

PROJECT III REPORT

A STUDY OF CONTEMPORARY CULTURE

Fulfillment in the 21st Century

credits - Roger Stonehouse



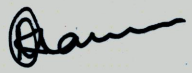
PROJECT III REPORT

A STUDY OF CONTEMPORARY CULTURE: Fulfillment in the 21st Century

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COMMUNICATION DESIGN IDC
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IIT BOMBAY 2017

DECLARATION

I Kimberly Charlotte Manners hereby declare that the written submission represents my ideas and have adequately cited and referenced the original sources wherever they have been used. I have not fabricated or falsified any data or sources in my submission. I understand that any violaton of the above will be the cause for a disciplinary action by the institute and can also evoke penal action from the sources which have thus not been properly cited or from whom proper permissions have not been taken when needed. My project report entitled MEM MEM is an original and honest work done by me for my Project 2 at IDC, IIT Bombay 2016.

Signature: 

Name of Student: KIMBERLY C. MANNERS

Roll no: 156250016

Date: 30-06-17

APPROVAL SHEET

The Project 2 titled "MEM MEM" under the theme 'Matriliny in Transition' by Kimberly Charlotte Manners is approved in partial fulfillment of the Master's Degree in Communication Design.

Signature:

Date: 30-06-17

Guide:

Internal Examiner:

External Examiner:

Chairman:

ACKNOWLEDGEMENT

I would like to express my hearfelt gratitude to everyone involved in making my Project -2 at IDC, IIT Bombay a successful one;

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Fellow classmates at IDC for cultivating a holistic design thinking and sensibility in me and encouraging me to explore new avenues of design.
Parents and friends for providing me with unfailing support and continuous encouragement throughout my years of study and through the process. This accomplishment would not have been possible without them. Thank you.



Kimberly Charlotte Manners
Communication Design, IDC-IIT Bombay

ABSTRACT

What drives us to get out of bed every morning? While some of us contemplate what our purpose in life is, some wake up just to put food in their mouths, everyday is a struggle for survival.
This project is an attempt to understand the idea of fulfillment, to answer the question "How does living in the 21st century change our understanding of attaining real, lasting, and genuine fulfillment?"

The medium of communication is film. Film is a powerful medium that holds account for information as well as emotions. The film is a self documentation of my surroundings and thoughts. It will serve as a reflection of the 21st century's young adult.

TARGET

The film targets audience young adults of 18-25 yrs and aims in encouraging thoughts surrounding fulfillment and goal orientation.

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Introduction



credits - Roger Stonehouse

The term "contemporary culture" indicates a contrast on it's own. "Contemporary" implying what is new and "culture" what is old and known. It signifies the co-existence of both, the changes to what has always been, a new kind of culture in the making.

The 21st century began on January 1, 2001 and will end on December 31.
And thus far marked the rise of a global economy and third world consumerism, mistrust in the government, deepening global concern over terrorism and an increase in the power of the private enterprise.
The Digital Revolution continued into the early 21st century with mobile usage and Internet access growing massively in the early 21st century. By the 2010's, the majority of people in the developed world had Internet access and the majority of people worldwide had a mobile phone.
Millenials and Generation-Z come of age and rise to prominence in this century.

What is fulfillment?

What are the necessities of a fulfilling life? This is surely one of life's biggest questions, and a question that has interested many of our ancestors. Buddha famously gave up his kingdom in search of enlightenment. Several Greek philosophers (from Aristotle to Epicurus and Plato to Socrates) had their own views on what it takes to be happy. And we all have our own theories about happiness too. How valid are our theories?

Google describes fulfillment as;
1. *The achievement of something desired, promised, or predicted.*
"winning the championship was the fulfilment of a childhood dream"
2. *The meeting of a requirement, condition, or need.*
"the fulfilment of statutory requirements"
It is clear that fulfillment is anything but instant.

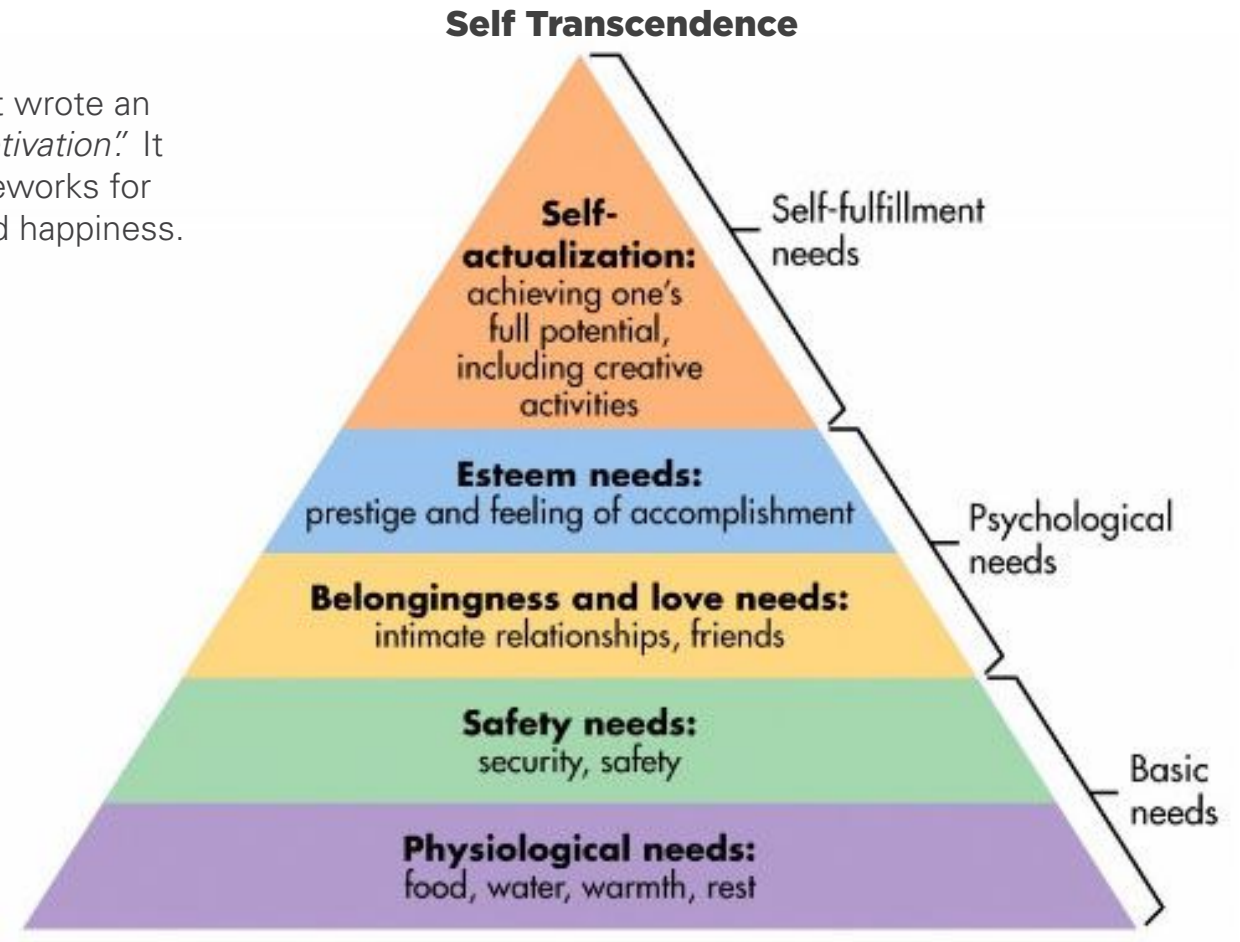
Fulfillment vs Happiness

Happiness is an emotional state of mind. It can dwell on both superficial well as deep reasons. It can be long-term or short term. Short term happiness is a result of short-term gratification like socializing, events or a delicious cup of coffee. Long-term happiness on the other hand is achieved through fulfillment. One necessarily need not be happy to pursue fulfillment but is an indication of a life well-lived. One with struggles and their rich outcome. It can hold a wide range of emotions. It is a result that comes when one strives to achieve something by putting in time and effort like raising a family, skill improvement, training etc. Comparatively short-term happiness is rather limiting. True lasting and genuine happiness can be achieved through a life of pursuing fulfillment. Many social studies have been done to rate individual/collective well being, for example the '*cantril scale*'. How one can measure and put it down in numbers, is beyond me.
To pursue fulfillment, one must have practical insights and motivation to live a bigger, smarter, healthier and more authentic life in this century.

Theories of Motivation

Western:

It's 1943, and Dr. Abraham Maslow just wrote an article entitled *"A Theory of Human Motivation."* It would become one of the pivotal frameworks for understanding individual motivation and happiness.



Journey





1. Fulfillment of others:

I've had several interviews and conversations with others to get a sense of the different ideas of fulfillment that is out there. Some were recorded. The idea was to talk to people from different age groups, ceconomic classes and ethnicity. Everybody has an idea about how they'd like their lives to improve. There existed a difference in ideas among the groups. The were differences even among people who belonged to the same group and background. Most covered fulfilling certain social constructs like having a happy marriage, financial stability, health, children, etc. But fulfillment at a deeply personal level is complex as it is simple. Most describe a feeling of emptiness and not knowing what to look for, they're still looking for their "purpose".

THE BACK STRAP LOOM:

I travelled to my hometown Shillong, Meghalaya, seeking to learn a thing or two about the back-strap loom.
IN NORTH EAST INDIA, the ancient loom also known as the LOIN LOOM found generally in Manipur, Tripura and some parts of Assam is a typical primitive loom. These age-old looms are simple in construction and easy to operate. They are cheap too. They have neither permanent fixtures nor heavy frames and so are easily portable.
It is the women who are the real clothiers. It is the women who weave unlike the rest of India, where men predominate the weaving profession. Many of the tribes have a taboo which prohibits weaving by a man who, it is believed, would lose his virility were he to follow this effeminate craft.
Today traditional loin loom weavers are moving towards other jobs that offer better pay. Gone are the days when every lady in a household knew how to work it.







Understanding fulfillment through Daily Practice:

The loom is easy to operate, it requires a tedious set up befor the actul weaving starts ir warping and making of the heddles and finally transferring the warp to the loom bars. The process is delicate since the loom has no sturdy fixtures. Utmost care and times has to be taken at all steps. Weaving involved picking shedding and beating. Yet again the entire body has to be involved in the process. The sitting position and tension that the loom requires are all aided by the feet, the back, and the body's sitting position. The back takes a few days to adjust to the activity and once adjusted, it comes naturally. Setting up a routine to weave daily has many advantages,

- it has helped me learn something new
- aligned my days to be more productive
- being mindful
- tested my patience tolerance
- making a tangible product



OUTPUT

Yarn: Cotton, 2 ply knitting yarn
Weave: Basic
Length: 120cms
Breadth: 11-13cms
Time taken: 2 weeks (approx)

Initially planned to be a scarf but it turned out to be something else. The tightening of the weave to maintain uniformity resulted in a texture .

The mistakes and imperfections are clearly visible but I'm immensely happy I made it. How others perceive it is based on their experience. I've shown the piece to a few of my peers and there wasn't much they could say about it. They asked random questions like " What is this for? What fabric is it?" and they just play around with it. But as Prof.Mohanty said that Shrinu, a highly trained/experienced weaver thought it was beautifully woven and that was a highlight when I think about the first weave I made on the backstrap loom. It mattered, coming from a person with experience and sensitivity to weaving.

My understanding

Man is a trilogy, made up of the body, mind and soul. Therefore, to fulfill oneself is to fulfill all three.
The body, the flesh is a survival and most primary form of fulfillment. To feed and protect the body for physiological well being.
The mind, is our consciousness. For mental and emotional well being, we have a sense of duty, curiosity for knowledge and practice.
The above two are closely related to the well being of the self. The fulfillment of the soul is different, it comes from selflessness.
Selflessness is an important key to marriage, friendships and other relationships, .
To give oneself completely extends beyond power, control, or even understanding at times. As mentioned
by Mamta Rangan, founder of UDAAN India Foundation, "This kind of fulfillment is something I never thought I'd know. It's a high that will always be with me and drive me everyday".

Sahil Makhija is a musician by profession, with passion for the 'heavy metal' genre which is a struggling scene in the country. Most might consider such passion toward a hobby-like activity but he decided to make opportunities for himself and work hard.
"*I wasn't born with talent or anything, I pretty much worked my ass off and practiced day and night just to be where I am today. Knowing and doing what you love isn't always easy, it's full of struggles but it's worth it. Just find something that is worth your time and effort.*" He says.

It can also be that one cannot draw a clear line and categorise the types of fulfillment.

Basic Procedures

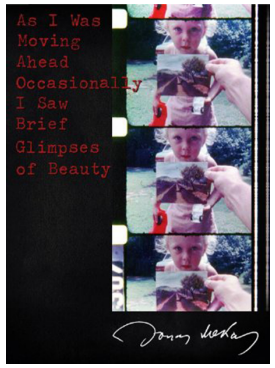
As a newbie at the art of filmmaking, this is another area of acquiring new understanding, skills and learning a new tool. It is rather another way of pursuing fulfillment personally.
The multiple areas that goes into filmmaking was overwhelming at first.
Learning to handle the camera and other equipments was challenging. Having done photography before, videography is a step more complex.
Planning your shots is a vital step. Hence without a script/plan, even for a documentary, the approach is necessary.
Audio comprising of speeches, voice over, sound design and music is can make or break the film.
Learning the technical aspects of all these areas took most of the time for me. Going from tutorial to tutorial online and seeking advice from friends and people with experience.

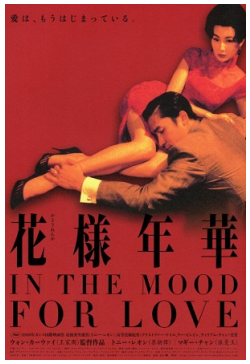
Medium: Film

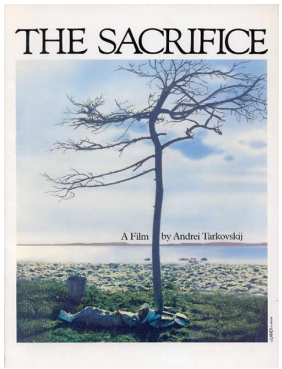
Style: A montage of self documentation while weaving and music, videos and imagery of my personal surroundings and evironment.

Watching Films

The films range from student amateur films to experimental to documentaries to classics.



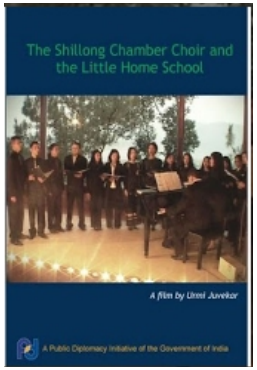


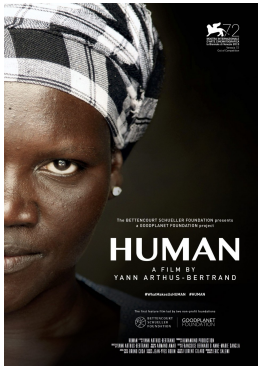




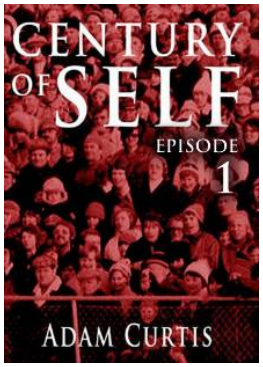


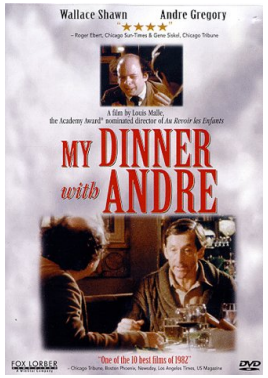














Script Writing

My approach is that I would narrate my thoughts through the length of the film. Thoughts as I learn a new skill (weaving) and engaging in it daily for a long period of time while learning and understanding fulfillment through it. I began to write daily about my mental and emotional state, hence making the possible script very personal. My current state of being apprehensive about the near future and how change is coming, has left me rather confused. Thinking about embracing change that will affect me long term is scary. Putting them down and articulating them through is a source of comfort and gives me a sense of control.
A few months is too short a time to understand something as complex as pursuing genuine fulfillment. Some might argue that it's as simple as doing. Understanding the different ideas of how others are pursuing it, is ineffective when it comes to your own. One can only listen or take advice. Making mistakes and struggling is a part of pursuing genuine fulfillment that one should not be deprived of.

I have therefore concluded that I know nothing.
I have no advice to give myself or to the audience.
But I do have a message, it's what I understood through this journey, and that is, I have come to accept that things will never go as planned but they will always be better and richer if we allow them to be.

MUSIC



Mood: Light. As the message of the film is about allowing imperfections, in which lies the tru magic of a fulfilling life.
Instrument :Ukulele
Adaptation self played imperfectly for the intentional organic clumsy touch.

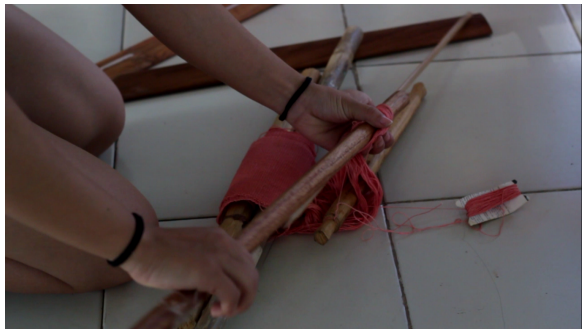
Filming and Self Documentation

Camera used: Cannon 550 d, at 18mm-55mm, Sony alpha 6000 18mm - 120mm.

Weaving:
Self filmed single angle stationary filming while weaving.
With assistance: Close ups and non stationary shots.

Other activities:
Self filmed single angle stationary shots.
With assistance,Documentation of other activities spontaneously/non-spontaneous.

Interviews:
Two angles stationary shots; mid and close up.







Concept 1

Representation of fulfillment from three perspectives
of three different lives of three different generations.



Sahil Makhija
Musician/Youtuber-chef
Age- 34 yrs



Mamta Rangan
Founder of UDAAN India
Foundation
Age- 45 yrs



Norman de Conceição
Retired Military Officer
Age- 73 yrs

Interviews

Sahil Makhija represents a millennial who works hard to get better at his craft and persevere in an industry with very little opportunities. He talks about his dreams and struggles and fulfillment through his achievements.

After working 12 years in a coorporation, Mamta Rangan moved to Bombay and was exposed to adverse poverty around her. She decided to start a project to help the children of the poor. The project eventually grew into the Udaan India Foundation, and according to her she has no regrets and experiences a new high of fulfillment which she can't describe.

Norman de Conceição, a retired military officer moved to India from Kuwait during the riots in the 90's. He has had a lifetime of intense experiences and hopes to give some valid advice to the youth of today.













Concept 2 cut1

Title of the Film: Pha Kmen?
which means “are you happy?”

The cut includes:

- Interviews regarding personal ideas of fulfillment
- Conversation about the woven product
- Self Documentat-zion
- Shots of my surroundings
- Audio: Voice over narration + interviews + self







Script

"Change is uncomfortable. Why do we fear it?
I want to be assured that everything will turn out alright.
That everything would have been
fulfilled before it's too late."

"Even knowing what is to be fulfilled is a quest in itself. Shot still going. Give time for the audience to let it sink in. not funny.
Everyone seems to have it sorted out, or maybe just pretending they have it sorted out."

"There are too many distractions.
Buy buy buy, Share and Subscribe, emojis, throwbackthursday, followers, Like and superlike, Swipe right!
It's almost as if my life is made up of these distractions and I can't even get the simplest of tasks done easily.
My professor suggested that I take up an activity to teach myself something new.
Maybe even if I never get the hang of new skills, I might just be able to slow myself down and be mindful, even if it's just for 10 minutes in a day. "

"I brought a backstrap loom from my hometown Shillong to IDC in January. And decided to teach myself how to use it.
I fixed a routine to weave every morning for about half an hour."
"I realized when you centralize your day to doing one thing everyday at the same time , regardless of what it is, there comes a sense of things falling into place.
I often underestimated the power of dedication. The days feel more productive."

"The loom is easy to learn. It is portable…
but I found myself the perfect spot to weave everyday in the IDC terrace. It's like being under a giant tree umbrella. Squirrels running up and down the tree, birds, even crows sound sweet. Except for the occasional smell that gets exhausted from one of the studios' chimney, there was always a fresh cool breeze drifting by."

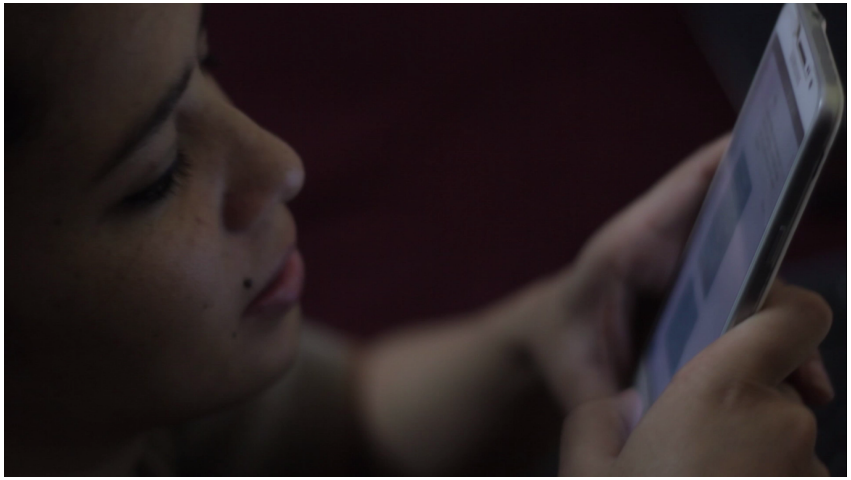
"Everything was working out well but something kept bothering me. At the back of my mind I couldn't help but think of the weavers back home who weave so beautifully for a living.
What would they think of me taking up weaving as a mere hobby with no purpose? They surely would find it odd."

"I feel privileged. What use am I to the world?"

"This interconnection of warp and weft, up down up down, even a basic weave has a beautiful mundane uniformity and every now and then, bumps, yarn breaks, the loom slips out of our hands while we try to weave it. This scarf or whatever it may seem like to others has been a journey of conversations and songs, of entanglements and twists, of moods and peace of mind. We just have to keep on weaving."

"You know what, this does look like a crepe bandage!"

Stills







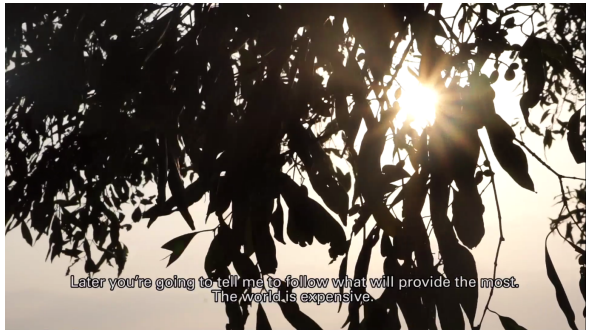


Concept 2 cut 2

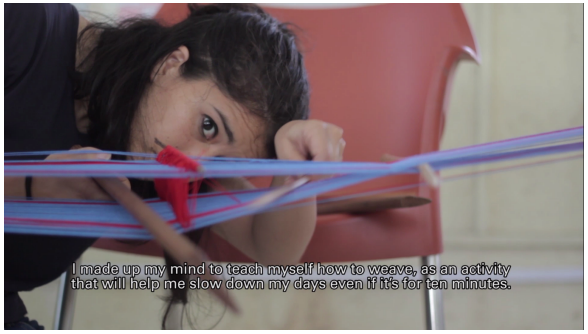
Title of the Film: Pha Kmen?
which means “are you happy?”

The cut includes:

- Self Documentation
- Shots of my surroundings
- Audio: Voice over narration + self played music + music recorded at the Mawryngkang village.







Script

Language: Khasi (my mother tongue)
Reason: for a better personal connect
Subtitles: English

"Mynta phi ong ia nga ban bud iala ka dohnud?
Hadien pat phi ong ia ngan ban hap pyrkhat bha. Ka pyrthei mynta kaba rem. Hato ngan leh kumno kein da kine baroh ar kim iahap?
Ia ki bym shai, kumno kein yn rai? Ki snem ruh ki lah nang iaid, king ka janor!"

Translation: Now you tell me to follow my heart?
The world is expensive. Later you're going to tell me to follow my head.
What if these two don't come together?
How is one supposed to decide? And time is going by so quickly!
My head hurts.

"Mar syn khie thiah mynne, nga lah dep iohi ki sopti ba itynnad ba die ha ka dor ba bit, nga pule shaphang ka jing shah rape kawei ka kynthei briew ha ki runar, ka politics ba ker sawdong ka doh masi, bad ki videos jong ki ksew ba pynphong jain kum u briew. Ki jingsngew hapoh jong nga ki la shah khleh lymmuh. Kumno ban sngew ruh ym tip. Ngi dei ban husiar, ioh shah rong ha ka wah ki jingpynbyrngia kiba bun. Kiba pyn myllen, pynkmen tang shi por hynrei ki pynwit da mut leh tang ia i kam barit ruh."

Translation: ifteen minutes into waking up, I've been offered a sale of summer dresses, learnt about a new violent rape case, politics over petty issues and labradors in fancy costumes!
My emotions are mixed in confusion.
"Careful, or you might get carried away by the strong currents of the Distraction river." I remind myself.
Even the smallest of tasks take forever to do!

People going about their day fast pace
Ia u briew la thaw da ki lai bynta; ka met, ka borpyrkhat bad ka mynsiem. Ban pynhun ia ka doh, ka long kaba nyngkong tam. Slow pace . kan sniew lada ngi khwan palat ia ka jingdonkam. Ka jabieng phi dei ban shut pyn nep kum ka wait, ka jingthynrang kan ialam lynti sha ka jingshemphang. Sky shots. Hynrei katno phin hikai ialade shwa ba phin thait? Ki jingpule/jingnang ha pyrthei ki long kat ki khlur ha suin bneng, bymjukut.

Translation: You and I, we are made of three. The mind body and soul.
To fulfill oneself is to fulfill all three.
We feed the body with nutrition and protection, but harmful when we feed more than what we need.
We sharpen the mind like a knife with curiosity, knowledge and practice. But how much can we learn before we're worn out?
Knowledge is like the stars in the sky, eternal.

"Bun sien ngi ia beh tang ia kine bad ngi klet ka jing hun jong ka jinglong mynsiem. Udaan Shots. Kids and teachers. Barabor ka wan na ka jingpyrkhat lem ia kiba don kylleng jong ngi."

"Phim donkam ban long uba riewspah ne ba stad tam ban leh iakane. Phi ngeit ne em ba kane ka dei kaba suk tam ban pynhun?"

Translation: We often forget to fulfill the soul.
It comes from being selfless towards our surroundings.
You don't have to be rich or sharp.
Would you believe me if I tell you that this is the easiest to fulfill?

"Kane dei ka back-strap loom, ka kor ba nga wanrah na ing. Nga lah kut jingmut ba man la ka sngi, ngan hikai ialade ban thain jain ha ka namar teng teng ngi dei ban leh kiei kiei ki ban pyn jai jai ia ki sngi jong ngi wat la tang shiphew minit ruh."

Translation: This is the back strap loom, a portable weaving device that I brought from my hometown in Meghalaya. I made up my mind to teach myself how to weave, as an activity that will help me slow down my days even if it's for ten minutes.

"Thain ha kamra. Kaba sngiam ka long ba kane ka kor nga lah ban pyndait hano hano ruh. Kat haba nga sngew iahap nga thain. Umbrella tree shots. Hynrei nga sngewtynnad eh ban thain hangne, ba shah tap pyllup da ki tnat u dieng kum ka knup,ka jingrwai ki sim kylleng sawdong. Me thain nicely ha terrace. Ban iajan bad ka mariang ka met ka mynsiem bad ka khlieh, ki jai jai.

Translation: I can attach this loom anywhere I want. Where ever I want to weave, but I found myself coming back here under this giant umbrella of a tree with birds chirping all day.
To be close to nature, the body, mind and soul, relaxes.

"Ki jingpynbyrngia pat ki dang snoh hi kum u thliem por lyiur, hynrei ka wan hi ka jing nang suki suki. Ka dohnud ka kmen, bad ka wit ruh ha ka juh ka por. Ngam lah khlem da pyrkhat ia kito ki ba thain jain sha ri lajong."

Translation: But these distractions are still sticking to me like a leech during the monsoon! But I am learning slowly. I feel a great sense of achievement, but at the same time I was bothered. I couldn't help but think of the weavers back home.

"I kmie kong Monika da ka snem ba la iaw ruh i dang thain tista with perfection ban ioh ai sngewbha ia ki ksiew kynthei ba nang ia samla."

Translation: Kong Monica's mother, though frail, still weaves with perfection, pieces which will be gifted to her young grand daughters when they turn sixteen.

"Ki students ha Bethany Scoiety kiba don jingduna ha ki dkhot met, ki shna bun ki tiar bad ki thain professionally ban pynbiang ia ki jing kwah ki nongthied. Ki ieng ha la ki jong ki kjat."

Translation: The students of Bethany Society who don't allow their disabilities stand in between them and perfecting vocational skills to stand on their own feet.

"Kumno kin pyrkhat kein lada ki iohi ba nga thain da ka jing khein sting, khlem jingmut?"

Translation: What will they think of me taking up weaving with no real purpose?

"Nga sngew kum khun ioh mon. Kaei kein kaba nga lah ban leh?"

Translation: I feel like a spoilt child. What use am I?

"Ngi dei ban thain iala ka jingim da u ksai jong ki jingshem jong ngi. Food safari shot. Ki rong kiba bun, kiba dum teng teng bad kiba thaba kiba kham shon shap ha ka jing kynmaw jingpyrkhat. Waste weave. Kiba satar ki khlain ban bat bad pyn jwat haba donkam kawal weave. bad kiba kham ni ki don la ka jong ka jing i kyntiak bad jing jem kaba sngew suk bad kdup ha la ka sniehdoh."

Translation: We weave our lives with the threads of experiences. Threads of many colors, some dull, some bright that stick out in our memories. We need strong sturdy ones to hold everything together, and fine graceful ones that are comforting and soft to the skin.

"Tan eh palat, kan khim ka jain.
Ym tan bha pat, kan iar da ki thliew."

Translation: Pull too hard, everything becomes narrow,
pull too soft, everything becomes too loose.

"Ynda phi la dep, ha ka sien ba nyngkong, ka jain bad ka design kin bun ki jing iapher. Phin ithuh iala ki jong ki jingbakla, jingrnytih bad ki jing kylla. Slow mo ba rkhie bad kawal Ka ba kham shai ka jingiapher ka dei ka jingitynnad jong ka jain watla bun jing duna. Ka pynpaw ia ka jingiaid lynti jong ki jing bun nia jing rkhie, dur thain bad kiwei jingrwai, jing jar jar, bad ki jingsngew ba laiphew jait. Phi dei u nongleh magik, ka jingthain ka don ha ka kti jong phi. Ngim lah ban tip hano kan wan ka jing kylla syndet, hynrei ngi dei ban nym sangeh thain bad kan sa mih hi ka jingitynnad kaba ngim poi pyrkhat. Think of a good closing shot"

Translation: When the weave finishes, the plan and the output show differences. You'll spot your mistakes, steadiness and changes. But the most striking is how much more beautiful it is than the plan you had in mind. It is made up of stories and conversations, laughter, silence, moods.
You are the magician, it is all in your hands. It's unpredictable but if you keep on weaving, you'll be surprised.

Stills


Kong Monica's mother, though frail,
still weaves with perfection,






But how much can you learn before you're worn out?
Knowledge on Earth is like the stars in the sky, eternal.

Concept 2 - final cut

Title of the Film: Pha Kmen?
which means “are you happy?”

The cut includes:

- Self Documentation
- Shots of my surroundings
- Audio: Voice over narration + self played music + music recorded at the Mawryngkang village.







Script

Language: Khasi (my mother tongue)
Reason: for a better personal connect
Subtitles: English

Mynta phi ong ia nga ban bud iala ka dohnud?
Ka pyrthei mynta kaba rem.
Hadien pat phi ong ia ngan ban hap pyrkhat ia ka pisa. Hato ngan leh kumno kein da kine baroh ar kim iahap?
Ia ki bym shai, kumno kein yn rai? Ki snem ruh ki lah nang iaid, king ka janor!

*T*ranslated: Now you tell me to follow my heart?
The world is expensive. Later you're going to tell me to follow my head.
What if these two don't come together?
How is one supposed to decide? And time is going by so quickly!
My head hurts.

Khatsan minit haba nga khie thiah, nga lah dep iohi ki sopti ba itynnad ba die ha ka dor ba bit, nga pule shaphang ka jing shah rape kawei ka kynthei briew ha ki runar, ka politics ba ker ia kam kai suda, bad ki videos jong ki ksew ba pynphong jain kum u briew. Ki jingsngew hapoh jong nga ki la shah khleh lymmuh. "Peit bha ioh shah rong ha ka wah ki jingpynbyrngia kiba bun" Nga pynkynmaw ialade. Kiba pynkmen tang shi por hynrei ki pynwit da mut leh tang ia i kam barit ruh.

Translated: Fifteen minutes into waking up, I've been offered a sale of summer dresses, learnt about a new violent rape case, politics over petty issues and labradors in fancy costumes!
My emotions are swirling in confusion.
"Careful, or you might get carried away by the river of Distractions."
I remind myself.
Even the smallest of tasks take forever to do!

Da peit ia kiwei te i kum ba ki lah biang lut, hynrei ka lah ba nym dei ruh?
Ngi pyrshang ban pyndep rukom ia kiei kiba ngi dei ban leh.
Ni pyrshang ban pyndap ia ka jingthylli kaba don hapoh jong ngi na ka daw ba ngi duh ia ka jingkmen por dang khynnah, duna jingieid na i mei i pa, ki jingjia ba shyrkhei. Katto katne te ngi don ka jingsngew ba ngi duna.
Ngi im ka jingim ha ka rukom ba ki lah shon shap ha ngi. Kumno ngi sumar,
Kumno ngi shaniah, kumno ngi ieid
….wat ki jingkwah ka doh ruh!

Translated: Everyone I see looks sorted, but are they?
We try to fulfill what we're expected to do, to become or to have.
We try to fill the void left by an unhappy childhood, an unloving parent, hurtful incidents. To a certain degree, we all feel damaged.
We cope and function according to it.
It shapes our personality,
how we care, how we trust,
how we love
….even our fetishes.

Script

Ia u briew la thaw da ki lai bynta; ka met, ka borpyrkhat bad ka mynsiem. Ban pynhun ia u briew ka long ban pynhun ia baroh lai. Ban pyn hun ia ka doh, ka long kaba nyngkong tam. kan sniew lada ngi khwan palat ia ka jingdonkam. Ka jabieng phi dei ban shut pyn nep kum ka wait, ka jingthynrang kan ialam lynti sha ka jingshemphang. Hynrei katno phin hikai ialade shwa ba phin thait? Ki jingpule/jingnang ha pyrthei ki long kat ki khlur ha suin bneng, bymjukut.

Translated: You and I, we are made of three.
The mind body and soul.
To fulfill oneself is to fulfill all three.
We feed the body with nutrition and protection,
but harmful when we feed more than what we need.
We sharpen the mind like a knife with curiosity,
knowledge and practice.
But how much can we learn before we're worn out?
Knowledge is like the stars in the sky, eternal.

Bun sien ngi klet ka jing hun jong ka jinglong mynsiem. Barabor ka wan na ka jingpyrkhat lem ia kiba don kylleng jong ngi. Phim donkam ban long uba riewspah ne ba stad tam ban leh iakane. Phi ngeit ne em ba kane ka dei kaba suk tam ban pynhun?

Translated: We often forget to fulfill the soul.
It happens when we're selfless.
You don't have to be rich or sharp to be selfless.
Would you believe me if I tell you that this is the easiest to fulfill?

Kane dei ka back-strap loom, ka kor ba nga wanrah na ing. Nga lah kut jingmut ba man la ka sngi, ngan hikai ialade ban thain jain ha ka namar teng teng ngi dei ban leh kiei kiei ki ban pyn jai jai ia ki sngi jong ngi wat la tang shiphew minit ruh.

Translated: This is the back strap loom, a portable weaving device that I brought from my hometown in Meghalaya. I made up my mind to teach myself how to weave, as an activity that will help me slow down my days even if it's for ten minutes.

Kaba pynsuk ka long ba kane ka kor nga lah ban pyndait hano hano ruh. Kat haba nga sngew iahap nga thain. Hynrei nga sngewtynnad eh ban thain hangne, ba shah tap pyllup da ki tnat u dieng kum ka knup, ka jingrwai ki sim kylleng sawdong. Ban iajan bad ka mariang ka met ka mynsiem bad ka khlieh, ki jai jai.

Translated: I can attach this loom anywhere I want.
Where ever I want to weave, but I found myself coming back here under this giant umbrella of a tree with birds chirping away.
To be close to nature, the body, mind and soul, relaxes.

Ki jingpynbyrngia pat ki dang snoh hi kum u thliem por lyiur, hynrei ka wan hi ka jing nang suki suki. Ka dohnud ka kmen, bad ka wit ruh ha ka juh ka por. Ngam lah khlem da pyrkhat ia kito ki ba thain jain sha ri lajong.

Translated: Distractions are still sticking to me like a leech during the monsoon! But I am learning slowly.

Script

I feel a sense of achievement, but at the same time I was bothered. I couldn't help but think of the weavers back home.

"I kmie kong Monika da ka snem ba la iaw ruh i dang thain tista with perfection ban ioh ai sngewbha ia ki ksiew kynthei ba nang ia samla.
Kumno kin pyrkhat kein lada ki iohi ba nga thain da ka jing khein sting, khlem jingmut?"

Translated: Kong Monica's mother, though frail, still weaves with perfection, pieces that will be gifted to her young grand daughters when they turn sixteen.
What will they think of me taking up weaving with no real purpose?

"Nga sngew kum khun ioh mon.
Ki lah leit ki sngi ba man ka kynthei briew ha man lah ka ing ka nang ban thain jain. Ngi lah iabeh ia kiei kiei kiba thymmai bad ngi lah klet ia kiba rim.
Ban thain ka long ban teh ia baroh ar.
Ban thain ka long ban ia snoh bad ki nongthain kynthei bad longk-mie kiba lah leit."

Translated: Gone are the days when every woman of every household knew how to weave.
We've all chased after the new and forgot our ties with the past.
To weave is to tie the knot to bind the two.
To weave is to connect with the generations of women weavers that are gone.

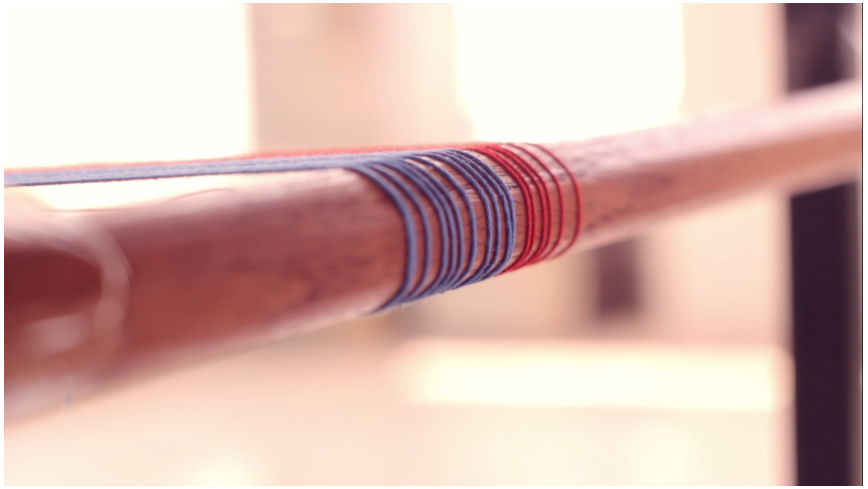
"Ngi thain iala ka jingim da u ksai jong ki jingshem jong ngi.
Ki rong kiba bun, ha teng kiba dum, ha teng kiba thaba kiba kham shon shap ha ka jing kynmaw jingpyrkhat. Kiba satar ki khlain ban bat bad pyn jwat haba donkam bad kiba kham ni ki jem bad ki sngew suk bad kdup ha la ka sniehdoh.
Tan eh palat ia u ksai da ka jing bitar, kan khim ka jain.
Ym tan bha pat, kan iar da ki thliew."

Translation: We weave our lives with the threads of experiences. Threads of many colors, some dull, some bright that stick out in our memories. We need strong sturdy ones to hold everything together, and fine graceful ones that are comforting and soft to the skin. Pull too hard, everything becomes narrow, pull too soft, everything becomes too loose.

"Ynda phi la dep thain, ka jain kan nym long kumba phi lah mutdur.
Phin ithuh iala ki jong ki jingbakla, jingrnytih bad ki jing kylla.
Ka ba kham shai ka jingiapher ka dei ka jingitynnad jong ka jain watla bun jing duna.
Ka pynpaw ia ka jingiaid lynti jong ki jing bun nia jing rkhie, jingrwai, jing jar jar, bad ki jingsngew bapher bapher.
Phi dei u nongleh magik, ka jingthain ka don ha ka kti jong phi. Ngi dei ban iai thain bad kan sa mih hi ka jingitynnad kaba ngim lah ban poi pyrkhat."

Translated: When the weave finishes, the output is never how we planned it. You'll spot your mistakes, steadiness and changes. But the most striking is how much more beautiful it is than the plan you had in mind. It is made up of stories and conversations, laughter, silence, moods. You are the magician, it is all in your hands. If you keep on weaving, you'll be surprised.

Stills









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