of course be physical punishment which was a given at the time, but in addition he would color part of that white paper heart black



2/ a note on stained hearts in the present

to show the stain sins left on these 6-year old's souls.

My parents grew up undergoing weekly pastor's preaches filled with looming doom. They connect de ziel, the soul, to words like zielenheil which implies salvation and thereby also the alternative of eternal burning. They learned to connect de ziel to lonely fears in the dark, hidden under their blankets. Fears of the devil lifting them from their beds as they attempted to sleep, their bodies vessels of sin tiny, weak and fragile, their young souls stained.

And all of this they learned to shed as they grew up when society seemed to grow away from catholicism, the influences of priests and devils waning. And while their mothers still went to church, they learned to tell themselves it wasn't true so they could sleep. And the devil would not come and get them. And they were not filled with sin. it wasn't true - it wasn't true - it wasn't true. They gradually left the soul for what it was and went on with their lives and made some progeny because ga en vermenigvuldig u, go forth and multiply, was part of "a good life" and so I grew up with parents who thought and felt #parentsarepeople

but there were no stories about a soul.

And you see how this can lead to some hesitation – I do not wish the soul of my parent's childhood upon anyone.

But that does not mean I want to give up on the soul altogether.

# CHAPTER TWO: Value and Labor Waarde en Arbeid

Let me go back, briefly to *de Dag van de Arbeid* and with it to the concept of value.

I think what de Dag van de Arbeid reminds us of mostly is the "value" of labor which needs reminding because it is quite often devalued, in terms of money and paychecks that vary from barely sufficient to non-existing. And through this reminder that labor is nonetheless valuable, we are reminded of the value of those who do labor.

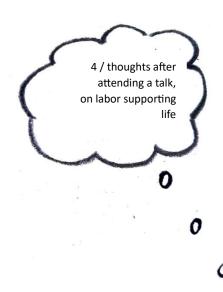
I understand the need for continued and increased attention to working circumstances in a capitalist world that drives on exploitation and extraction and I support all commemorations of social action.

And yet,
there is something uneasy
about this celebration.
There is something uneasy
in the assumption,
that what is of value
is that which makes an economic contribution,
that which makes the world go round,
which is, and I quote Sophie Lewis here:
"nothing much to be proud of,
given the state of the world."

Moreover, there is something sad about this step in between *die tussenstap* 



- that we would only value those who labor through their labor rather than valuing people for just - being alive - acknowledging that life going on is valuable in itself.



#### **CHAPTER THREE:**

## The Unaffected Realm of The Family

#### - the Sorrow of Motherhood

This is the point
where I turn to my mother
who is the person
who took on
the re-productive labor
the never-ending feeding, washing,
playing and comforting
on which I grew.
To say it unfaithfully with Karl Marx

5/ Federici + Gotby

She mixed her labor with my earth and in so doing changed me and herself alike.

6/ Marx in Gilmore in Bhandar & Ziadah (ed.)

Kind of.

She did this without any breaks and fully within the narrative that the world was harsh and home would be our refuge.

And I believed this even though my always busy mother was haunted by spells of depression that later turned into seemingly random outbursts of rage.

My mother believed not in a soul but in the sacred story that through my children I find happiness Goddank heb ik jullie nog thank God, I still have you, even if the daily reality, and experience, the endless work of the house and the built-in loneliness, betrayed this story.

She had ingrained that this experience did not hold knowledge and that it didn't matter

The very reasonable frames with which she had modeled her life

a house, an income,
a family –
had been procured.
She was supposed to be safe.

Her sorrow
did not tell her anything about the world
– it only meant she had failed –
And added the layer of guilt

that kept her going tired but endlessly.

9/ The Raconteurs



#### **CHAPTER 4:**

#### **Frames that Matter**

There are frames I had learned to think with, frames I thought mattered. First and foremost I wanted to be reasonable. Reasonability was the only way in which you would be taken seriously. Religion was stupid, again, we only did Reason and this made us smart or it made us at least smart-er than others. whom we could talk to but not really listen, because they were not quite as reasonable as us. Ethics were tricky and only to be discussed in material terms - Marx, yes, Jesus, no, Audre Lorde, who is that? And if you talked too much about ethics you would have to watch out because the world as it was - and honey, you cannot change the world was organized according to the principle of self-interest, people care mainly for themselves - so you better organize your life to protect yourself from the harm that comes from the self-interest of others. Being too kind, means you will lose and you will not be safe - and to understand what it means to not be safe just turn on the news, or glance at the people who live in the streets.

Don't look too close,

you need to learn to ignore

7/ a who-is-who footnote

8/ Tsing and Ebron

- just long enough to understand that there is danger and you need to be safe. So get a house, get a family and get a job. And you will be safe.

The life of my mother did not make sense according to these parameters. The promised safety seemed transformed into daily torment, and by the time I was a teenager I knew very well that my mother did not enjoy life.

The status of the emotional framework in all of this was unclear. I experienced emotional warmth - yes and in my family there was a tendency towards kindness - yes But it sure had its limits. I remember being a rather fierce child and sometimes getting the label hysterical. I think overall anger was not appreciated in particular for me and my mother as we seemed to fall on the girl-side of the family.

I still don't know how to do conflict.

The idea that emotions could hold information would have been met with seriously raised eyebrows.
In this way, it seems like there was still some catholic remnant of passions needing to be controlled in order to grow

10/ a friend's reminder and Simona Forti

as a human being, which now might not mean be virtuous, but rather, be functional.

And this view of emotions which I would call reluctant recognition got tied to medicalization, for many people in my family suffered from depression and other psychiatric disorders So the general advice was – beware of emotions they are treacherous and they might hurt you so cultivate reason and you might be safe and know when to medicate.

And all of this
I learned
with its great focus
on Reason and Safety
and I was truly great
at being very reasonable
but I did not know when to medicate
and crashed very reasonably
into depression at the age of 20.

Brace yourself: we are getting towards the soul.

#### **CHAPTER 5:**

#### We are getting towards the Soul

I had therapy, and medication like so many people living in Belgium today and to this day
I am still on a daily dose of duloxetine have been for about ten years and as long as it helps me to be alive to my fullest extent I don't plan to quit it.

I am not interested in living my pure natural self truly I don't think it even exists.

But up until recently regardless of the emotional work I did in therapy, regardless of the close analysis of my nuclear family and the pharmaco-remedy that restored my neurotransmitter-balance, I could still be haunted by shame and guilt and loneliness, not as a response to a particular situation, but as an existential layering of my experience that resurfaced on a regular base.

What I am getting at is that the frameworks I was brought up in did not hold up to take into account my lived experience and it haunted me.

And this persisted even when I was quite well-read in feminism in politics of social justice. Even if I had learned to believe and defend, that my anger was a good thing, which it is #angeranger - roar!

Hold on.
I don't want to brush over this.

When the frameworks you have the ways you think about what matters and what does not when these frameworks do not take you into account – your lived experience when they do not take into account the lives of people you are close to and whose wellbeing affects you – then you might want to question these frameworks, and reading about feminism, and social justice can help you do that.

Let me be very clear here, we are part of a world in which not all lives are equally valued in which many lives are actively forgotten and ignored.

It took me a lot of reading, and listening to understand that when so many lives are ignored in our accounts of history as well as in our expectations of daily life, of "a good life" this does not only do active violence to those who are ignored it means these stories themselves are based on ignorance. Ignoring so many lives harms our understanding of the world and through it it makes it harder for everyone to live.



11/ Gotby

12/ hooks

I quote bell hooks, I think I need to do that every time, she points out we live in "white-supremacist capitalist patriarchy", and that we need this heavy phrase to keep reminding us of it. That this is not a natural state but that it has grown through a shitload of violence by states and corporations alike effacing lives and experiences communities and species. Its continuation is premised on ideologies of separation and domination which define our reality and still run through our bodies, houses and streets.

This is knowledge that needs to be taught.

that has brought me a lot,
not in the least
the solid ground
that my experiences
are connected to the experiences of others
- that I am not alone
- and that when I struggle

and that when I struggle
 to live in the conditions
 set out by white-supremacist, capitalist, patriarchy,
 my struggle does not mean
 failure

It does not mean
I am doing something wrong.

This isn't true.

It is knowledge

it isn't true - it isn't true - it isn't true.

I think what changed for me to feel less guilty less inadequate on an existential level is not that I gained knowledge about the world though knowledge is important – I did not analyze my guilt away and in all its overwhelming misery knowledge of the world, can be a straight line to burn-out.

What will you do with all this knowledge?

And this is the point where something changed.
Something changed in my position towards knowledge that allows me to acknowledge sorrow even when I am unable to fix it.
I will not fix it.
I am not outside of it.

And I think this helped my soul.

It helped me to stop running and crashing
– running had never been my strength, anyway.
It helped me to regain loving relations
with the people I am connected to.

In an interview,
Sylvia Federici said:
through my engagement in the women's movement,
I regained my mother.
I have a similar experience
of regaining my mother
not as a flawed representation of iconic motherhood
but as a person
close to me
in the world I am part of.

I think my change in position
resembles
something Veena Das has described.
She is an anthropologist
and she talks about the difference
between 'knowing' and 'acknowledging'.
Knowing has an assumption
to resolve something
and be done with it.
Acknowledgement
requires something else,
an ongoingness,
a relationship,
"a repeated attention
to the most ordinary of objects and events."

I think this slow, gradual shift allowed me - don't hesitate it allowed me to be part of the world 13/ Federici

13/ Veena Das

to be affected by it and to take that seriously.

When my mother
experienced the sorrow
of the lonely construction of motherhood
– and blamed it on herself
I think she missed a frame of reference
that could connect
her back to history
and the living world
– and it hurt her soul
And as I am permeable
and built with her labor
I feel this pain too.

In what I have told you today I wanted to talk about the soul as an intervention in a logic of self-containment that does not exist. The soul in this story refuses the idea that anyone could thrive on the principle of self-interest as it does not acknowledge that anything like enclosed self-interest could exist: there is no self served by separation.

To attend to the self and to attend to the world are interlocking projects and attention for our primary caretakers is somewhere in the mix.

I am so glad we made it here. Thank you for reading and bearing with my thoughts incomplete as they are. 14/ Leanne Betasamosake Simpson

#### **ADDENDUM**

I know this speech draws heavily on the nuclear family. I hope it is clear, I do not want to celebrate this structure. The way I see it now, is that the nuclear family and its story are very much part of the problem. The promise they entail, of emotional well-being or of protection against loneliness, are betrayed by most people's daily experience, not in the least that of women and children. I want to acknowledge these experiences - not as something to solve instantly, I don't want you to blindly abandon the people you care for. But I do think there is an awareness, a sensibility, or a consciousness - you see how my vocabulary still rambles matters. It matters for your soul, which is entrenched in the world. Since the nuclear family is the structure I have always lived, I take its sorrows seriously, and hope that we can - yes, oh, yes! - train sensibilities together. So possibilities that different can emerge.

I am glad you made it here. These are the footnotes.

Here you can find fragments from other authors I drew on while building this text. I try to give you a glimpse of their original context and a short explanation of how they are invoked in this speech.

This list is not complete: all thoughts in this text build on the work of many authors/thinkers/people who made it possible. When I had an active reference in mind, I added it here, but there is a lot more work and conversation it draws on indirectly.

#### 1. First Footnote!

But was there ever any domination which did not appear natural to those who possessed it?

In *The Patriarchs,* Angela Saini opens the first chapter 'Domination' with this quote by John Stuart Mill and Harriet Taylor Mill. It is a quote from 1869! Just to get us started.

At the end of the chapter, Saini writes:

When we settle for resting the case for 'patriarchy' on something as simple as 'biological difference', when the evidence points to a reality that is far more complex and contingent, we lose the capacity to see just how precarious it might be. We stop asking how it works, or the ways it's being reinvented. We don't dissect the circumstances that might help us undermine its ideological power right now.

The most dangerous part of any form of oppression is that it can make people believe there are no alternatives.

I add the following sentence by Amade M'charek, quoted in 'Black Afterlives Matter' (essay by Ruha Benjamin). It does not express the exact same thing, but furthers the thought, and has been on my mind a lot:

The factness of facts depends on their ability to disconnect themselves from the practices that helped produced them.

Ha, what great phrasing!

2. Here are two stories, relating to this stained-soul-heart, tangling into the present.

#### First story

A friend who went through the Dutch immigration machinery, told me a story about his stay in an *azielzoekerscentrum* (*azc*). You would call that a refugee and migrant centre in UK terminology, a reception centre according to EU glossary. To live there, is to live in uncertainty, and fear of being denied access to the country you have sought refuge in. In addition to this continuous uncertainty, there was the threat of *the black dot*. It was said, that if you "misbehaved", there would be a sanction in the form of a

black dot on your file, i.e. your file would be marked, stained, and it would harm your chances of being allowed to get asylum in the Netherlands.

#### Second story:

My daughter, who is now 6, has no paper hearts on the walls in her classroom. However, as it is a school in which many kids are marked as children with 'behavioral issues', for each child, there is a traffic light – green, orange, red. Every day, kids start on the green light. When they "misbehave", they go to orange. If the "bad behavior" continues, they go to red. This does not mean eternal damnation of the soul – but they will not get a sticker that day. The stories have shifted, but the mechanism of punishment and rewards is still broadly used "for the child's own good".



From: Sophie Lewis, Feminism Against Families: Full Surrogacy Now.
 The same argument is there made in regards to motherhood, which can sometimes be valued on the premise that mothers make an economic contribution to society, by supplying labor force – which they do.

The aim is not to praise gestation as an essential use-value. [...] frankly, the fact that gestation "makes an economic contribution" or "makes the world go round" is nothing much to be proud of, given the state of the world. (I'm more impressed by contributions gestating might make to this world's destruction.) No, making the labor of social reproduction visible — again, we Marxist feminists cannot stress this enough — is very much not an end in itself.

If you wonder about this "social reproduction", see footnote 5!

- 4. I attended a public talk with Sylvia Federici and Territorio Doméstico. Territorio Doméstico is a collective space for struggle and empowerment of women, mostly migrants and domestic and care workers. It was a great evening.
  - What they all reminded us of, with great eloquence and joy, is that domestic work and care work is work that supports life, which stands in stark opposition to the industry of war, to prisons, to police aggression, and polluting, soil-depleting industries. To put value in what supports life is not abstract thing, and it is definitely not commonly held knowledge and practice among those who create policies and execute power.
- Social reproduction and reproductive labor refer to all the work that goes into reproducing the labor force, making people productive members of a capitalist society. This involves a lot of care work and domestic work, but also an emotional aspect.

Consider the following passage from Federici's 'Wages Against Housework', as it goes into celebrating 'Mother's Day'. Great fun!

[...] from the viewpoint of work we can ask not one wage but many wages, because we have been forced into many jobs at

once. We are housemaids, prostitutes, nurses, shrinks; this is the essence of the 'heroic' spouse who is celebrated on 'Mother's Day'. We say: stop celebrating our exploitation, our supposed heroism. From now on we want money for each moment of it, so that we can refuse some of it and eventually-all-of it

It is an article from 1975, which called for women to organize, which they did (try and google 'wages for housework').

In *They Call it Love,* Alma Gotby explores the emotional aspect of reproductive labor. From the introduction:

This book explores the construction of emotional needs and the material and subjective organization of labour that is necessary to meet them. [...] Emotional reproduction includes the forms of work that go into maintaining people's emotional wellbeing and their ability and willingness to continue to engage in capitalist productive labor.

6. Disclaimer: I never read Marx. This is an altered rendering of an indirect quote by Ruth Wilson Gilmore in an interview in *Revolutionary Feminisms* (Brenna Bhandar and Rafeef Ziadah). It goes:

One of the formulations that I always found very beautiful is where he talks about how we mix our labour with the earth, and in so doing we change the external world and change our own nature. I think that's a really beautiful thing. I also think it's true.

I agree. I also think it's true and beautiful.

And you see how my rendering is really very unfaithful, even to this. I added this motherhood-thing, reminding me also of this poem by Hugo Claus 'De Moeder', and I would not take too much advise from Claus on family bonds, but it opens with this phrase:

Ik ben niet, ik ben niet dan in uw aarde.

or: I am not, I am only in your earth.

I do think it is a beautiful poem.

#### 7. A who-is-who







**Karl Marx** 1818 – 1883

Jesus c. 6 to 4 BC – AD 30 or 33 **Audre Lorde** 1934- 1992

German writer, philosopher, economist,

Palestinian preacher, messiah,... the C in BC, the D in AD. American writer, philosopher, poet,...

As Wikipedia says:

As Wikipedia says:

As Wikipedia says:

Marx's ideas and their subsequent development, collectively known as Marxism, have had enormous influence on modern intellectual, economic and political history.

a first century Jewish preacher and religious leader. He is the central figure of Christianity. She was a self-described
"Black, lesbian, feminist,
socialist, mother, warrior,
poet" who dedicated her
life and talents to
confronting all forms of
injustice, as she believed
there could be "no
hierarchy of oppressions".

8. On the organization of safe spaces and wasteland in the late 20<sup>th</sup> century. I read 'Feminism and the Anthropocene' by Anna Tsing and Paula Ebron. This article taught me a lot. Its content is still reverberating in my thoughts.

#### A fragment:

We explore how separations between "security" and "wasteland" structured postwar growth, giving shape to Cold War expansion. The dream of safe spaces from enemies and toxins (however impossible such safety) justified the classification of other spaces, with their resident people, flora, and fauna, as expendable. [...] the regime of separation between safety and waste spaces was made through mobilizing race and gender. White nuclear families anchored imagined "safety" while communities of color were made available for sacrifice. (663)

At the least, I hope this works against the idea of the "natural, nuclear family". This article helps to make the politics of this story tangible, historically situated.

9. Steady as she goes / The Raconteurs I keep thinking about these lyrics:

Find yourself a girl, and settle down. Live a simple life in a quiet town.

Only I was never advised to find myself a girl, rather to be found a girl. Still. "Settle down" and "live a quiet life" applied.

- 10. A friend reminded me that this thought goes back way further, can be tied at least into Antiquity, and this seems to me true, and reminded me of an article by Simona Forti 'New Demons: Rethinking Power and Evil Today', which I think might bring you to a more substantial exploration of the matter.
- 11. In the introduction of *They Call it Love* Alma Gotby writes:

Emotional reproduction creates a feeling of investment in the world as it is. We have emotional attachments to a particular notion of the good life — a normative way of life which seems to promise comfort and happiness. Our lives under capitalism are in many ways disappointing and continually create negative feelings such as stress, resentment, depression and loneliness. But we all have an attachment to particular ideas of what a good life should look like — one that often includes the very sources of harm. We often continue to aspire to these ideals of a good life, even when they continually let us down.

12. It is a phrase hooks used plenty of times.

She talks about how and why very clearly.

You can find an interview here:

https://www.youtube.com/watch?v=sUpY8PZlgV8

title of the video: *bell hooks on interlocking systems of domination* (it takes about 4 minutes)

- 13. This is drawn from the interview Federici gave in the book *Revolutionary Feminisms* (Bhandar and Ziadah)
- 14. Veena Das. From the introduction to *Life and Words: Violence and the Descent into the Ordinary.* From the section 'Voice and the Everyday' (p. 6-7):

[...] the question is not about knowing (at least in the picture of knowing that much of modern philosophy has propagated with its underlying assumption about being able to solve the problem of what it is to know), but of acknowledging. My acknowledgment of the other is not something that I can do once and then be done with it. The suspicion of the ordinary seems to me to be rooted in the fact that relationships require a repeated attention to the most ordinary of objects and events, but our theoretical impulse is often to think of

agency in terms of escaping the ordinary rather than as descent into it.

15. Leanne Betasamosake Simpson. Again from an interview in the book *Revolutionary Feminisms* (Bhandar and Ziadah). Leanne Betasamosake Simpson is an indigenous (Michi Saagiig Nishnaabeg) artist, writer and scholar. Here she describes a concept of freedom rooted in Nishnaabeg intelligence, knowledge and practice. A sort of "relational or grounded freedom". (I find grounded a very good term.)

A sort of freedom that is an individual and collective practice, designed to promote the well-being and self-determination of both the individual and the communal as interlocking projects.

- 16. *Life and Words,* Veena Das, phrase used near the end of the section "voice and the everyday".
- 17. Ruth Wilson Gilmore in *Revolutionary Feminisms* (Bhandar and Ziadah):

So, consciousness, and conscience-isation, which is to say, to translate that word from Portuguese to English: awareness is not just a matter of information; it's not a matter of facts, but of developing and pursuing things through a sensibility that shows a different possibility can emerge.

These were the notes.
Thanks for reading!

## Colophon

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