

INSTRUCTIONS ON HOW TO RETRIVE AN ACTION

Actions are performed and learned in repetition until, one day without notice, they stop to be a novelty and become habitual.

During this invisible process, the mechanic of such actions is apparently “forgotten”, or rather stored, in a big pile called mundanity.

When habitual actions cease to be performed for a defined period of time, however, they slowly shift their position until they reach a state of foreignness.

It has been found that encountering seemingly forgotten actions can trigger primordial bodily reactions, still difficult to understand and be explained by science. Some researchers stress that small particles of sensations tend to remain anchored to muscle cells, as sea limpets do on rocks, and can stimulate an intense interest, to the point of fascination, even obsession, towards such actions. Those who experience these encounters often describe them as calls from an ancient past.

Instructional guides can be useful tools to learn how to slow down, and even reverse, the process of actions forgetting. In this regard, if you are starting to forget how to show affection, and you wish to retrieve such memories, here are few concise guidelines for you.

INSTRUCTIONS ON HOW TO EMBRACE

From entries under the letter E, to embrace

from Old French embracier “clasp in the arms, enclose; covet, handle, cope with,” from assimilated form of en- “in” + brace, braz “the arms,” from Latin brachium “an arm, a forearm,” from Greek brakhion “an arm”.

Leaving aside the reasons to embrace in this guide, let’s focus on the pure mechanic of the action.

It is clear that, in order to fully experience an embrace, something or someone other-than-yourself must participate in the action.

Start by choosing a co-embracer, either human or not-human, and ask for their consent. Wrap your arms around the selected body and bring it towards your chest. The position of the limbs may vary from embracer to embracer; to avoid initial awkwardness, it is advisable to place the right upper arm under the co-embracer armpit and the right hand on their left shoulder. The left arm can envelop the other body at chest level creating a half oval shape. The left hand should conclude the line and gently grip the ribcage. Find a comfortable position for your head to rest in.

Slowly tighten the grip, paying attention to the response of the co-embracer. The motion should be paused when feeling a light resistance against your limbs. Remain in the position while breathing naturally; holding the shape should feel effortless but full of intention.

While in it, listen carefully.

Feel vivid.

The reduced space between the co-embracers can initially cause discomfort. The high level of oxytocin released can also at first trigger intense unexpected reactions. Do not be scared. To get used to the action again, it is recommended to initially remain in the final position for about 3-6 seconds. After several repetitions and when feeling more at ease, the embrace can safely last as long as desired. Repeat at will. Notice that feelings might arise.

INSTRUCTIONS ON HOW TO SMILE AT SOMEONE IN PUBLIC

From entries under the letter S, to smile at someone

*perhaps from Middle Low German *smilen or a Scandinavian source (such as Danish smile “smile,” Swedish smila “smile, smirk, simper, fawn”), from Proto-Germanic *smil-, extended form of *smei- “to laugh, smile”.*

It is fairly common to stop performing an action when its effects can not be perceived or communicated to others. To maintain the mimetic and cutaneous muscles trained and ready for future demands, however, it is recommendable to continue practicing the action of smiling at someone even if only in private, under a mask, or if this someone is no one but yourself.

A mirror can be helpful to exercise the action, however not necessary (avoid finding excuses).

Start by pulling the corners of your lips towards the side and slightly upwards. As a reaction, also the ears' inner cavities will expand sideways and possibly produce a squeak. Notice how the vertical movement of the facial muscles shapes the cheekbones.

If desired, teeth can be shown by continuing to pull the mouth's corner sideways and separating the upper lip from the lower.

At times, small cavities appear on people's cheeks, either on one or on either. This phenomenon is however due to physiognomy and therefore not instructable. The same applies to the physiological coloring of the cheeks known as blushing and the appearance of sparkles in the eyes.

INSTRUCTIONS or rather modes of HOLDING HANDS

From entries under the letter H, to hold (hands)

There are two main modes of holding hands.

THE OYSTER GRIP

Some holders prefer to keep the thumb separated from the other fingers, while the remaining four glue together creating a plateau. The surface created is then wrapped around the extraneous hand. The contours of the two palms are sealed together and create a suction effect that leaves a small breathing space in the center of the hands.

This position is commonly chosen when the discrepancy of the size of the two body parts involved is large (see parent and child holding hands, for instance) or when wearing mittens.

THE POETICAL GRIP

This mode expects the fingers of each hand to be separated from the others and interlaced with those of the extraneous hand. The bind of the fingers follows the alternate rhyme structure of ABABABABAB.

This grip is typically chosen by lovers.

If kept for a long period of time in hot climates, both positions can become uncomfortable. Excessive sweating might be experienced.

The slow dissolution of such positions is often read as reluctance towards an imminent separation. Metaphorical reading of such actions may require emotional work, as well as time commitment, and therefore are intentionally excluded from these instructions.

INSTRUCTIONS or rather examples OF KISSES

According to *outfittrends.com*, there are 50 types of kisses:

cheek kiss
eye kiss
forehead kiss
hand kiss
wrist kiss
jaw kiss
nose kiss
back and/or back of the neck kiss
finger kiss
french kiss
keep away kiss
single lip kiss
melt kiss
hot and cold kiss
lower lip sucking kiss
licking kiss
tongue sucking kiss
butterfly kiss
eskimo kiss
hickey kiss
spiderman kiss
fruity kiss
vacuum kiss
sip kiss
foot kiss
lizard kiss
nibble kiss
back of the knees kiss
trace a shape kiss
collarbone kiss

belly button kiss
palm of the hand kiss
elbow kiss
shoulder kiss
gum kiss
the peck
the smooch
the muah kiss
the text kiss
shoulder blade kiss
superman kiss
adventure kiss
spotlight kiss
twister kiss
sweet kiss
sprinkle kiss
lipstick kiss
buzz kiss
mail kiss
french roll kiss
good bye k