

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.



7 Steps to Heaven, my best piece of art, horizontal time

03/06/2025 / #1

Connection



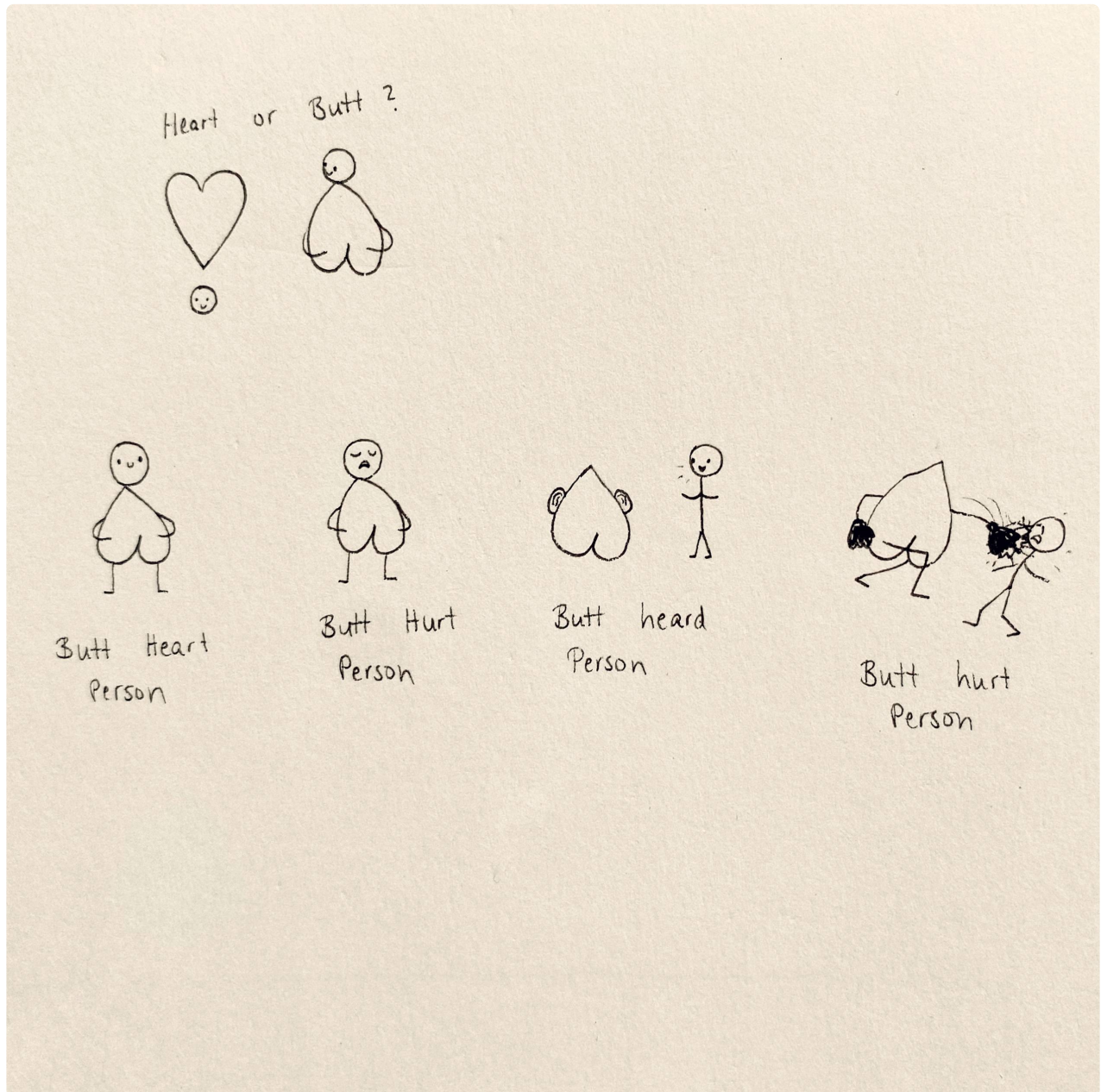
This video is from my performance at the tap ahead gala at tanzhaus nrw (Düsseldorf, Germany) a couple years ago - Girl Talk and 7 Steps To Heaven are two of my favorite standards, so I put them together.

If you're a nerd, you can spot a metric modulation (around 5:35).

Also one of the rare moments I play on a board that's larger than 2 x 2 ft.

With Roman Babik on keys and Martin Gjakonovski on bass.

Lightness



"Butt heart person", ink on paper, 6 x 6 in, 2024

This is the best piece of art I've made to date (in my opinion).

Presence

Thinking about multitasking as **vertical time** (= stacking different activities/focus points on top of each other), and presence as **horizontal time** (= doing

things consecutively and focusing on 1 thing at a time) - what do you want the architecture of your moments to be?



What makes my life more colorful this week

Sara Hagale's art.



Every single piece of art that [Sara Hagale](#) shares is an absolute masterpiece of expressiveness. I feel seen every time.

What else

- If you're in NYC, mark you calendars for Saturday, April 5, 7-9pm, for [The Duo Series #4](#). at [Commune](#). This time I'm playing with [Hari Nandu](#), an amazing bass player.
- To practice mixing for my EP, I challenge myself to create decent mixes of short beats in as little time as possible. This is something I made the other night, taking me about 1.5h from tracking the first instrument to adding the last plugin: [2025-03-02 beat of the day.mp3](#)

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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