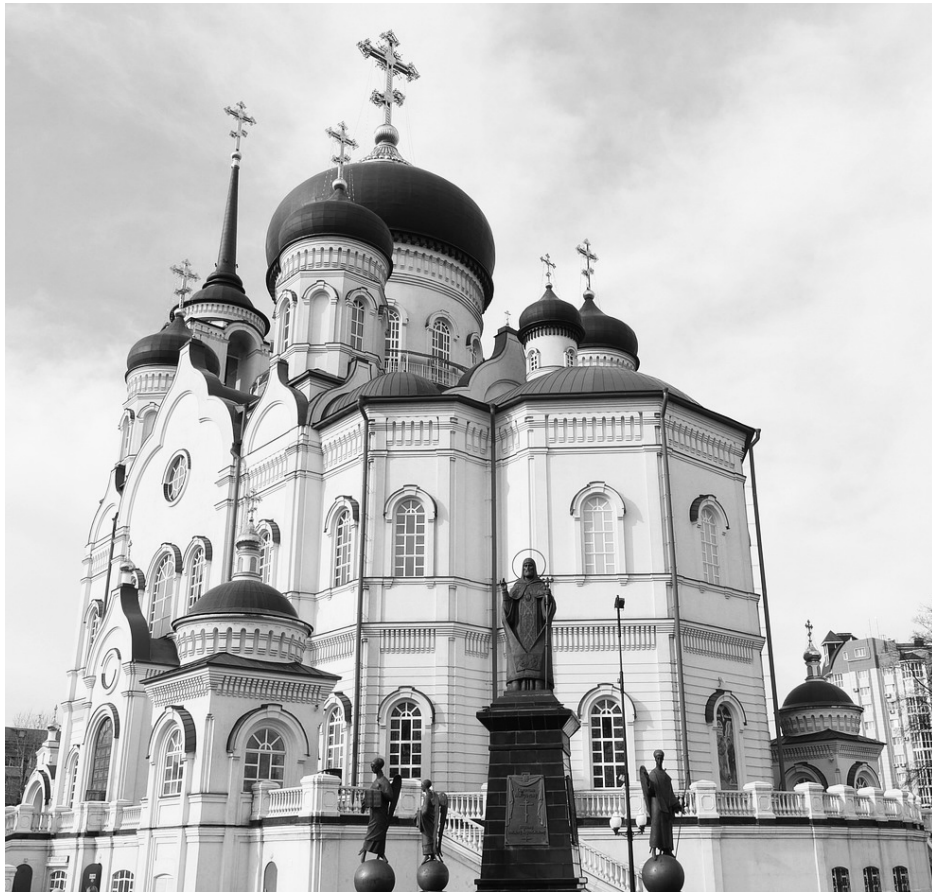
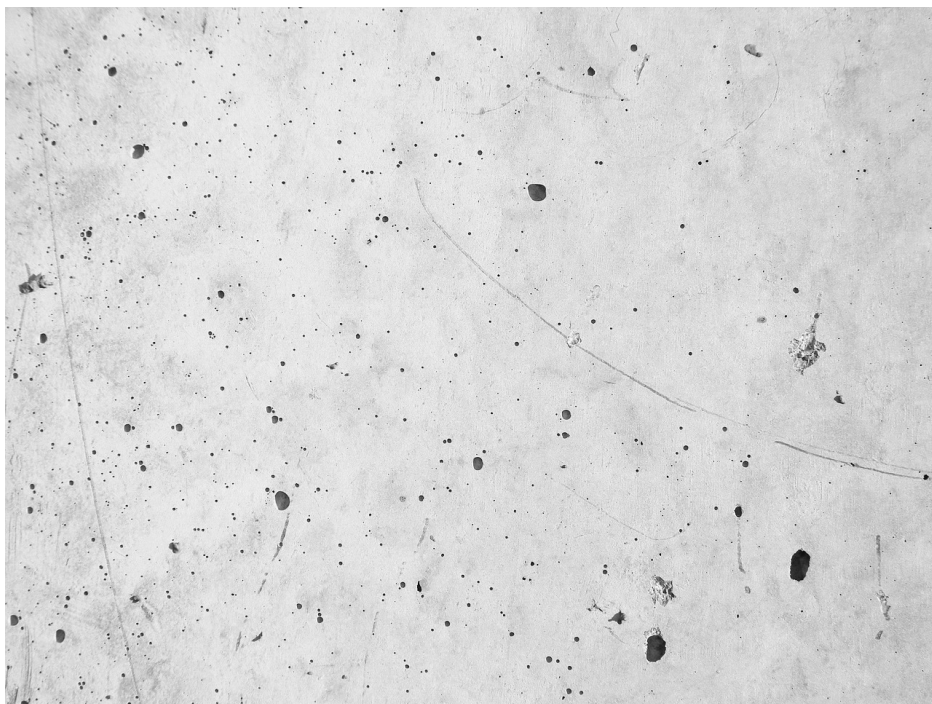




Du har din
hjerne, din
samvittighed
og din sjæl.
Det kan de
ikke tage fra
dig.

Nadya Tolokonnikova,
Pussy Riot



Vi har kæmpet for retten til at synge, til at tænke, til at kritisere. At være musikere og kunstnere, klar til at gøre alt for at forandre vores land, uanset risikoen. Vi fortsætter vores musikalske kamp i Rusland, og vores land er domineret af onde mennesker. Disse mænd synes, det er ulovligt at kalde sig feminist og synge punkmusik.

a manifesto

by Pussy Riot

If you can't escape from certain traumatic experiences in your life, don't be ashamed to grieve.

It's okay, it's human, to feel things deeply. The pain will open a new dimension inside you, like my experience in prison did to me.

Let

them assist you in helping others who are also going through trauma.

Save the profound memories you have of painful experiences and let them guide you.

Reach out to your community, friends and family. If you don't, you risk being trapped in a downward spiral leading to a bottomless pit.

When you feel burnt out, or if you're shutting down and want to hide, do the opposite.

It's okay to procrastinate.

Don't beat yourself up about it. You're not a machine, you've got to have unproductive times to be productive! I love procrastinating, or doing something

creative that wasn't necessarily in my schedule. Something that I was not supposed to do. Most of the time, the results are some of my favorite pieces of work.

Our hunter gatherer ancestors moved a lot to survive and we should, too. A fancy gym isn't necessary - push ups and

crunches will do the trick and feed you with happy hormones. You can do it everywhere. I did it in prison.

Move.

If you keep your intuition sharp, open yourself to the world and be brave, miracles will happen.

You're capable of making miracles, you just have to believe in them.

Don't be afraid to go out there and find them. Try not to fixate on the experiences you have had with shitty people, don't let them isolate you.

There are more kind people out there than you think.

Find your own way of keeping vulnerable. After all, it's no bad thing if you're able to be moved, or even cry, at the beauty of the world.

Be naive and preserve your sense of wonder.

Use gender as your palette, paint freely and queerly with it.

The era of gender shackling you is over.

Life

is a quest of coming up with your own. It's kind of fun to be a pain in the ass of the status quo.

You don't have to accept anyone else's rules.



Det er svært for os at fortsætte. Vi gjorde det her, så andre mennesker selv ville tage det op og begynde at gøre noget

-Yekaterina Samutseвич



“

Frihed eksisterer kun, hvis du kæmper for den hver dag

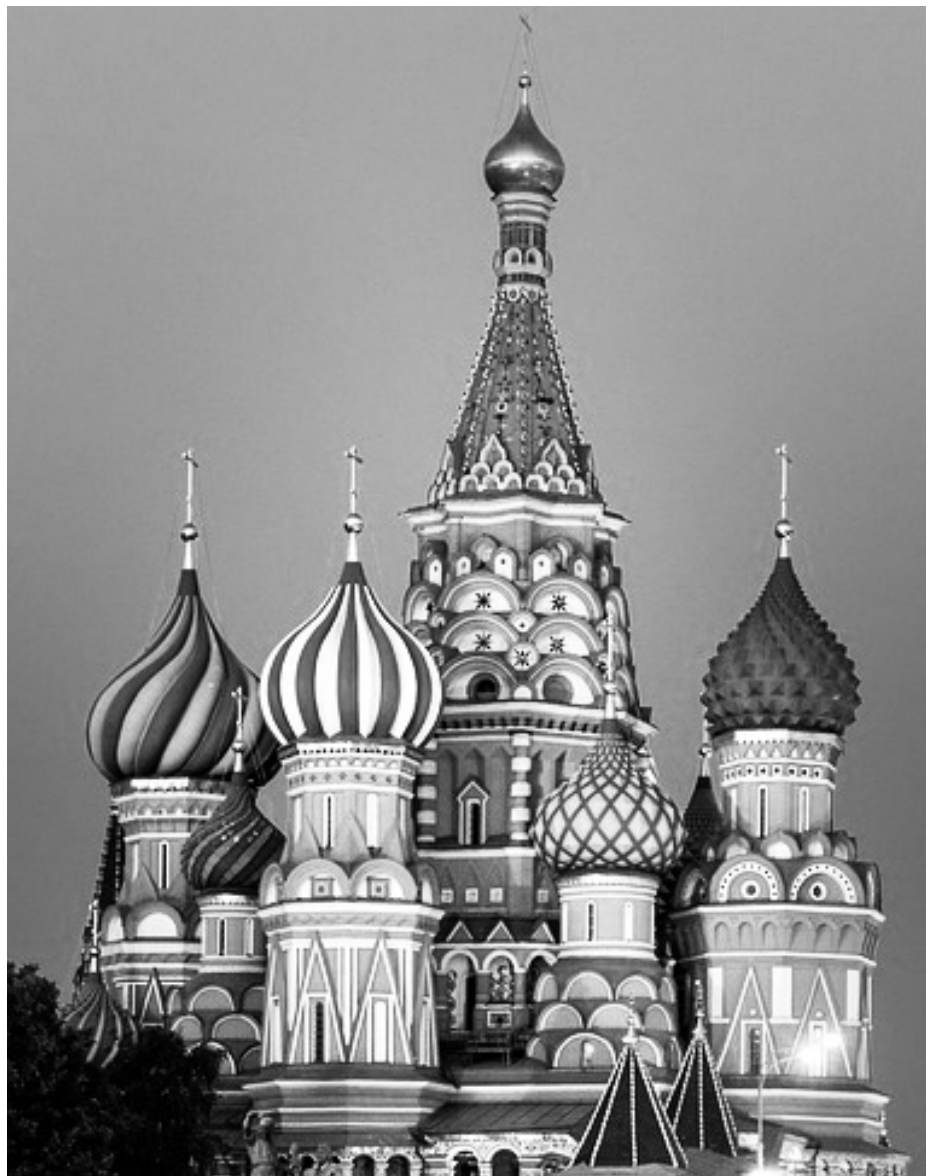
Maria Alyokhina i sin bog "Riot Days"



**DU VIL STADIG
BLIVE KRITISERET,
SÅ DU KAN LIGE SÅ
GODT GØRE, HVAD
FANDEN DU VIL.**

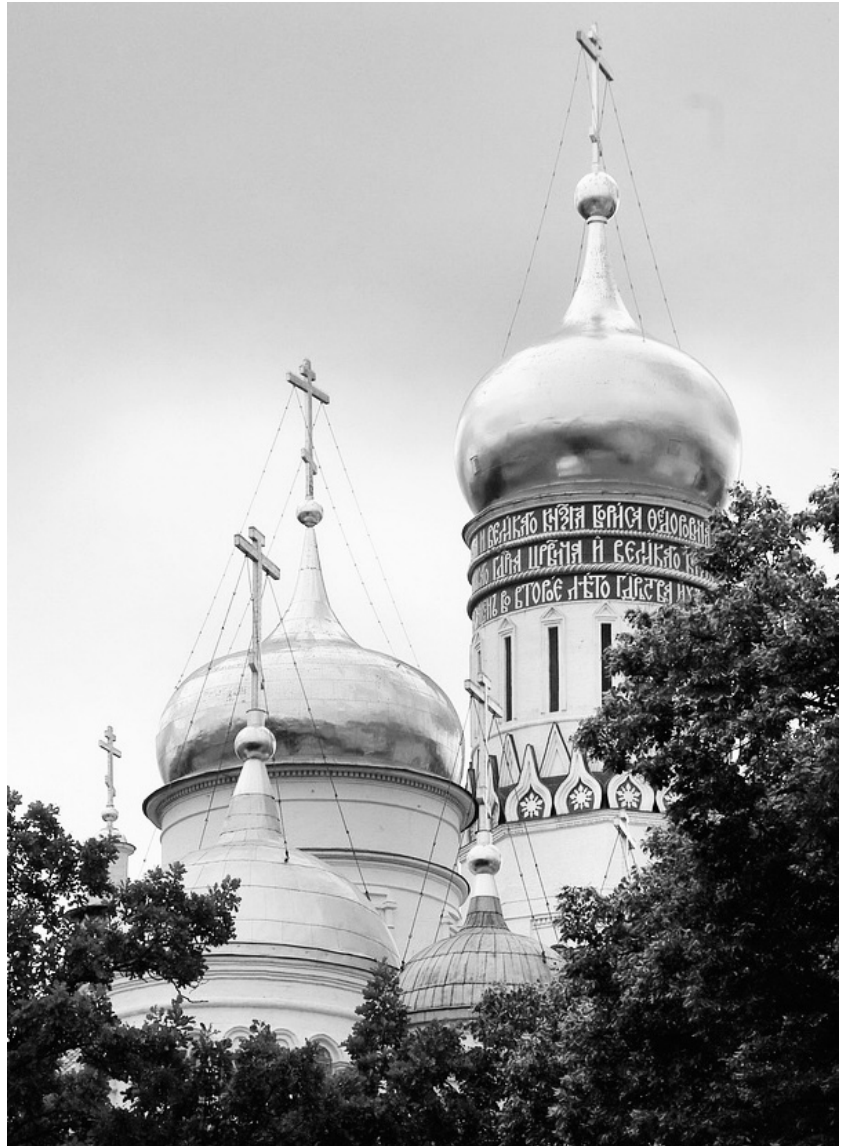
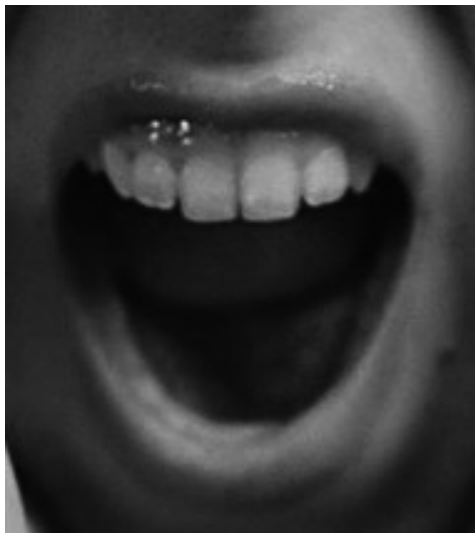
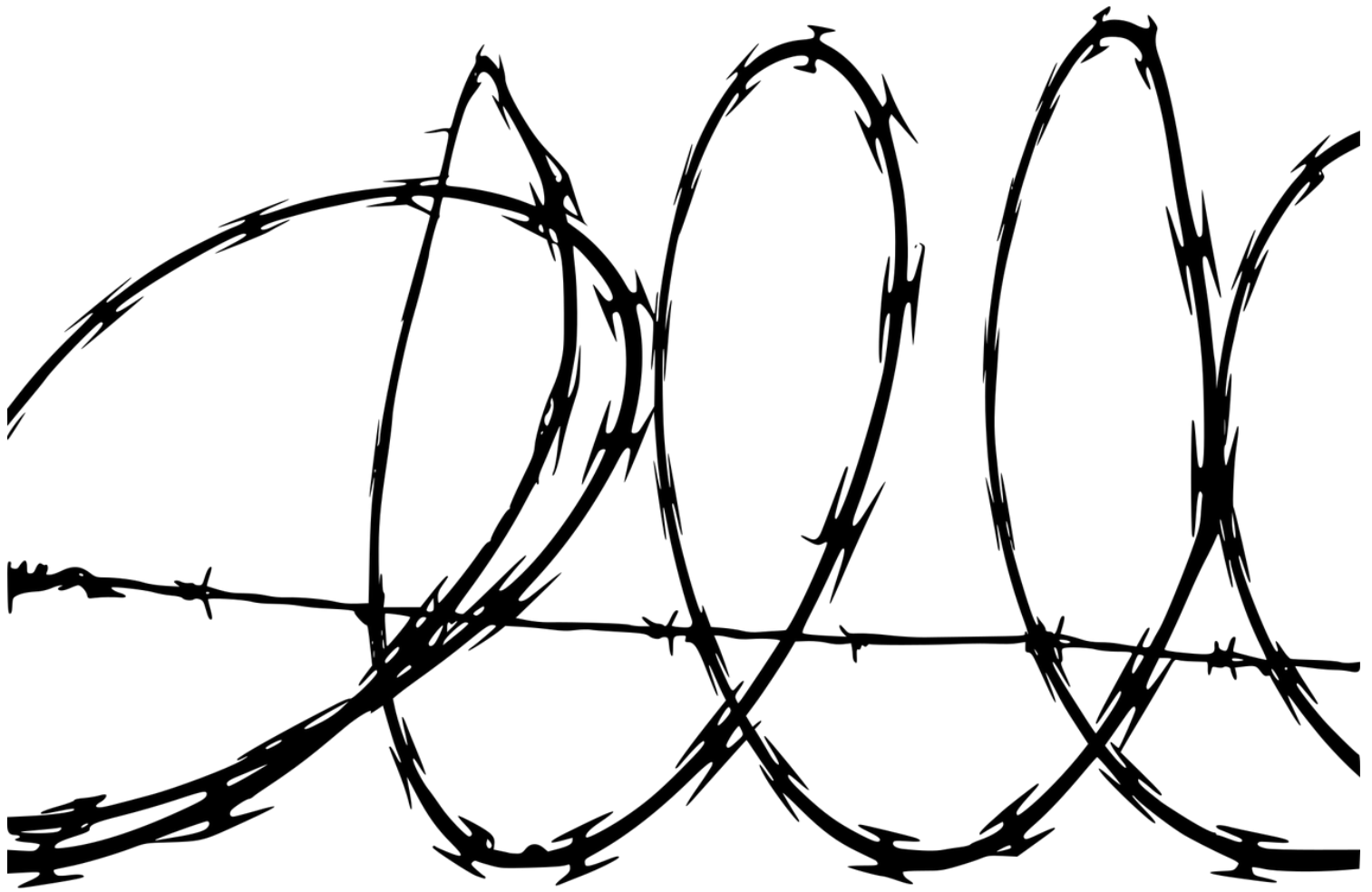
-KATHLEEN HANNA





ANYONE CAN BE PUSSY RIOT









Enhver kan være Pussy Riot, man skal bare tage en maske på og iscenesætte en aktiv protest mod noget i sit eget land, hvor end det måtte være, som man anser for uretfærdigt. Og vi er ikke her som ledere af Pussy Riot eller for at bestemme, hvad Pussy Riot er, og hvad det gør, eller hvad det siger. Vi er bare to individer, der tilbragte to år i fængsel for at have deltaget i en Pussy Riot-protestaktion.



Da vi blev fængslet, blev Pussy Riot straks meget populært og bredt kendt, og det gik fra at være en gruppe til i bund og grund en international bevægelse.