

ALIVE.

A small field guide to participating in life. An original Sahilverse experiment by Sahil Tayal.

THE IDEA

Not every meaningful action has to be useful, public, measurable, or profitable. Making art can be a way to participate in life; so can noticing, connecting, resting and playing. This guide offers six small invitations, not a treatment plan, a performance system or a promise that difficult feelings will disappear.

01 / MAKE

Choose a tiny medium: a four-line poem, a rough sketch, a fragrance idea, a voice note, or a collage. Make something deliberately imperfect. Ask: What did I discover while doing it, rather than how good is the result?

02 / NOTICE

Look around. Find three textures, one colour you had overlooked, and a sound in the distance. Describe them without making a judgment. This is an invitation to curiosity, not a test of attention.

03 / CONNECT

Send one low-pressure message, express a specific thank-you, or ask a genuine question. Respect the other person's time and boundaries. Connection cannot be forced.

04 / REST

Try a minute without an objective. There is nothing to record, optimize, publish or prove. Rest is allowed even when the to-do list is unfinished.

05 / PLAY

Invent an absurd holiday. Give an ordinary object a heroic backstory. Name a fictional band. Play can be valuable even when it produces no reusable asset.

06 / REMEMBER

Finish the sentence: Today felt real when _____. Keep the note private, share it, or discard it. The act of noticing can matter without an archive.

A SMALL DISTINCTION

Creative work can be nourishing and it can also become compulsive. The question is not only "Did I ship?" but "Did I sleep, eat, connect, and have room to choose?" When creativity starts crowding out basic needs, permission to slow down is part of the practice.

FOLLOW THE THREAD

Explore the connected Sahilverse work: sahiltayal.com (the canonical home), meaning.sahiltayal.online (meaning), monkey.sahiltayal.online (play), perfume.sahiltayal.online (scent and making), and sahilverse.online/field-notes/identity-is-a-verb/ (action).

This publication is reflective and educational, not medical advice. It is not a substitute for mental-health support.

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