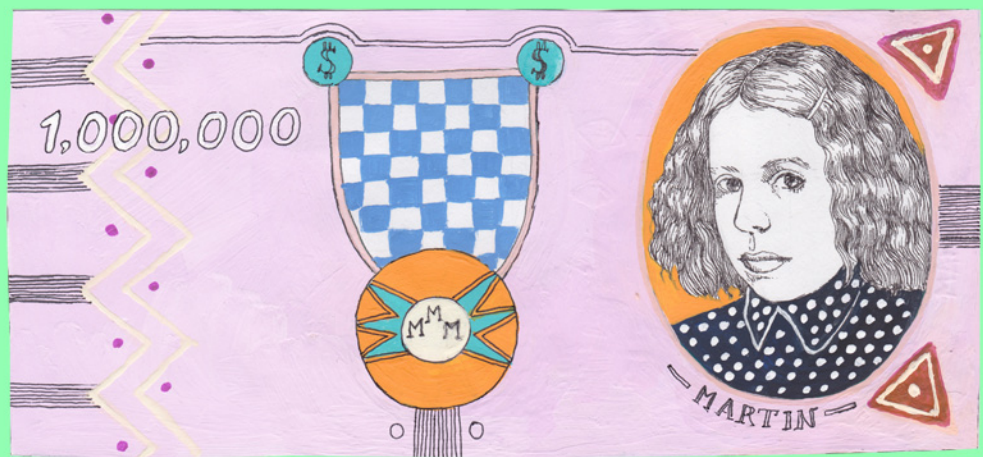


MODERN MAN MANUAL

LAUREN MARTIN
BJ RUBIN
DAVID BUDDIN
KEVIN SHEA
T.S. DAHL
NONDOR NEVAI



VOLUME III

JULY 2011

\$3



**Volume III
July 2011
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**Megaton Media
110 West 94th St. 2D
New York, NY 10025**

**The Bernice Brooks Show
Thursdays at 2:30 and 10:30
“Call me Boom Boom”**



BJ Rubin
Letter from the Editor



June 19, 2011

Dear Reader,

On this Father's Day in the year 2011, it pleases me to report that victory is mine. Although many and great have been my trials and afflictions, I have not only endured, but prevailed. Landlords: defeated. Police: evaded. Power company: circumvented. Certified Mail: Undeliverable.

As further testament to my strength in adversity, with unwavering confidence I offer to the reader the latest issue of my magazine, Megaton Media's *Modern Man Manual*.

Cheers,

A handwritten signature in blue ink, appearing to read "BJ Rubin", with a long horizontal flourish extending to the right.

BJ Rubin



"For you, O broker, there is no other principle but arithmetic. For me, commerce is of trivial import; love, faith, truth of character, the aspiration of man, these are sacred; nor can I detach one duty, like you, from all other duties, and concentrate my forces mechanically on the payment of moneys. Let me live onward; you shall find that, though slower, the progress of my character will liquidate all these debts without injustice to higher claims. If a man should dedicate himself to the payment of notes, would not this be injustice? Does he owe no debt but money? And are all claims on him to be postponed to a landlord's or a banker's?"
--Ralph Waldo Emerson from "Circles" (1841)

David Buddin
The Rent is Always Due

Rent Due

The balances below include February 2011 rent due.

Simon	\$1800
Dave	\$2300
Dominika	\$400
Tim	\$1300
	<hr/>
	\$ 5800

The amount due on this apartment is totally outrageous.
It is necessary that this balance be paid immediately.
I will not allow this to continue any longer.

Jo Ann Solano

Lauren Martin
Smokestack Lightning



BJ Rubin
Vacated



VACATE

DO NOT ENTER

THE DEPARTMENT OF BUILDINGS HAS DETERMINED THAT CONDITIONS IN THIS PREMISES ARE IMMINENTLY PERILOUS TO LIFE.

THIS PREMISES HAS BEEN VACATED AND REENTRY IS PROHIBITED UNTIL SUCH CONDITIONS HAVE BEEN ELIMINATED TO THE SATISFACTION OF THE DEPARTMENT.

VIOLATORS OF THIS COMMISSIONER'S VACATE ORDER ARE SUBJECT TO ARREST.

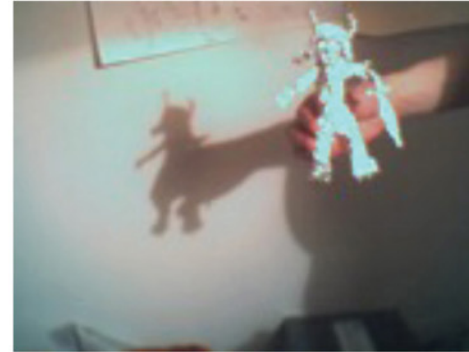
DATE 06.16.11
ADDRESS 345 ELDERT ST
FLOOR APT 116

By Order of the
BUILDING
COMMISSIONER

OP-64 (9/03)

Nataii Busrat's
Tiny Sculpture of Viking Man
Translation and Commentary by H. Dulina Minami-Mwima
by Kevin Shea

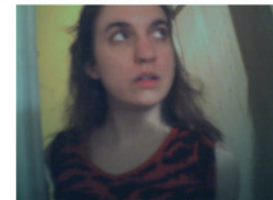
Man¹ found Tiny Sculpture of Viking Man.²



When Tiny Sculpture of Viking Man was found, Man was happy.



Man brought Tiny Sculpture of Viking Man home. Man, the happy man, placed Tiny Sculpture of Viking Man on the fireplace mantel.³ Like clockwork,⁴ in a feat of sympathetic identification,⁵ The Attractive Psychosexual Aesthete, whose blurry animal strategies illuminated her intellect,⁶ entered the room and determined⁷ the ethos of Tiny Sculpture of Viking Man.



¹ Busrat, an opponent of engendering, mocks the gender-to-character relationship.

² Busrat's story begins with simple conviction – a kind foreshadowing for creating reality.

³ “The fireplace mantel” *economically* universalizes the story (being the sole description of the environment).

⁴ Busrat prescribes hollowness of character via rationality -- ideas worn on t-shirts threaten authenticity.

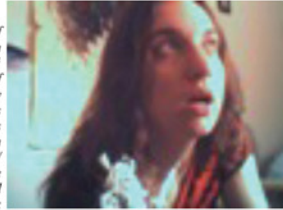
⁵ Indoctrinated empiricism replaces sympathetic empiricism.

⁶ The aesthete believes intelligentsia alone recognizes and appreciates beauty -- *only* the trained interpreter can achieve aesthetic understanding.

⁷ The Attractive Psychosexual Aesthete embraces determination's bleak beauty.

Kevin Shea
Tiny Sculpture of Viking Man

She said: *Tiny Sculpture of Viking Man affirms the inactive forgetting of several crucial properties within the prescriptive exploitation of the anthropologist's histrionic perspective.⁸ The anthropologist's histrionic perspective is not a collaborative process of mutual proactivity with nature, but the auspices of contradictory consequences and consequently insurmountable amoral auratic trends.⁹ Thus a methodology of prescriptive exploitation is predicated by a problematic bias of anthropo-hegemony, conditioning and pampering for the sake of human callousness and superficial/ultimately pointless, though practically/pragmatically essential, pleasure.¹⁰ In other words, just as botox freezes the faces of our beloved childhood idols, the frozen impulse toward botox-derived steady ethos shuns any real relationship with the innocent past!¹¹ Hence, botox ethos elicits fascist histrionic principles of figurines by simplifying for the repackaging an idealistic anthropo-interconnectivity that obliterates folk figurines brut!¹² I'm convinced anthropologist's repetitive histrionic perspectives are the crux of your problem...*



...your problem being your love of figurines, for such a paradigm as yours suffocates the essence of a positive anthropo-environmental relationship – that of obliterating hierarchies in lieu of democratic compassion.



Man, delighted by the prospective fields of ineffectual diplomacy,¹³ and yet with a touch of the false out of sheer boredom,¹⁴ disputed the intuition¹⁵ of The Attractive Psychosexual Aesthete. Man explained, navigating through The Attractive Psychosexual Aesthete's web of idealism¹⁶: *Clearly, myths change themselves according to the interpreter's cultural make-up.*



Tiny Sculpture of Viking Man exploits the traditional assumption about the interpreter. But this is my Tiny Sculpture of Viking Man – I found it and I'll be the only one interpreting it, thank you very much.¹⁷

His hostility was a pernicious mistake on Man's part -- a spoiled indulgence that reinforced the convention of words by no means intended to transgress nuptial symbolism.



⁸ Busrat, a heterological Bataille, creates a Man who idolizes/classifies figurines because he has unconsciously forgotten empiricism's innate dogmatism and belligerence toward continuative nature, the ecstatic interconnectivity of self with other, and the loss of the self in the other.

⁹ By worshipping the other, Man contradicts interconnective truth (causally amoral).

¹⁰ The disease of prescriptive exploitation can be decoded, though the potential compassionate cure spoils worse.

¹¹ Emotions immortalize unconsciously cultivated economic/social biases – capitalist aesthetic contemplation is problematic.

¹² Emotions marvel at technique and in so doing privatize all things human for human's sake.

¹³ Political humor.

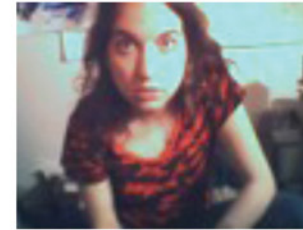
¹⁴ A critique of ADD.

¹⁵ Fun with debates -- no intuition prevails.

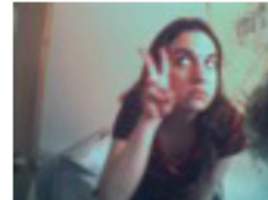
¹⁶ Acting intuition enables idealism.

¹⁷ Man mocks cultural theory only to defend the type of individualism that cultural theory reevaluates. Man chooses death/ideology over equilibrium of forms.

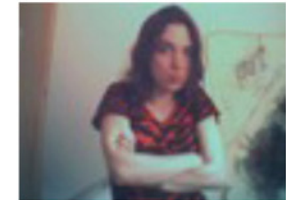
But as thus, Man was misunderstood.¹⁸



In a moment of spiteful fetishistic overvaluation, The Attractive Psychosexual Aesthete's winning characteristics, fables of her identity, celebrated the wild improbabilities, exaggerations and gestures of Tiny Sculpture of Viking Man with disingenuous affection; or the famous convictions of the heart neglected by The Attractive Psychosexual Aesthete to Man and Man to The Attractive Psychosexual Aesthete...

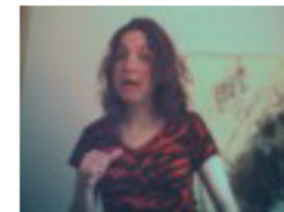


...dissolved metaphorical marriages into a familiar familial self-conscious dispute of the willingly unwilling, a dialectic caused by the elders inability to articulate problems to the young.¹⁹ The Attractive Psychosexual Aesthete said: "Botox figurines are an equivocal form of pleasure – they seemingly facilitate pleasure according to the individual's problematic fetishistic upbringing, but botox figurines never fail to help convey any useful/pleasurable information to the actual, disenfranchised human, but instead mask environmental compassionlessism.²⁰



Dominant/one-way indoctrinations on the public as to how figurines should be understood are systematically perpetuated by the hubris and viral outgrowth of blinding societally constructed intuitions and senses of solition. To the extent that one's interpretations can individuate successfully despite ideological botox figurine-ization cannot be proven absolutely.

It's not your fucking Tiny Sculpture of Viking Man, it's mine...



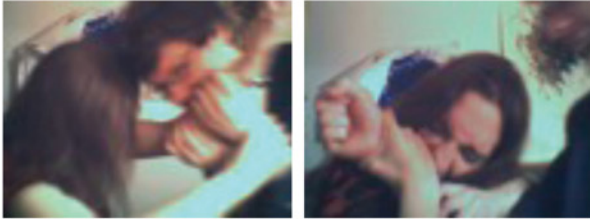
...you can't even understand what the fuck it means!

¹⁸ The Aesthetician deems Man belligerent because she temporarily forgets her metatheoretical surveillance strengths of accepting the occasionally convoluted/stubborn.

¹⁹ Ladies and gentlemen of the jury...not guilty.

²⁰ Theoretical pantheism evades praxis purposefully.

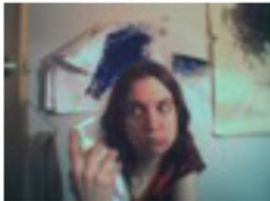
A struggle ensued.



Wounds were endured.



The whole unsettledness of the situation created a sense of extreme vulnerability. Coping with the uncertainty, The Attractive Psychosexual Aesthete's consciousness filled in the sudden indeterminate blanks of futurity by unhappily grappling a bottle of anti-aging cream...



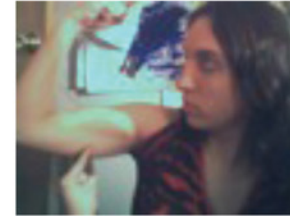
...and thinking about acting like an extrovert²¹ Simulating sincerity, Man then accused The Attractive Psychosexual Aesthete of dispensationalist supernaturalism.²² *You know...* Man said with the type of sexual behavior that creates culture...



...cosmetic demands and satisfaction are futile and misleading. Ferociously rational, ignoring a sudden cramp in her metatarsus, The Attractive Psychosexual Aesthete retorted:

²¹ Plausible futurity without strategy produces fear.
²² Cosmetic surgery has supernatural results.

Power is represented or displayed by physical conquest.²³

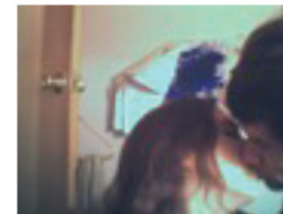


For a moment, the reductionally inclined Man forgot his feelings were physical synaptic charges and thus felt powerless/trapped in reluctantly accepting The Attractive Psychosexual Aesthete's dualist analysis. Having nearly starved himself to death in ineffectual theoretical catharsis, Man hungered for a giant diplomatic emoticon to appear in space and pacify the hurt (or, Man's permanent alien difference gave him only temporary and insufficient power). It did.



A giant semicolon and right parenthesis combo appeared between them on the battlefield – a wavering noumenal hologram reminder under the umbrella of unknowable peace, a trace of PC civility, an a-priori truce temporarily a-posteriori.

Gracefully, on cue, in a moment of intense anxiety, The Attractive Psychosexual Aesthete, a shell of a human, noticed this and dissipated/released apocalyptic pressure through laughter and forgiveness.



Which of the following best describes the main incidence of the passage?

1. The problem, a nonproductive pattern of concealed interfamilial conflict, eternally returned to changing moments.
2. The saga of replication was emptier than the source, but no less interesting.
3. The faceless, scapegoated non-characters who were falsely or by no means characterized by their inauthentic, nonexistent fantasies and whose point of view the readers were forced to adopt, sublimated their libido, and thus concealed the passive-aggressive sexual and economic concerns of all psycho-pathetic couples and heroes.

²³ Negotiation collapses into near total destruction.
²⁴ Pop internationalism!

T.S. Dahl
Clayton

Clayton by TS Dahl

Clayton was a nerd who got beaten up everyday because he got good grades. Finally, during his freshman year in high school, he decided to intentionally get bad grades. Soon he was popular in school. However he was not popular at home. His father beat him every night. Clayton just couldn't win.

BJ Rubin
Florida





David Buddin
Holiday Quick-Step

Holiday Quick-Step
for piano

David Buddin (1991/2011)

J = 90

The musical score is written for piano in 2/4 time, with a tempo of quarter note = 90. It consists of four systems of music, each with a treble and bass clef staff. The key signature has one sharp (F#). The score includes various dynamics such as *ff*, *mp*, *mf*, *f*, *p*, *pp*, and *pp come ecco*. It features numerous triplets and slurs. The first system (measures 1-6) starts with *ff* in the right hand and *mp* in the left. The second system (measures 7-12) begins with *ff* and *p come ecco* in the right hand, and *mf* in the left. The third system (measures 13-20) features *ff* in the right hand and *mf* in the left. The fourth system (measures 21-24) starts with *pp come ecco* in the right hand and *mp* in the left, ending with *ff* in the right hand. The piece concludes with a double bar line and a repeat sign.

Musical score for page 26, measures 31-65. The score is written for piano in a minor key. It features complex textures with triplets and sixteenth-note runs. Dynamics include *mp*, *p*, *ppp*, *pp*, *sf*, *f*, *mf*, and *ff*. A *rit.* marking is present at the end of the section.

Musical score for page 27, measures 74-87. The score continues the piano piece with intricate melodic lines and dense harmonic accompaniment. Dynamics range from *mp* to *ff*, with frequent use of *sf* and *f*. A *rit.* marking is also present.

BJ Rubin
Julius Martin



Nondor Nevai
Psychonautical Journal

femiNINE!
effeminEIGHT!
SEVfEm!
SeX!
hIVEs, etc, etc, welkom to my

PYSKONAUTIKAL JOURNAL
[trust me, neither "diary" nor "log" are satisfaktory]

What's with the extraneous yet cinematik kountdown you mightn't ask?
well be warned; this journal is one kept by a musician.
I know, I know, but it kould be worse; at least it's not a film (by a
musician).

No, it's a journal kept during a stay at a retreat in the Amerikan
south.

This retreat is an institute where psykik abilities are augmented and
astral travel explored.

Where an Out-of-Body Experience is induced rather than avoided and the
living die to tell about it.

Where the mind is guided to remember to forget that it doesn't already
know everything.

Bekause it does. Know everything.

Your Mind.

Knows.

Everything.

So herein you will find two salient excerpts from hastily-jotted notes
kept over a single week.

These writings hav been appropriated into lyriks and the experiences
they depikt expressed --as empirikally as possible-- as HEAVY METAL
which is still, by far, THE BEST.

~Nondor Nevai

09.10.24.

We neglected to write down the address and kontakt info for the [Monroe] institute.

After getting up at 7AM and driving 7.5 hours I was groggy and had to poop.

We got the address from one of Bob's [Monroe] books [author and institute founder] but our GPS was patchy in the bosomy nook of these here Smoky mountains and was not usable.

So, of course, were my telephonik kommunikations duly kompromised when i attempted to kall for direktions. I kompletely lost my temper, kussin' 'n yellin' with poor Adriane right there.

Despite the auspicious and transcendental nature of the retreat at hand and despite the riot of autumnal koloration that krowded the charming or prekarios switchbacks and hollers all around I was FUMING.

A whiteknuckle pulloff into a hilltop driveway --I surmised the summit would afford reception-- and I achieved konnektion and obtained direktion. Having wasted an hour being konfused and lost, we pulled into the institute parking lot at a quarter-to-four PM.

After being greeted and led on a brief tour of the buildings, Adriane and I went to our room to rest.

Upon lying down in my own personal C.H.E.C. unit [Controlled Holistic Environment Chamber] I felt extraordinarily tired. Not worn-out but a deeply restful feeling; kid tired. After reading for a spell I placed my hands on my chest and succumbed to the heavy tug of unconsciousss which ebbed in glacial throbs of what seemed like 15 minute inkrements...four or five of them...kompletely absent voids of non-being.

Upon returning from the last of them i noticed my brainwaves shifting madly in frequency and I felt like I was falling thru space only to abruptly land WITH MY FEET GOING INTO MY FEET.

Just inky nothingness for an indeterminate period and then (out of somewhere!) a 2-sekond window of KNOWING!

I actually FELT MY LIGHTBODY RE-ENTER THE FLESH AS MY LIGHTFEET NESTED INTO THEIR SARKOPLASMIK SOCKS...suked there in magnetismus.

I've done it!

The attendant program hasn't even kommenced yet and I have done it.

09.10.27

First Exercise [ov the day] / Fokus 15 [FOKUS LEVELS are "places" that are explored by one's mind and (hopefully) lightbody from within their CHEC unit.]

Smell ov...karbon? Not necessarily galaktik...biologikal.

PINEAL / KROWN SHIFT OV BRILLIANT INTENSITY each time about a minute or two after Bob [Monroe] guided me to [Fokus] 15.

VERY VERY BRIGHT SURGE ov derelict hardware.

As I write this am still feeling THE AKTIVATION afterglow...optikal spots...marked visual detail increase noted in the wake of these surges.

I kan feel an unmistakable afterglow, my pineal and krown feel like a flashbulb kooling!

Konspicuous physiologikal --neurologikal-- cerebral affekts.

I KAN FEEL THE BAK OF MY EYEBALLS. Smoking with energy.

[Fokus] 15 was like a lentikular starfield similar to one of those National Geographic kosmologikal posters wherein the entire milky-way is kompressed illustratively into an expansiv lens shape with exploded diagrammatik view.

I DID NOT WANT TO LEAVE.

Infiinity Awaits.

These and further explorations outside of the body kan be vikariously experienced in the three movements of "Tocatta Number Three in Three Movements", the konkluding tocatta of Nondor Nevai's "Three Tocattas" LP.

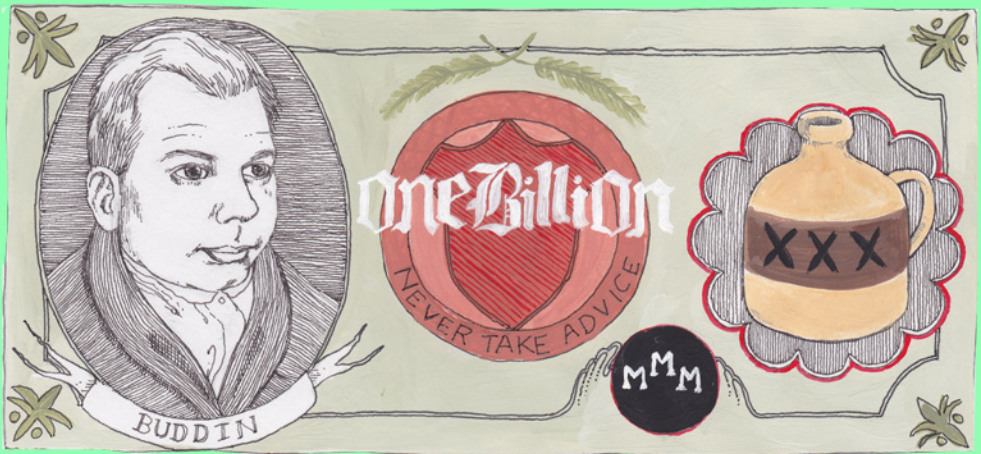
-NN

BJ Rubin
Portraits









MEGATON
MEDIA

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