



GLITCHING

THE

FUTURE

DIGITAL TOOLKIT

Every day is a chance to refuse the render and remember the dream.

Explore daily practices that **transform technology** into tools of empowerment and **resistance against harm**.

Rituals and tools to create a path for reprogramming our interactions with technology in meaningful ways.

@glitchingthefuture



WHAT THIS IS:

- A set of daily and weekly tech harm reduction rituals
- Rooted in African cosmotechnics, queer imagination, and cyber refusal.
- You don't need expensive gear or 5G.
- All you need is a desire to glitch.

WHEN TO GLITCH

- When the platform demands compliance.
- When they ask for your biometric soul.
- When your feed feels like a depressant.
- When you're too seen, too tracked, too translated.
- When you want to feel human again.

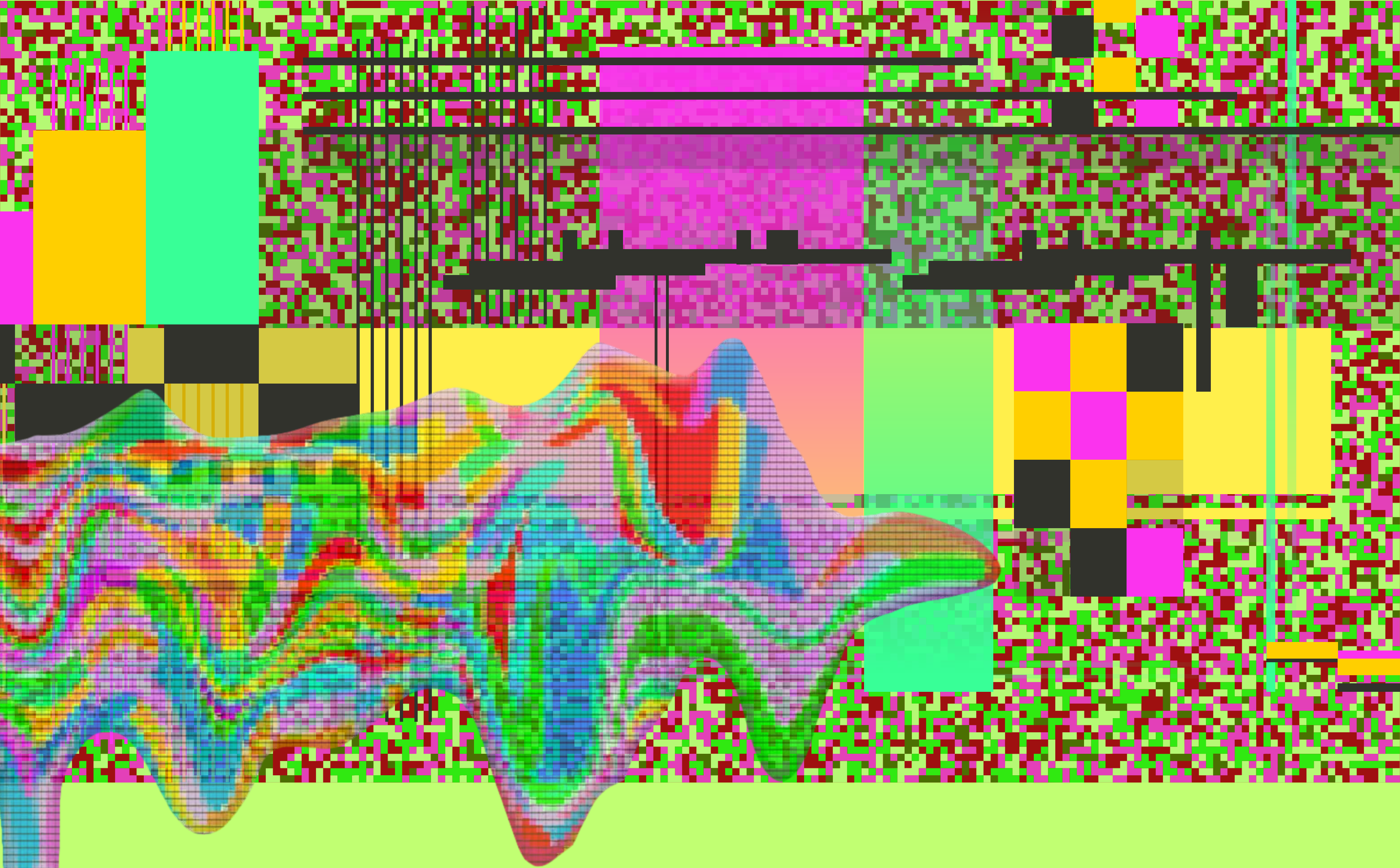
YOUR DAILY FRAMEWORK:

3 RADICAL RITUALS

Think of these as your decolonial operating system.
They're simple, repeatable, and portable.

BUT FIRST!





1. GLITCH PAGES (5 MIN)

Inspired by The Artist's Way's "morning pages."

What it is:

Every morning, handwrite or doodle whatever — glitchy, messy, dreamy, furious, poetic. This is a daily soul-dump to clear colonial code.

Why:

- Detox from digital noise before it enters.
- Let your spirit speak in its own syntax.
- Make space for dreaming.

Prompt ideas:

- "What am I refusing today?"
- "What does my spirit need me to remember?"
- "Where do I feel binary?"
- "What dream did the machine erase?"



2. DEVICE RITUALS (5 MIN)

Pick one each day to re-pattern your tech behaviour with intention and care:

Ritual	How To
Intentional Login	Before unlocking your phone, say a small invocation or affirmation. “I enter this device with purpose.”
Sacred Sound	Instead of being dragged along random reels and news clips, begin your day with an intentional soundscape.
Soft Refusal	Silence notifications. No explanation. You do not owe real-time response to anyone.
Cache Cleanse	Delete 10 screenshots. Clear 1GB of nonsense. Phehla with each delete.
Platform Exit	Delete or pause one platform for the day. Use that time for deep listening.



3. DREAMSPACE LAUNCH CODE (5 MIN)

Every evening, close the loop. Send yourself a quick voice note. This is a way to prepare yourself for the dream world.

Prompt ideas:

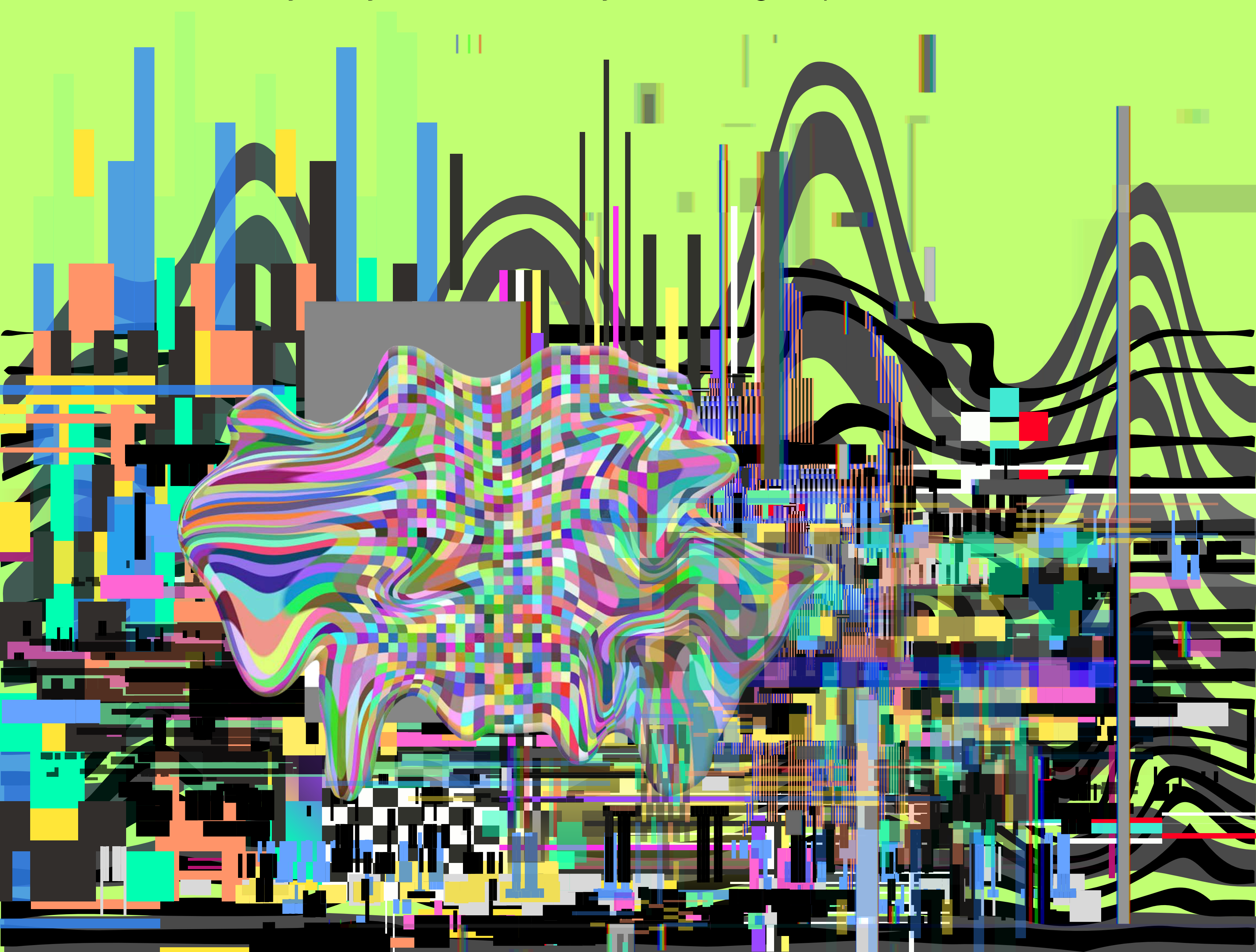
What glitched today?

What beauty was revealed through the glitch?

What systems failed me today, and how did I resist?

What did I unlearn?

What did my body know before my mind caught up?



WEEKLY GLITCHUALS

MONDAY: Deplatform Day

Unplug from one digital tool. Try doing something analogue: writing a letter, walking with no GPS. Or imagine a platform of your own design.

Ask: “What happens when I’m not plugged in?”

TUESDAY: Breathwork Day

Breathe. Do it intentionally. Remember that bodies can function with or without devices. Do it alone. Be quiet. Let your own body show you the way.

Ask: “What does my breath mean to me?”

WEDNESDAY: Ancestral Tech Practice

Do something old with intention. Star gaze. Cook over fire. Recite a poem.

Sing an unrecorded song. Watch an elder’s hands.

Then reflect: “What is tech, really? What did we already know?”

THURSDAY: Glitch in Public

Post something online that doesn’t make sense in platform logic. A mood. A scream. A refusal.

Don’t explain it. Let others feel it. Say: “I’m not here to translate myself.”

FRIDAY: Digital Offering

Send something to someone without expecting a reply. A poem. A meme. A playlist. A blessing.

Practice non-transactional intimacy.

Let tech be a river, not a contract.

SATURDAY: Archive Day

Back up photos. Print something. Save a playlist.

Write a letter to your future self or your great-great grandchild.

Curate your data like it’s a shrine.

SUNDAY: Touch grass

Limit your screen time. Do self-care things. Look around. Nap. Walk. Sit in silence. Touch yourself. Log your dreams.

Ask: “What is trying to come through me if I get still enough to hear it?”

USEFUL GLITCH TOOLS

(FREE / LOW-COST)

Need	Tool	Note
Private Messaging	Signal / Session	Protect your peace. Value your sovereignty.
Non-corporate Browsing	Tor / Brave	Anonymous, ad-free. Surf softly. Safely.
Collaborative Notes	Cryptpad	Decentralised. Doesn't track you.
Language Liberation	Type in isiZulu, Shona, Yoruba, Swahili	Reclaim typing space. Glitch the interface.
Sacred Timekeeping	A R100 watch	So your phone doesn't dictate your rhythm.
Recording Dreams	Pen + Paper	The cloud is unreliable. Paper dreams last

CLOSING INVOCATION

Take it easy. Listen to your heart.
Glitching isn't about perfection.
It's about living in multiplicity, in slowness, in contradiction.
It's not a clean hack.
It's a messy prayer, whispered between logins.

Every day you practice this —
you're not just surviving the system.
You're building the next one.

