

# Eudaemonia *by Sandra Kluge*

Eudaemonia (ancient Greek) describes a life well lived. It's the lifelong process of realizing our true nature, therefore fulfilling our most virtuous potentials. The eudaemon life is one dedicated to developing the excellences of being human.

In each newsletter, I share 3 things related to 3 qualities I want to embody. It's an effort to be the best and most authentic version of myself, for me, and for the world.

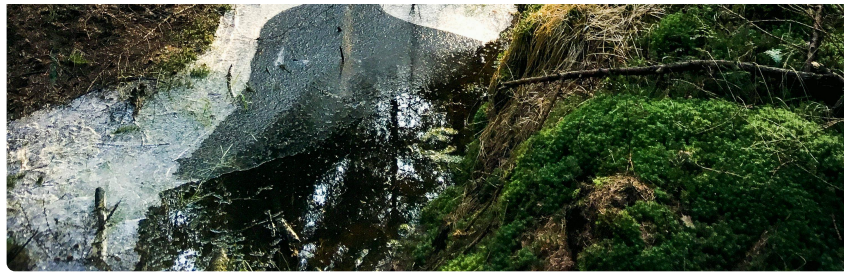


## Forest bathing, depicting specific emotions, and novelty as a habit

03/13/2025 - #2

### Calm





The beat below was one of my first experiments of using my tap sample kit.

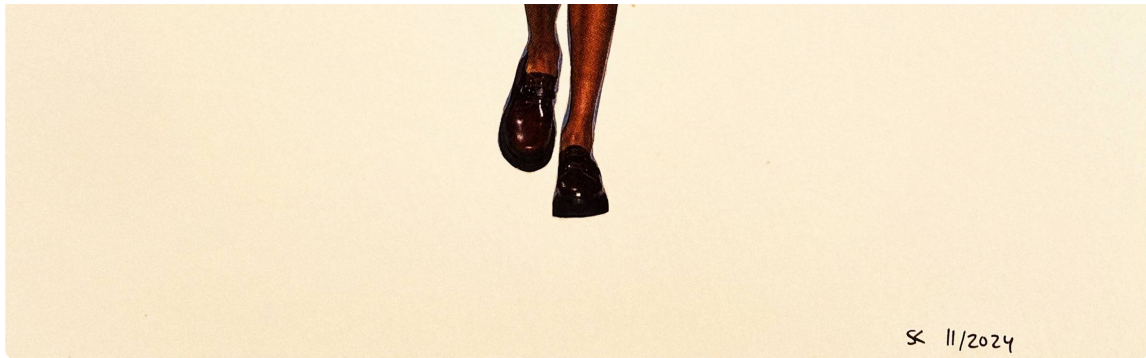
To make a sample kit, I record single tap sounds, put them into a drum sampler, and modify the sounds however I want them to sound. I can then trigger those sounds through midi. This allows me to lay down tap tracks while I'm on the go/can't make noise/don't want to set up a mic.

May this beat envelop you in the same refreshing way that a forest after dawn does 🌿

Click here to listen: [2020 Forest Bathing.mp3](#)

## Self awareness





"spreading my charisma", paper collage, 2024

For a few years now, I've been working on a collage series titled **Embodied Emotions**.

This is one of the many pieces from this ongoing series. You can find all the other ones I've made so far [here](#).

The pieces in the series capture the dynamic of very specific feeling states. They're an abstract depiction of how one's body language, stance, way of moving, gait, and general physical expression changes in different emotional environments. They're also a kind of journal entry as they encapsulate particular moments and moods that I encounter throughout my days.

## Novelty

One of my mantras is: **Do something for the first time every day.**

It can be as small as trying a new tea I've never tasted before, or as big as taking a trip to a country I've never been to before.

We only have this one life. And I want to experience as much as possible in it. yolo, as the kids (used to?) say. But, like, actually though.

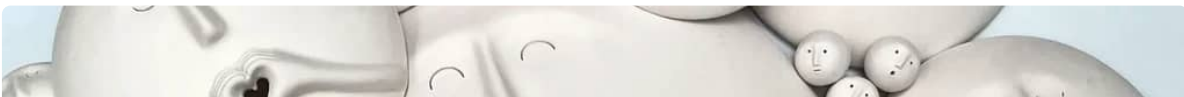
Life is whatever we make it. And I've long ago made the choice to make it as colorful as possible. There are so many things to discover.

Plus, working the muscle of encountering novelty helps getting accustomed to the feeling of facing things that are different or unexpected. On scales small and large.

What are you going to do for the first time today?



## What makes my life more colorful this week





Speaking of specific feeling states: [Aman Khanna's](#) figures, called [Claymen](#), are just so expressive. Some are sculptures, some are usable objects. He creates them from his "observation of the common man and his dilemmas. Claymen figures come in peace and maintain silence."

## What else

- If you're in NYC, come hear me play duo with amazing [Hari Nandu](#)! Tap percussion/loops + bass/effects/synths/loops. Apr 5, 7-9pm at [Commune](#) in Brooklyn. More info [here](#).
- Yesterday, I sent out my first [Tap To Expand](#) newsletter. It's a once-a-month collection of free resources around all things tap technique, musicianship, and improvisation that I don't share anywhere else. This includes lesson videos, early access to new courses, subscriber-only offers, and more. [Subscribe here](#)

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## **Eudaemonia is collaborative, so don't be a stranger! Hit reply if:**

- What I share makes you feel/think about something.
- You want to share something with me that you think I'd find interesting.

- You want to say hi :)

*May you be joyful, healthy, and at ease this week.*

~ Sandra

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