



Some Instructions for your MEDO/ANGST Streaming-Experience on April, 29th

Shopping List

Please have the following items at hands for your viewing experience- if you cannot get hold of everything, just improvise:

- Some things to light up (please be safe, extinguish everything thoroughly): incense, cigarettes or cigars, some herbs (for example sage)
- A shot of an alcoholic or non-alcoholic drink of your choice like Cachaça, or Gin (Tonic), Beer etc.
- A candle
- A glass of water
- Popcorn

Instructions

Choose a chair that's comfy, but not too comfy.

Try to provide as good a sound and image quality as possible, please listen via stereo sound or with headphones, no laptop sound please.

Please make sure to watch the show in full screen mode.

Please adhere to the following instructions at the appropriate viewing time:

- 01:05 - *Sing along: Heya Heya*
- 15:11 - *Dim the light*
- 25:30 - *Have your drink*
- 29:00 - *Turn up the volume*
- 42:00 - *Light your incense, cigarette or herb*
- 44:20 - *Light something else: the more the better*
- 45:45 - *Light a candle*
- 48:24 - *Drink your glass of water*
- 52:41 - *Think about something you would like to cleanse yourself and/or the world off- Fear, Anger, Racism, Colonialism, Corona etc.*
- 59:20 - *Throw the popcorn into the air and shout out loudly of what you want to be cleansed*
- 01:01:30 - *Slow down, relax and just watch*

ENJOY THE SHOW -THANKS FOR PARTICIPATING IN MEDO/ANGST AS AN ONLINE AUDIENCE