

Alex Ferro

(Anti)Manifesto

I do love the Practice

and

I think you should too.

I do love it

when it burns my eyes with its tears,

when it smiles at me like an old friend—

on a cloudy day, on a sunny day.

I do love it

when it takes care of me from a distance,

and

when it screams at me like there is no tomorrow.

I do love the Practice

with its bruises, its pains, its holes in the socks.

I will not prescribe.

I will only Practice, and love.

I do love it

because it invites me to spare some madness just for itself.

As a wise man named Gustave once said:

“Be regular and orderly in your life,

so you may be violent and original in your work.”

And

I am sure

he did love the Practice too.