

# Moddy's Moonies Volume 1

Datse Collective

2023 November 18 to November 19, 2023

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# Chapter 1

## Introduction

Hey there Reader... I'm not sure really what this will be. I have some ideas to have something that this be a Syszine... So, I guess maybe the idea of what is a Syszine would be a thing to have here.

So let's do a bit of a what ideas we have. But more here for now.

This needs  
to be fixed

So, a few days ago (I think it was Thursday, but may have been Wednesday) we received our copy of *Broken Pencil* [1], that lead us to want to do some zine type thing, which with the reference to *America's Dreaming Zine #11* [2], this was what we kind of came up with.

It's a bit of a zine which we want to just do a variety of stuff with, and not really worry about the usual things that we've been trying to do with other zines.

This will be terrible. Or maybe just suck. It's probably not going to be OK to us, but we'll try to actually get it out, rather than making it be something that we want to have be good enough for what we want it to be.

Another aspect of what has lead to this, is ... A friend came over today and we ended up talking about journaling for about 2 hours. That wanted me to get some of that information down

into here as well.

So, while *America's Dreaming Zine #11*, is a Perzine, we are calling this a Syszine.

We are calling it a Syszine because we are a plural system. It may not be entirely clear who is writing which portions, at least, unless we state who it is. We will try to put something in if it ends up being important to indicate who is writing various portions.

As we write different parts, we'll include a short "Chapter Description" type thing for each portion.

## 1.1 Chapter Descriptions

That's not the right name, but it's a short paragraph or two about each of the different chapters in this zine.

### 1.1.1 Introduction

Hey, that's here. It seems that writing much more than that here really does not make a whole lot of sense. But this is what this will look like for further chapters.

### 1.1.2 What is a Syszine?

We talk about how a Syszine is similar to a Perzine, except that it is based on a plural system, rather than a singleton person. It also has lead to the inclusion of more about plural systems in the future, and about the name of our system "Datse Collective" and how that name came about.

### 1.1.3 Are you going to sell these?

This talks about my thoughts about selling these, and capitalism, and individualism, and a whole lot of different things. As of now, I believe it is the longest piece, and I would say that it

probably needs to have some of this broken into or expanded on a bit in a different piece.

Capitalism,  
Pricing,  
Individual-  
ism/Collectivism

### 1.1.4 Journaling

I go a fair amount into our own journaling, though more on a technical end than on our experience of it.

## 1.2 Plans

Here's some of the plans we have for this:

- What is a Syszine
- Who are we?
- Journalling?
- What are Plural Systems?
- Where did the Name "Datse Collective" Come From?
- Are you going to sell these?
- Why not Capitalism?
- Dude why is it so expensive?
- It's my right as an individual.

That is a decent place to start. The list is a little weird right now. We'll try to get it fitting a bit better than that in the future.

# Chapter 2

## What is a Syszine?

I don't really know if this is a term that other people have used or not.

I would not be surprised if others have used it. DuckDuckGo doesn't really give an indication as to whether it is used or not. Well, it does as it has zero results. So maybe it's not been used. That seems unlikely.

Anyway, what do we mean? I guess the thing that we mainly mean is that this is a zine similar to a Perzine, but rather than being "personal" it is something about a plural system.

That probably means that we'll have to write more about what we mean by that. For now I want to have something pretty simple here so that it gives a bit about what we mean, but not really do what really would need a whole chapter, to fully explain what we mean by a plural system.

So, briefly... A plural system is any body who has more people in it than the one that most people would think there are. It includes things such as what is known as, "dissociative identity disorder" or DID, and other forms of plurality which can be intentional such as tulpamancy, or it could just be something which has developed "organically" for the person.

We never decided to become plural, it is something that just

is this the correct term?

happened, while some may say that it would be wrong for us to use the term plural or system, or consider that (yes we've had people tell us off for it, even when not even understanding what it was they had an issue with), others have suggested that we likely have DID. Or some other related disorder.

We feel increasingly that saying that someone must be plural, or must not be plural, or in many other things, just is "not on." Ie. we do not feel we should define others, or we should prevent others from defining themselves.

Sure, we can speak to how we see other people, perhaps asking or letting them know that we possibly see they are plural.

In some cases, it can be difficult for people to process that it is even going on for them (yes an experience we've had).

It often is tricky when someone has switched and you're not certain how the person you are familiar with would like the new person treated.

Our sense is a lot about try to treat that person as best you can considering how they are presenting.

And if we're uncomfortable... Don't try to totally hide it, but also don't let it rule the interaction to the level it can not be worked with.

So, I guess, that we just want to say that this is our system's zine, which we are currently calling the "Datse Collective". It seems like it is a safe name to use, based on looking to see if it's used by others.

And I guess that gives us a bit to say about that... As to where that name has come from.

I've put that into the "Plans" section. The current order is not really anything more than how we've come up with stuff.



## Chapter 3

# Are you going to sell this?

This was *not* where I thought I was going to go next. I wasn't really sure where I was going to go, but I had no idea that this was going to be even here until I was looking at some zines on Etsy, and thinking back to something that was asked about the journals that I was making yesterday.

The friend who came over, asked if I was going to sell them, and to be honest, I have thought about doing so, but really I don't feel that is something that I really is something that I really am really able to do.

There's several factors here. The journals are basically my own way of trying to create something that will help make it easier for me to be able to do what they are intended for (journaling).

Journaling

At the time I was creating them, I was tipping in pages to a purchased notebook, and that was every week. It was a significant amount of work every week just to prepare things for the week, and honestly, I was feeling that was actually *easier* than what it was replacing.

I know the current version isn't handling that idea as well as I had hoped that it would. I fully hoped to have it so that I would have something, which could end up solving the whole situation with it.

It doesn't. What it does is gives me a basic replacement of the purchased notebook, in a smaller (fewer pages and I guess slightly smaller pages) format.

It's in a lot of ways still an improvement, as it is closer to what I want, and I can just do some printing and assembling, with out having to search for something that works, and I can customise them as I work along with new versions.

What would they give to other people? Well, as something I have put together, they would mostly be something that they would be buying because it's a way to show support for me.

What I would rather do for people who might get these, is to have them be supporting me to support me, and I could use this as one of the things I might send them on a somewhat regular basis.

Now, this is a little different. There's something here that I feel is of value in itself. The arguments I've stated above don't fully make the, "I probably won't sell this," answer as easy to understand.

There's a lot of other different things about why I can say that I probably won't sell this. I'll start with some of the easier answers.

I'm likely to have trouble assembling them into something that I will have enough of to really be able to justify selling them. I just don't have the physical ability to regularly be doing the 2 hours that it takes to assemble maybe 5-10 in a good efficiency time, and I really also don't have the executive function to manage to sit down and do that when I do the work when I do have the physical ability to do it.

Which also brings up yet another factor, which would be that I really would need to have these (or the journals) be something like \$30.00 for a 40 page journal, if I was going to consider what I would need to charge in order to "live" off of the sales.

Yes, it's a hand made item. Yes, that might get some people to feel that it's really worth it. But a \$30.00 monthly journal is not something I could justify spending myself even if it was perfect, and I really had access to that kind of money.

This would probably be more like \$45.00 for a print version, if I were to do so with the intention of paying for my time.

That is probably where the understanding ends up starting to diverging from the easy to understand reasons, and more into some form of cultural differences.

I live in a deeply individualistic society in Canada, where there are some people try individually to create a more collectivist experience.

This is not as strong as it is in U.S.A. or I think U.K.. But as someone who would really like to have a more collectivist world, it is difficult to have people who aren't already there understand that is really even a thing.

I have spent time in Finland where there's not a speck of garbage around, or that was what it was like when I was in Finland. It's not that there's all these rigid rules as to what you do with the garbage. It is that when there's a question of, "Will this harm others?" or "Will this benefit me?" the balance is more in the not harming others.

The same thing when I spent time in Japan. My Japanese and my Finnish are both rather low in being able to use it. French is pretty low as well, and I spent a year in Montréal Québec, where there is a bit of a perception that if you're not speaking French (less so than other parts of the province) you can be treated rather poorly.

The thing I found in all these spaces, was that by my sense that I am asking that they understand that I don't understand that well, but being willing to work with them, I felt way more "at home" in all these spaces, than I have in the vast majority of English speaking spaces.

In related topic (and this is probably for another time), I was asked where I was from in the city I live in, and have lived in now for I think more than 40 years in total (and was born here).

Write this  
up

No, it wasn't the, "But where are you really from?" type thing that BIPOC people often report, but it did give me some sense of what that experience is like.

Where are you really from?

So... Let's get back to where I was going... With a better understanding that I'm not really in that capitalistic/individualistic view that the, "Will you be selling that?" question seems to mostly be coming from, the idea of getting this in the hands of people who can afford to pay what it's worth, is a bit of an affront to my ideals.

I absolutely want to make sure this will get in the hands of the people who I feel need to feel seen, and those are people who usually can't afford to pay what this would be worth, and one way that I have addressed that in the past (with digital goods), while still charging has been to have "community copies," which I do wish to continue even with physical items.

I certainly want to be able to have this (and the journal), at a price which feels like it is the price which the version would be fair in terms of the time I put into it. I'd also like to say that those prices will include prices which will allow community editions both in print and digital.

Many artists, will sell stuff (even custom stuff), at a price that will "allow them to continue to do the art," and this is very understandable, that the main focus is to just be able to do what they want to, but I feel it often ends up being a bit misguided.

Why? I feel it's two issues, but a big one is what I have seen about how to price your work. I have attended workshops both for independent business people (not for people who are in an MLM, or some other form of contracting with a corporation so you can be an independent person under their roof), and artists about how to price your work.

Some of this has gone into huge degrees of detail about it, which I have to say works very well for some people, other situations have gone with some idea of really very simple things, which also works for some people.

All of this pricing ends up with some sense that things are often priced at a rate much higher than those that artists who

just are trying to make enough money to keep doing their art will price things at.

The one thing particularly from the artist perspective, has been that by selling your work at a rate less than what it's worth, you end up devaluing other similar work from other artists.

I feel this is true, though it feels that you can justify the idea of giving your work away more easily than you can justify underpricing your work. Especially if you are doing both pricing at a fair price, and being able to somehow get stuff free.

So, I likely will be listing this as available for people who pay, though probably pricing at a premium over what I feel it is worth, and providing community copies to anyone who would like them (though in somewhat limited numbers).

## Chapter 4

# Journaling

Yes, yes yes... I know that I have a item I was going to add to this and a whole thing about, “Who are we?” which I am avoiding writing.

I get the desire to write the previous thing about sales first, because that was very much the topic of what was on our mind, when we were sitting down to get something down here.

This about journaling wasn't really on our mind, it's just we don't feel inspired to write directly about who we are right now.

Maybe we'll totally skip that. Because you know, it's not something that we like to really consider directly because it always feels not right.

So, let's talk about journaling, rather than talking about ourselves directly.

I don't really want to fully dive into this, I have started a project already that kind of has sat sadly for... Months, maybe over a year, maybe even over 2 years.

I want to sort of cover a few different things with journaling:

- Why Journal?
  - Self Communication
  - Getting Things Done

- Understanding Self
- Understanding World
- How we journal
  - Bullet Journal
  - Just Writing
  - Script Writing

Dang, that was a longer list than I thought it would be, so let's get started

## 4.1 Why Journal?

This is something that honestly I'm sure there are at least as many reasons as there are people journaling. Which? Um, that sort of seems a bit odd, as what I'm talking about here is probably some fairly generic reasons.

These are reasons that I have for why I try to journal (and sometimes actually succeed at it). They aren't really the only reason's, but we have to start somewhere, and we have to not overwhelm ourselves and our gentle (or not so gentle) readers.

### 4.1.1 Self Communication

This well... Self? Maybe that's hitting us a bit weird... Selves? System? Well maybe System is better then.

This will probably (hopefully) get edited, but I don't want to go back and do that right now... Remember, "This will be terrible," from the introduction. It's not our goal with the thing, it is more an invitation for ourselves to be accepting as we are capable of, of it not being perfect. Especially for it not to be perfect as we are working on it.

So... *System Communication*, then. We use journaling for system communication, to have ourselves better able to understand what's going on with the system as a whole.

Make this better with more direct use of something along the lines of system.

Something about Simply Plural and Discipline App

This ends up coming out in a few different ways, and more details about how this comes out in the different ways I've listed as "How we journal."

The thing we're noticing is that actually a lot of the why and the how end up interacting. We were thinking that the "Bullet Journal," type format didn't have to do with much more than getting things done.

And with looking at this, even the just getting things done of the "Bullet Journal" format (Can we call it BJ? Let's at least for now.) at least for us, involves system communication.

Is BJ OK?

Why do I say that? Well, I could write something down as Jigme that I want to get done, and then Moddy shows up, but wasn't aware of that and they can look at that, and go ahead and get it done.

The other aspects felt a lot more like they were directly related to the "internal communication" aspect, as that is pretty much the direct purpose of them.

So, what about getting things done?

### 4.1.2 Getting Things Done

This feels all of a sudden what I said about how the "just writing," and "script writing," are basically about just internal communication that they have to be also connected with the getting things done aspect as well.

The way they help with that may actually come up further down the way, but basically because they are about the communication, they can help with understanding as to what needs to be done.

So, wait, we were talking about why? I guess that means I really need to talk about the executive function issues.

yep this is a chapter too.

It easily can take 3 days to do a single load of laundry with just the general inability to remember that is what is going on (it's not right in front of us, and sometimes the person fronting, is not the person who put the laundry in), and often when remembering, promptly getting interrupted by things outside of



our system (people, phone, computer, dog, et cetera).

Properly noting this stuff can be a huge help in cutting that time to more like reasonable levels.

Does it happen? Rarely, but hey a system can dream can't they?

What about the other things that I've got in that lovely list up there ↑ (and for me over there → (yes I just spent several minutes getting the arrows to show up acceptably)), maybe let's look at them?

### 4.1.3 Understanding Self

OK, before I go too far with this, I feel that in our case, we're needing to split this into the self and the system, so let's do that.

Well, maybe a bit about this before going to that. It might seem obvious now that this makes sense, but when I wrote the list above, it really did not. I didn't really see that this was different, but in writing, found that it really is.

It's really very difficult to express what's going on in a way that actually fully expresses this. As I type a single word, there's like five different sentences going on that may or may not shift what's happening with the greater thought pattern.

Every so often enough of what's happening has a, "click" type moment where something comes up that needs to be noted. Sometimes that ends up working out, other times it doesn't.

It can be easier to get some of these thoughts better to come out when working with a physical medium like a pen and paper (how I like to have my journals when I'm managing that), than it is when trying to express stuff on the computer.

So, that's what happened to bring this to realising that this is actually important to pull into a more clear that the individual self, and the system are connected, but not the same.

### **Understanding the Individual**

This would be something which figuring out how certain patterns with certain members of the system are there.

This seems like it may have been a significant breakdown in counselling when we've gone through it, as the counsellor (and ourselves) lacked the understanding that talking to Jigme about something that happened when Little One was fronting, can be next to useless.

Until Jigme understands Little One, it is like me trying to explain why you went into do the thing you did. And, if you really want to understand, no matter how much Jigme understands about what Little One did, they can't explain as well as Little One can themselves.

So, getting what Little One, or Jigme, or Samantha to understand what they are going through, and why they are doing the things they are doing, is very much a step in getting stuff so that the system as a whole better understands what's going on.

Which is very much a place to transition to more specifically speaking about understanding the system.

### **Understanding the System**

We're taking a break right now, will get back to you shortly, need to step away a bit.

Ah, we're back... That helped. Now, I got into some of what I'm talking about how figuring out how an individual member of the system helps with understanding the system as a whole, but that sort of is not the whole thing about understanding the system.

Like it is a lot different to understand how every individual in a classroom is behaving, than it is to understand how the classroom as a whole is working. It's a bit of a difference between considering things from a psychological versus a group psychology or sociology view.

I'm not sure I can wholly say more about it than that with-

out trying to do it, and ending up going through a long rambling discussion that quite possibly doesn't even get any further along than I already have.

Let's move to the next thing about understanding the world.

### Understanding the World

This is more a matter (at least for me), about understanding how I'm fitting in the world, but it can be more general in just understanding the dynamics of the world.

In the "Are you going to sell this?" chapter, I talked a bit about how that works out, around the idea of collectivism versus individualism, and about capitalism. I didn't go into detail about how I got there, or really in any level of detail about the topics, but just enough to maybe start to think about those topics yourself (if you have not already been).

So, it does end up being a somewhat useful thing in doing that, and any of these tools which I'm about to go into can be part of that.

## 4.2 How We Journal

This will have to wait until some other time...

I guess it's a fairly simple thing, but I was just done whenever I paused there. So, there's basically three different ways that I do my journaling. Doing the Bullet Journal (BulJo? I think that might be a form used to refer to it, but ah not really sure?), then just writing portions out, and writing scripts.

This certainly won't go into the full details of any of these methods, just give a bit about how I do them, and how they kind of address the why above.

ah Bujo, that's actually official

### 4.2.1 Bullet Journal®® (Bujo®)

Bujo®, was created by Ryder Carroll, to help deal with his ADHD, (or maybe to deal with his egotism, and not in a good

way), technically it's not an open system, but also technically there's a lot of information publicly available officially. It's not clear really what the status of the trademark, and his enforcing of it is, if he is enforcing it, and finds I dared to mention his product and mention that I use it, well I guess this section will change ... It's why I decided to create my series on journaling (that never got very far).

So, he uses a system that works for him. He's making money off that system, and as he's trademarked it, no one can use the name in anything which would be considered to be a commercial product.

I've run into this attitude with other systems meant to help people. Someone ends up making money from it, and also preventing the spread of it in a "legal" way, as they somehow consider that it's so important that it be protected.

I've had very strange issues with the use of WordPress®, because even though what I was doing was saying, "we are using this product," you can't actually say that (depends on who it is to some extent), if what you are doing is considered commercial.

What is commercial?

Anyway, the system (which is trademarked not patented, it can't really be), is a decent system, but it's not really open.

And, apparently he doesn't respect the IP of other people...

It really feels like a huge faff that he's making a decent amount of money from, just get yourself a blank notebook, do what you can, and check out even his videos, or other instruction.

It's a great system for getting stuff done. But really it comes down to, "keep it simple," "make it your own."

Yes, he's got some specifics. But those specifics are basically, a 20 minute video worth, or a single double sided A4/Letter paper to explain enough to take it into something that you can take further.

So, let's move to something that I'm more comfortable talking as a way I'm doing stuff (because I don't have any term associated with it that I am aware is considered proprietary).

### 4.2.2 Just Writing

This isn't really anything particular, though probably sort of is.

There is a concept called “free writing” where a person writes continuously for 15 minutes, or some other period of time, with the pen never stopping.

Get  
Wikipedia  
Reference  
here.

While I've tried to do that, I've never found that it was anything other than just a huge stressful ball of anxiety, because I kept, “screwing up” how I was doing this.

For me, this is to just write and feel free to stop and thing or whatever whenever you want.

You may sit down with something on your mind. You may be writing about your day (where I kind of started with this), or you may write about some topic, or whatever.

The point for this for me, is it really doesn't have rules, except for what you set out when you do it that particular time. And really those rules are mostly, “why am I sitting down to do this?”

I have found that this isn't that common for me any more, but I feel it's actually a good place to start. Pick up a small notebook, and just have it so you can fill it up with whatever you want.

You can do this as a daily practice, do it multiple times a day, do it just whenever you think about it.

So, what about the other Script Writing thing?

### 4.2.3 Script Writing

This is a new thing that I've started to do. I started first with doing this in a sketchbook, and sometimes do stuff similar to what I did still.

Essentially this is something where we create document of an internal dialogue, or maybe multiple parts talking, and trying to keep track of who is saying what in that dialogue.

I have started to use the Stage document class, in L<sup>A</sup>T<sub>E</sub>X, to write some of these scripts.

The purpose and format are a bit related. For me, this is one of the system mapping tools that I use. The specific tool that I use isn't as important as finding something that works. The writing in a sketchbook, or notebook, or whatever does work, and there is nothing wrong with doing that, but I find that it also is a way that I end up with something that ends up being a bit of a scribble, that I don't really know what is said.

Which... Leads me to another how that I hadn't thought about...

Just scribbling.

#### 4.2.4 Just Scribbling

This probably isn't quite the thing here. I guess this is a bit about why I really like to do some of this in a physical, open format journal.

I haven't found a way on the computer that I can quickly switch between writing a text thing that ends up being decently formatted, to being able to throw a sketch, or formula in (well maybe a formula as I can do something like):

$$\sum_{n=1}^{\infty} \frac{n}{n^2}$$

Figure 4.1: I really have no idea what this ends up being.

(yes I looked up how to do that), in  $\text{\LaTeX}$ .

But I can easily switch when I'm using a pen/pencil on paper, to whatever format I want, and it doesn't require any kind of mode switching or loading anything up, it just happens.

So I could just throw something down that is very much just a scribble, a "ball of anxiety," and just sort of do that, or do a sketch of an idea I'm trying to explain, or whatever.

Find out what this ends up summing to.

## 4.3 Conclusion (sort of)

Well, that's been a heck of a lot, that I really did not expect so I want to say that this actually was a little weird to write up as a lot of the breaks were because things were bringing stuff up, so yeah, take breaks, and enjoy your stuff.

I don't think this vaguely covers what I'd like to, but it certainly is a thing, that I can work with.

I'd really love to write more about this whole topic, and probably will, but right now, this is done. If you want to journal, just do it. Don't spend your time trying to find the right way to do it, don't spend your time finding the right journal to do it in. Just do it.

If you find what you are doing, then change it. Or you might decide just to stop, or set it aside and not worry about it.

Sure you'll get ideas from various sources. They are great, but don't let them start to get in the way of just doing the thing.

And yes, that's a lot easier said than done for a lot of people, including ourselves in the Datse Collective.

# Appendix A

## Appendix

Here, maybe having an appendix, with each of the other things as sections? Let's see.

### A.1 Bibliography



# References

- [1] *Broken Pencil* 100 (2023).
- [2] Devin Canary. “Zines — America’s Dreaming Zine #11”. In: *Broken Pencil* 100 (2023), p. 29.

## A.2 List of Figures

# List of Figures

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## A.3 Todo Items

This is here (the appendix), so it will show up in the table of contents.

Without some text here, it sadly is currently putting a totally empty page, then the list of todo items. Not ideal. That is a, I

Todo item

would say.

# Todo list

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Figure out how to get the todo checkbox/colour to be here.