



www.thyself.agency

Thyself Agency is a travel agency.

We organize expeditions into the unknown, where we practice maueitics through three specific exercises.

Read our Journal and get into what happened among the participants.

www.thyself.agency/journal

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The INFO POINT is an office for experimentation in existential practices – Thyself Agency proposes research methods, personal and intimate exercises to unhinge behavioral automatisms and facilitate the research for other ways of living and relating to the world.

LOSE THE FEAR OF BEING FORGOTTEN

Life exchange is the exercise of two candidates who abandon their own and live in each other's shoes, it lasts a week.

It unleashes your imagination, giving you a renewed perception of yourself.

Change your life, don't let it be just a thought.

The first exchange took place in 2011, today the Agency continues its work and the exercise is repeated in different forms, adapted and chosen for the new candidates.

If you want to exchange your life write to agente@thyself.agency for more information and we will make it happen.

Contact us today and let's start traveling!

The 9 days week is a reinterpretation of the calendar and the sleep/wake cycle, it allows you to live nine days in a week.

If you work from Monday to Saturday and wait for Sunday as the only time to cultivate your best talents, this is for you!

It disrupts your daily routine by touching the psychic coordinates of your imaginative life, evolves the constitution of your mind, and gives you a reason to be fired.

If you want to experience this way of life, our calendar and the formula for calculating it are free to use.

www.thyself.agency/nine-days-week

The Glasses are a device created to see yourself from the outside in real time.

They let you observe the shadows of the truth, between the cracks of the heart, giving you infinite joy.

By modifying and assembling simple devices bought in a hobby shop we created glasses to look at ourselves in third person.

We use them in daily life: we eat by seeing ourselves eat, we turn by seeing ourselves turn, we love by seeing ourselves love.

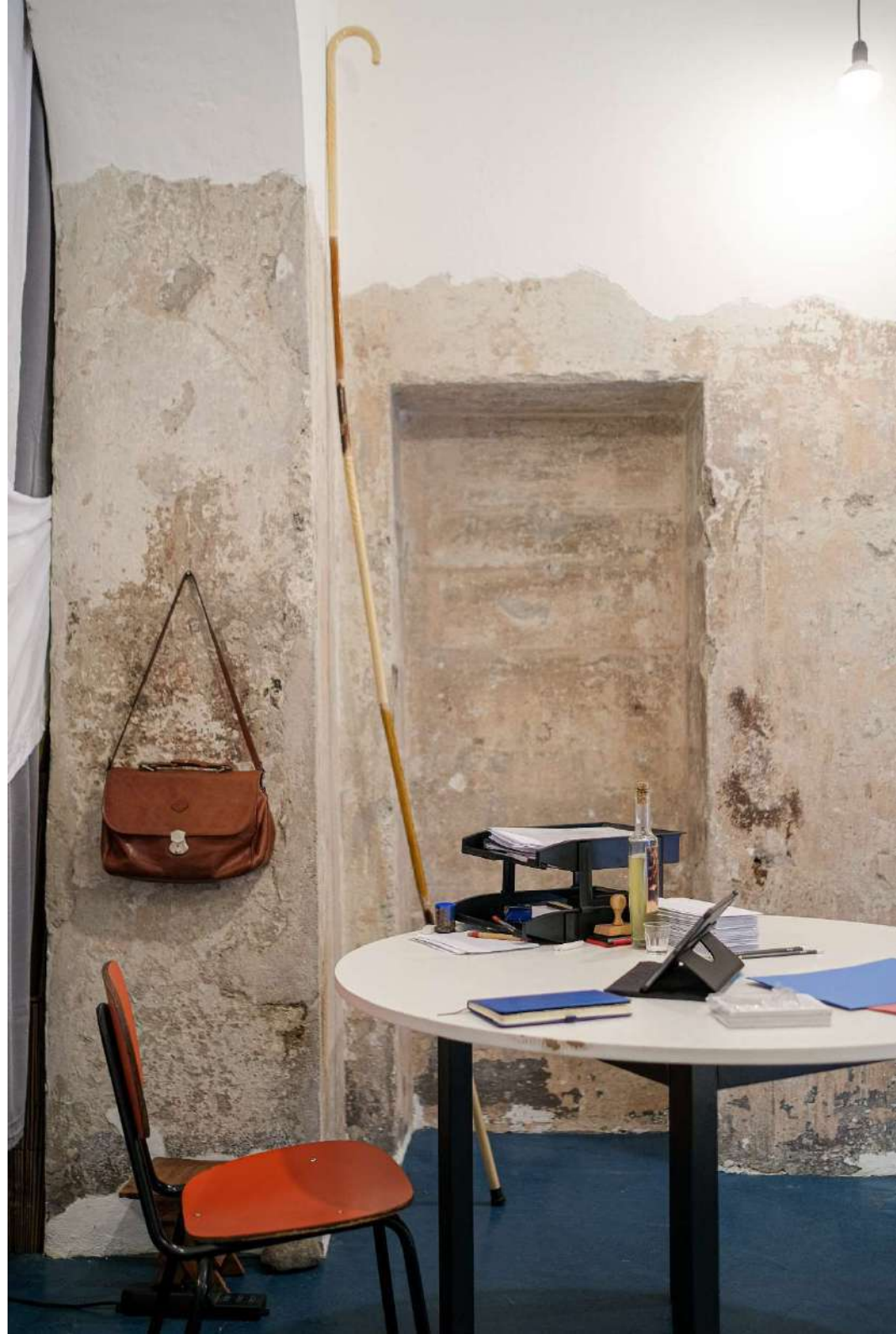
Do you want to experience your third person?

Email agente@thyself.agency for more information and we'll make it happen.



ANFRMOSHTTE













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Today's world is a modern life is economy and use of technology for profit. The entire production process is aimed at creating something we don't believe in. We feel exploited and stressed, with no control over our time, our bodies, our lives. The entire modern life is a search for comfort has crushed the texture of life and rarefied the creative effort of the personality. We are dissatisfied with all of this, what we live in does not belong to us. Maybe the solution is hidden in frustration? The disease is the cure. If it is not more, then let it be no more. We would like to change our lives. We started exchanging it among ourselves, with radical honesty, to see what would happen by desecrating it at the base, to learn from reality. Nothing is true, everything is permitted. Thyself Agency is a travel agency. We organize expeditions into the unknown, where we practice maieutics through specific exercises. One of these exercises was called Life Exchange. The first exchange took place in 2011 and was for 30 days. During that time the two candidates exchanged all of their lives, abandoning their own by living in each other's shoes. The voice you hear is by some of the participants before, after and during the experiments. It is the voice of the participants. During the experiments you will discover a new sensibility. Making itself while soaking in the world. Human resist. Lose the fear of being forced. Omnia sunt communia. 2023

0039 366132079



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...the first exchange took place in 2011... 0039 366 182



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Today, in all today, Modern life is economy and use of technology for profit. The entire production of the modern world has crushed the texture of life and rarefied the creative effort of the people. In the modern world, the only thing that is left is the machine. We would like to change our lives. We started exchanging lives. Thyself Agency is a travel agency. We organize expeditions into the unknown, where we exchange lives. During that time the two candidates exchanged all of their lives, abandoning their own lives. In the process of purification, you will discover a new sense of speaking itself while something we don't believe in. We feel exploited and stressed, with no control over our time, our bodies, our lives. With all of this, what we live in does not belong to us. Maybe the solution is hidden in frustration? The disease is the cultural honesty, to see what would happen by desecrating it at the base, to learn from reality. Nothing is true, everything is through specific exercises. One of these exercises was called Life Exchange. The first exchange took place in 2011. The shoes. The voice you hear is by some of the participants before, after and during the experiments. It is the voice of the artist. Lose the fear of being forgotten. Omnia sunt communia 2023

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Unione
centro storico

AGENZIA DI
VIAGGIO

THYSELF AGENCY

APERTI

www.thyself.agency

campo xs



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campo XS



PERSONA: GARY
[Portrait of a woman]

TYPICAL WEEK:
TO THE CATHEDRAL

ORGANIC ORGANIZATION
(includes weekly community education, 20-30
second-hand books, various activities, etc.)

SOCIETAL ORGANIZATION
(How about you, Maria, for?)





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**Triennale
Milano**

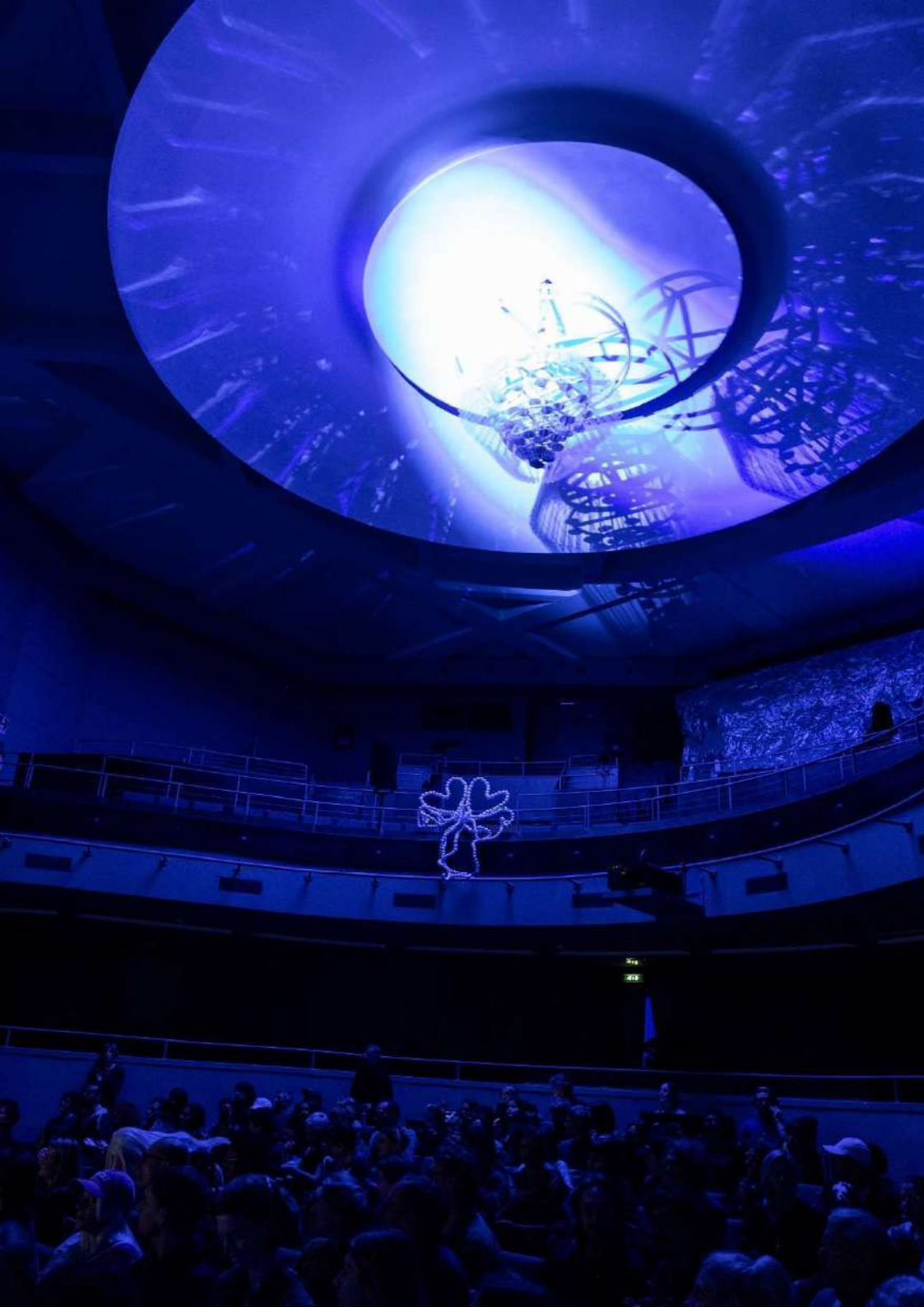
**Sono in corso lavori
di allestimento**

**Scoprite tutte le novità
su triennale.org**

**Installation work
in progress**

**For all the latest news
go to triennale.org**









6









Item	Quantity	Price	Total
Item 1	10	100	1000
Item 2	5	200	1000
Item 3	20	50	1000
Item 4	15	66.67	1000
Item 5	8	125	1000
Item 6	12	83.33	1000
Item 7	6	166.67	1000
Item 8	4	250	1000
Item 9	3	333.33	1000
Item 10	2	500	1000

MIAG







...is a representation of
the story of the Holy Bible
...to live also days in a week.

From Monday to Saturday
the Sunday as the only time
...we have today, this is

The Classics are a device created to see
yourself from the outside in real time.

There are you observe the shadows of
the truth, between the cracks of the
heart, as you you inhale joy.

By itself you are a something, some
deeper thought in a hobby sleep we
created places to look at ourselves.

In third person.

use them to daily like we see by
...we love, by seeing
...live by seeing

LOSE THE FEAR OF BEING FORGOTTEN









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BASF
Max
Chlor

FEAR
A-1

2023_INFO POINT @ Pinksummer, Genova

2023_INFO POINT @ Wouters Gallery, Brussels

2023_INFO POINT @ Sanfermosette, Milano / with Pinksummer, Zero.eu and Mr.Lawrence

2023_INFO POINT @ Campo XS, Genova /with Pinksummer

2024_INFO POINT @ miart art fair, Milano /with Pinksummer

2024_INFO POINT @ Triennale di Milano, Milano / during LATANA, FOG Festival

2024_INFO POINT @ Cremona / during Cremona art week

2024_INFO POINT @ Supercondominio6 - Paradis, curated by Treti Galaxie, Rittana / during Radis, a project by Fondazione CRT

