

## **SPRING DOES NOT ARRIVE, IT INTERRUPTS**

*Threshold Issue · Spring Edition*

Welcome to the threshold.

Spring does not arrive. It interrupts.

This issue moves through Japanese fashion as language. Coded. Disciplined. Defiant. Silhouettes that negotiate between restraint and rupture. Garments that behave like architecture and refuse apology for their structure.

Spring food appears not as comfort but as composition. Minimal gestures.

Precise color. Intention made visible on a plate. Travel is reframed as displacement rather than escape. A shift in perception that does not simply show you new places but alters how you see what you already know.

Health is not wellness rhetoric. It is infrastructure. The unseen system that supports every aesthetic decision, every act of making, every refusal to collapse into excess.

And within this frame, AYME members. Work that does not ask for immediate understanding. Work that insists on presence. Work that expands the room it enters.

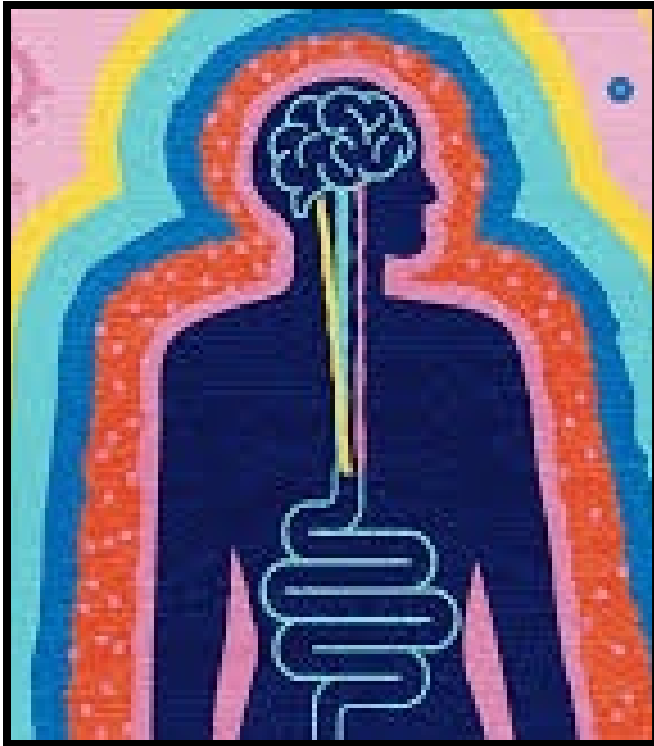
This is not a seasonal feature.

It is a position.

You are not stepping into spring.

You are stepping into alignment with it.

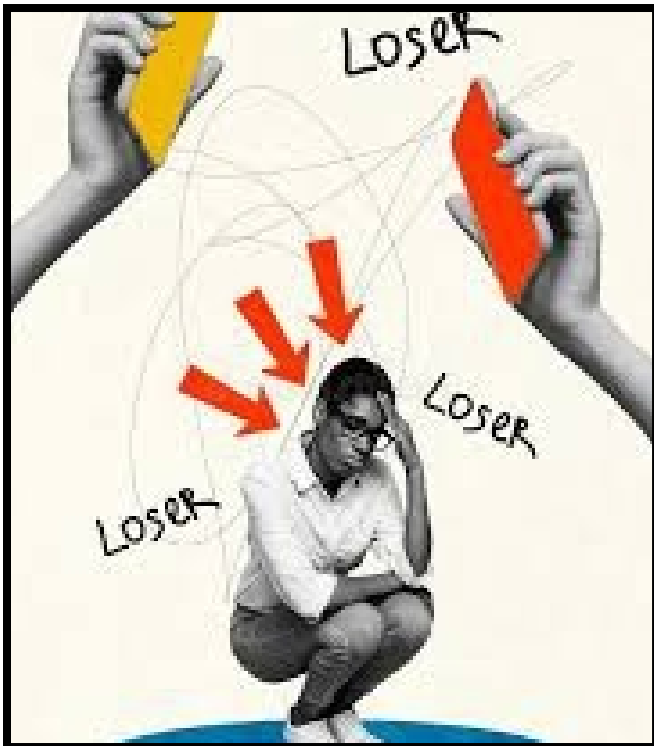
— *AYME Editorial Collective*



**(A) HEALTH | PG 7**  
SPRING RESET: THE BODY DOES NOT RESTART, IT REBALANCES



**(A)RT CORNER | PG 5**  
There was a time when fashion and fine art occupied separate worlds.



**(A) LIFESTYLE | PG 14**  
Social Media and Self Esteem



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Rules



## (A)RT CORNER

There was a time when fashion and fine art occupied separate worlds.

Fashion has always existed in a space between function and fantasy, but today that space feels less like a boundary and more like a merging point. Clothing is no longer just something we wear—it has become something we read, interpret, archive, and experience. Increasingly, fashion is not just inspired by art; it is functioning as art in its own right, with the same intentionality, emotional weight, and cultural commentary we once reserved for galleries and museums.

There was a time when fashion and fine art occupied separate worlds. One lived on runways and in wardrobes, the other in curated institutions. But that separation has steadily dissolved. Designers now approach garments the way sculptors approach form, building silhouettes that challenge proportion, space, and expectation. Fabric is treated like brushwork, tailoring like structure, and the body like a moving canvas. A garment is no longer simply assembled—it is composed.

This shift has also reshaped the identity of the creator. The lines between artist, designer, photographer, and stylist are no longer clearly drawn. Instead, they overlap and inform one another in ways that feel increasingly natural. A collection is no longer just a series of outfits; it is a narrative system. A single look can exist simultaneously as a runway moment, a photographed artwork, a digital image circulating online, and a cultural reference point that lives far beyond its original context. Fashion has become a form that multiplies itself across platforms and interpretations.

Social media has accelerated this transformation in ways no traditional fashion system could have predicted. Platforms like Instagram and TikTok have reframed how fashion is seen and understood. Garments are now designed not only for movement and presence in real space but for impact within a scrolling feed.

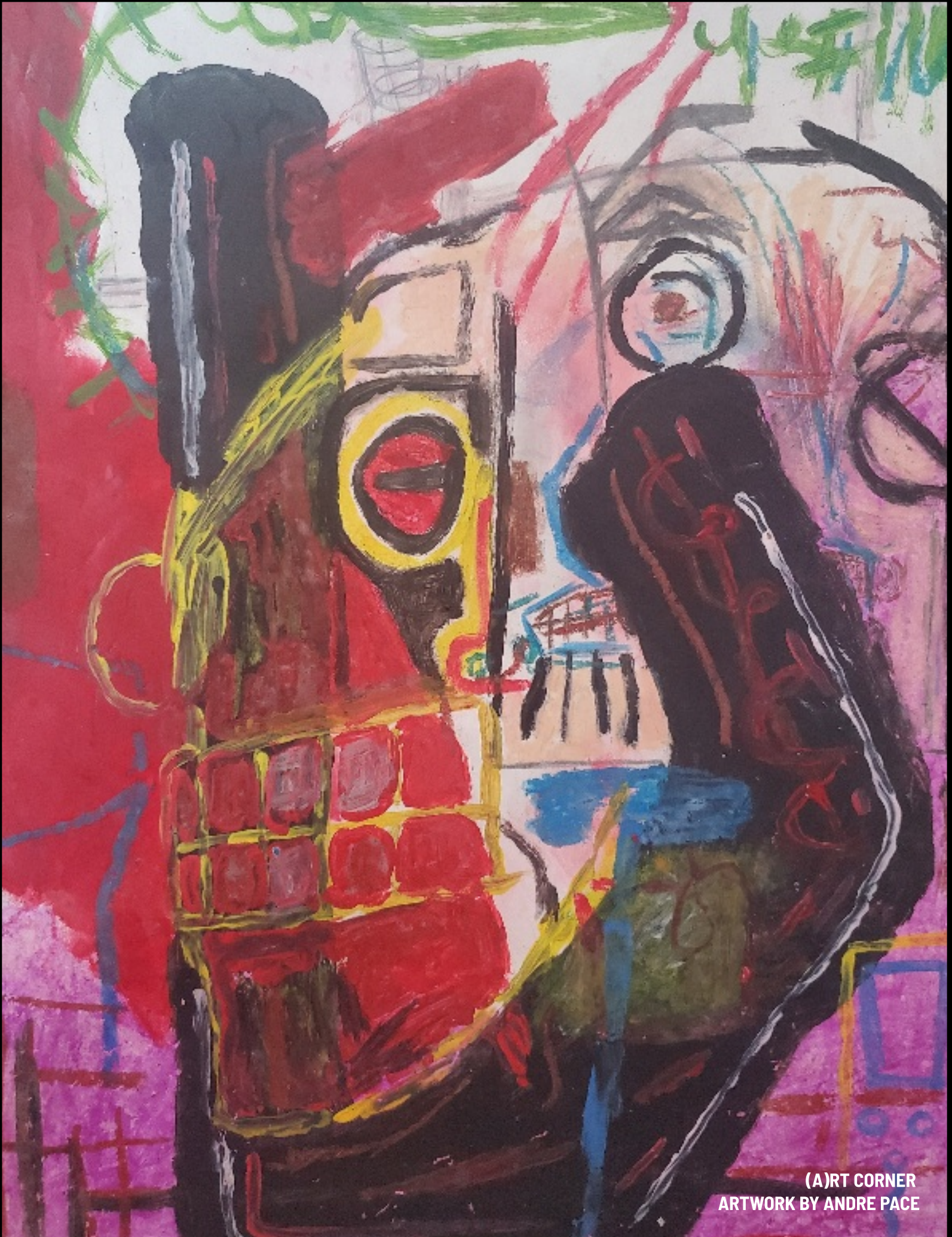
Composition, lighting, and instant visual recognition have become as important as fabric and construction. Yet rather than diminishing fashion's artistic value, this shift has expanded it, forcing designers to think in fragments, moments, and visual rhythm.

Perhaps the most significant evolution, however, is fashion's growing role as cultural documentation. What we wear increasingly reflects not just personal taste but identity, history, politics, and emotion. Designers are responding to this by creating work that engages directly with cultural tension—questions of gender, heritage, climate, memory, and digital existence. Fashion art is no longer decorative. It is reflective, sometimes confrontational, and deeply archival in nature. It captures what institutions often overlook or fail to preserve.

In this way, the question of whether something is fashion or art is becoming less relevant. The two are no longer operating in opposition but in collaboration. Runways are beginning to resemble installations, exhibitions are adopting the language of fashion presentation, and clothing is being experienced with the same interpretive openness as visual art. The result is a creative space where meaning is not fixed but constantly shifting.

The rise of fashion art is not a trend or a momentary aesthetic direction. It is a return to something more foundational: the idea that what we create should carry meaning beyond utility. In a world that moves quickly and consumes even faster, fashion art slows us down just enough to remind us that clothing has always been more than surface. It is memory, identity, and expression woven into form.

# (A)RT CORNER



(A)RT CORNER  
ARTWORK BY ANDRE PACE

## (A) HEALTH

### SPRING RESET: THE BODY DOES NOT RESTART, IT REBALANCES

Spring is often described as a reset, but the body does not restart with the season. It responds. It adjusts quietly to changes in light, routine, food, and emotional load. What looks like renewal on the surface is actually regulation underneath.

This is a season that reveals imbalance more than it creates it. Energy that felt manageable in winter can suddenly feel scattered. Digestion that felt stable can become more sensitive. Mood can shift without clear reason. Nothing is random. The system is simply becoming more responsive again after months of compression.

Mental health during this transition benefits most from reduction rather than addition. The mind is not asking for more structure or more goals. It is asking for less noise. Constant input, emotional overstimulation, and fragmented attention all compete with clarity. When everything is processed at the same intensity, nothing is processed deeply.

A spring reset for the nervous system is subtle. It looks like fewer open loops. It looks like moments of silence without stimulation. It looks like allowing thoughts to finish instead of stacking them. Sleep consistency becomes more important than sleep perfection. Morning light becomes more important than morning productivity. The goal is not optimization. It is stability.

Digestion follows the same principle. The gut is not separate from the nervous system. It is influenced by stress, rhythm, and emotional state as much as it is by food itself. When the system is under pressure, digestion slows, tightens, or becomes unpredictable. When the system feels safe, it regulates.

A grounded approach in spring does not rely on restriction. It relies on rhythm. Regular meals. Hydration that is steady rather than reactive. Foods that are simple enough for the body to recognize without effort. Warmth can matter more than complexity. Slowness can matter more than control. The digestive system responds to consistency it can trust, not intensity it has to adapt to.

Movement supports both mental and digestive balance when it is used as circulation rather than correction. Walking, stretching, and gentle activity help regulate stress hormones while also supporting gut motility and blood flow. The body does not need to be pushed into change. It needs to be kept in motion.

Ultimately, a seasonal reset is not transformation. It is alignment. When the nervous system settles, digestion follows. When digestion steadies, mental clarity returns. These are not separate systems trying to be fixed individually. They are connected responses to the same internal environment.

Spring does not require reinvention. It exposes rhythm. The work is not to become new. It is to return to balance that already exists when the system is not overloaded.

# (A) HEALTH

# Unfinished, Unapologetic: How Japanese Fashion Redefined the Rules

Japanese fashion doesn't ask for attention—it commands it. For decades, its influence has moved quietly but powerfully through the global industry, reshaping not just how clothing looks, but how it's *understood*. From the experimental streets of Tokyo to the polished runways of Paris, Japanese design has consistently challenged tradition, proving that fashion isn't just about appearance; it's about perspective.

The global shift began when designers like Rei Kawakubo, Yohji Yamamoto, and Issey Miyake stepped onto the international stage. Their work disrupted everything the Western fashion system had long upheld, perfect tailoring, symmetry, and conventional ideas of beauty. Instead, they introduced garments that were oversized, asymmetrical, and often deliberately “unfinished.” At the time, it confused critics. Now, it defines some of the most respected aesthetics in modern fashion.

That influence is still unfolding today, especially in how designers approach construction. The idea that clothing must be polished and precise has given way to something more intentional. Deconstruction, once considered radical is now widely accepted as a form of luxury. Raw hems, exposed seams, and layered silhouettes have become visual language, not mistakes. Labels like Comme des Garçons laid that groundwork, and the rest of the industry followed.

At the same time, Japan has mastered the balance between fashion and function. What the world now calls “techwear” has deep roots in Japanese design philosophy; clothing that moves with you, adapts to your environment, and serves a purpose beyond aesthetics. Brands such as Undercover and A Bathing Ape have blurred the line between streetwear and innovation, introducing garments that feel as practical as they are expressive. In a fast-moving world, that kind of design thinking isn't just relevant, it's necessary.

But perhaps the most visible impact comes from the streets themselves. Districts like Harajuku have long been cultural epicenters of fearless style. There, fashion is personal, layered, and unapologetically bold. Clashing prints, exaggerated silhouettes, and fluid approaches to gender are not statements, they're everyday reality. While global brands attempt to replicate this energy, what they often miss is the authenticity behind it. Japanese street style isn't curated for approval; it exists as pure self-expression.

That same mindset has quietly led the charge in redefining gender within fashion. Long before the industry began widely embracing genderless collections, Japanese designers were already dissolving those boundaries.



HARAJUKU  
STREETWEAR

Loose tailoring, skirts styled across identities, and silhouettes designed for the body—not the label—have been part of the conversation for years. What feels progressive elsewhere has long been normalized in Japan.

Equally important is the way Japanese fashion honors its past while pushing forward. Traditional techniques like indigo dyeing and sashiko stitching continue to influence contemporary design, not as nostalgia, but as evolution. Brands like Visvim exemplify this balance, merging heritage craftsmanship with modern aesthetics. It's a reminder that innovation doesn't require abandoning tradition—it requires reimagining it.

What makes Japanese fashion so impactful isn't just the garments themselves, it's the philosophy behind them. It rejects the pressure to conform, to follow seasonal cycles, or to define beauty in a single way. Instead, it embraces experimentation, individuality, and, at times, discomfort. And that's where its real power lies. Not every piece is meant to be easily understood, and that's intentional. Fashion, in this context, becomes less about consumption and more about conversation.

For a global industry often driven by repetition, Japanese fashion remains a necessary disruption. It challenges designers, creatives, and consumers alike to think deeper about what they wear and why they wear it. Because being fashion forward isn't about keeping up, it's about having the courage to move differently, even when no one else is ready to follow.



ACRONYM  
TECHWEAR



ISSEY  
MIYAKE



VISVIM  
CRAFTSMANSHIP



STREET  
STYLE

**(A) LIFESTYLE**

Cultural Identity & the Art of Individuality

There's a moment most people don't talk about.  
It's the split-second realization that what shaped you... is also what you're trying to  
shape yourself out of.  
Culture arrives first. Before language is fully yours, before taste becomes opinion, before  
style becomes intentional. It teaches rhythm, restraint, expression, silence. It builds the  
original silhouette of who you are.  
Then individuality shows up, louder, slightly unruly.  
And suddenly you're negotiating with yourself.  
Not rejecting. Not replacing. Negotiating.  
Because culture doesn't leave when you evolve. It embeds. In posture. In humor. In  
how you enter a room. Even in what you try to escape.  
Individuality, then, is not separation. It's translation.  
It's what happens when inherited identity meets lived experience and refuses to stay  
frozen.  
We like to pretend identity is clean; either/or, before/after, from here or from there.  
But real identity is layered. Imperfect. Rewritten in real time.  
Sometimes that rewriting feels like freedom. Sometimes it feels like guilt. Most of the  
time, it feels like both arguing in the same body.  
And still (you keep going).  
Because individuality isn't the absence of influence. It's authorship under influence.  
It's deciding what to keep speaking, what to soften, what to amplify, and what to finally  
let evolve without apology.  
Culture gives you origin.  
Individuality gives you edit control.  
And neither one disappears.  
They coexist. Sometimes comfortably. Sometimes not.  
But always honestly.  
The goal was never to choose between them.  
It was to learn how to live as both.



HARN MUSEUM OF ART  
Reika Iwami 岩見禮花,  
"Water and Moon 水と月," 1972,  
Gift of Jerry and Anne Godsey

# A Season of Light, Color, and Comfort

After months of heavy comfort foods and cold weather cravings, spring arrives like a reset button. The days grow longer, the air feels lighter, and suddenly fresh ingredients start sounding a lot more exciting than rich winter meals. Spring food has always carried a certain energy to it. It feels clean, colorful, and alive. Crisp vegetables, juicy fruits, herbs, citrus, and simple homemade dishes begin replacing soups and holiday leftovers. Honestly, nature knows what it's doing. Spring is the perfect season to slow down and enjoy food in a more intentional way. Farmers markets begin filling with fresh produce, kitchens smell brighter, and meals become less about heaviness and more about balance. Ingredients like strawberries, cucumbers, asparagus, spinach, lemons, peas, and fresh herbs start making their way into everyday cooking. Even a simple meal feels elevated when the ingredients are fresh. One of the best things about spring cooking is that it does not need to be complicated. Some of the most satisfying dishes are simple combinations that allow ingredients to speak for themselves. A fresh salad with homemade dressing, fruit layered into yogurt, or warm toast topped with ricotta and honey can feel just as comforting as a large traditional meal. There is elegance in simplicity, and spring cuisine embraces that naturally. Drinks also become part of the seasonal refresh. Iced teas, fruit-infused water, lemonade, and fresh smoothies start replacing heavier winter beverages. Even coffee habits shift a little. People begin sitting outside again, enjoying iced drinks in the sun, and treating meals less like routines and more like experiences. Spring has a way of making ordinary moments feel aesthetic without trying too hard.



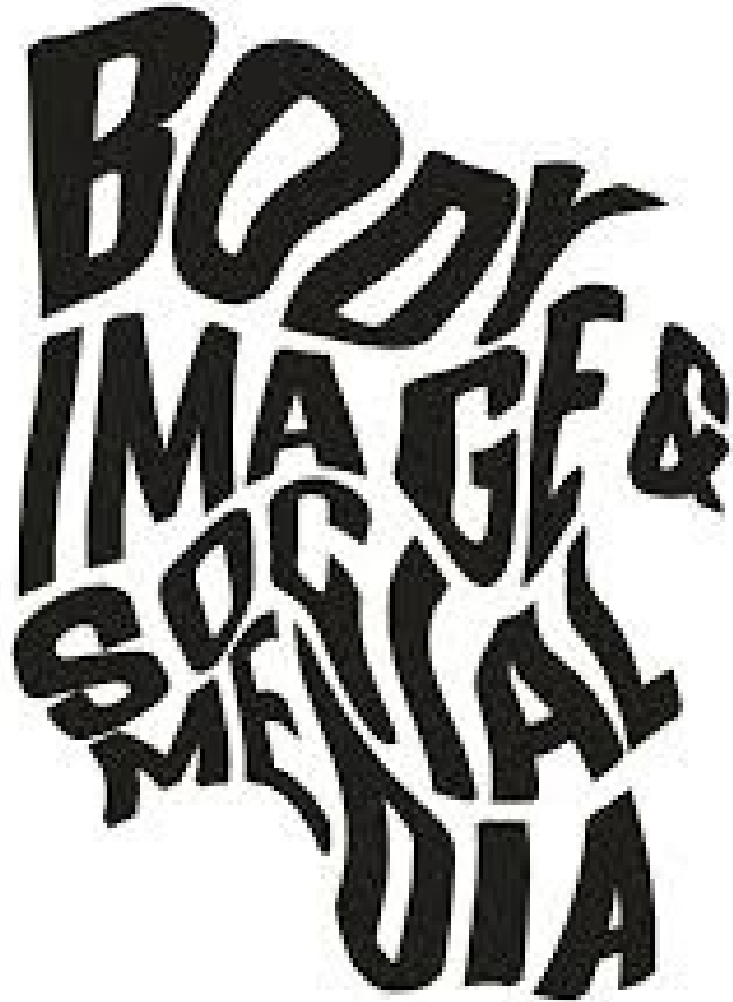
# AYME'S TABLE

# Social Media and Self Esteem

There was a time when people compared themselves mostly to classmates, coworkers, neighbors, or celebrities seen occasionally on television or in magazines. Now comparison lives in our pockets 24/7. Social media has completely changed how people see themselves, measure success, and define beauty, popularity, and worth. The impact can be inspiring and empowering at times, but it can also quietly damage self-esteem in ways many people do not immediately recognize.

Self-esteem is the way a person values themselves. It affects confidence, relationships, decision-making, and emotional health. Social media platforms encourage constant interaction through likes, views, comments, followers, and trends. While these features were designed to increase engagement, they also turned validation into something public and measurable. That changes people psychologically whether they admit it or not.

One of the biggest influences social media has on self-esteem is comparison culture. Users are constantly exposed to carefully edited versions of other people's lives. Photos are filtered, captions are curated, and struggles are often hidden. A person scrolling through social media may begin to believe everyone else is happier, more attractive, wealthier, or more successful than they are. The truth is that most online content is selective reality, not everyday life. Still, the brain reacts emotionally before logic catches up. Young people are especially vulnerable to this pressure. Teenagers and young adults are still developing identity and confidence, so outside validation carries more weight. A single negative comment, lack of engagement, or exclusion from online trends can affect mood and self-



worth. Many people begin tying their confidence to numbers such as how many likes they received, how many followers they gained, or whether others noticed them online. That is a dangerous foundation for self-esteem because algorithms are unpredictable and public attention is temporary. Body image is another major issue connected to social media. Beauty standards online move fast and often become unrealistic. Filters, editing apps, cosmetic procedures, and highly staged content create impossible expectations. Many users compare themselves to images that are not even fully real. This can lead to insecurity, anxiety, unhealthy habits, and a distorted sense of self. Even people who appear confident online often struggle privately with pressure to maintain an image.

However, social media is not entirely negative. It can also improve self-esteem when used in healthy ways. Online communities help people feel less alone. Artists, creators, activists, and small businesses have found opportunities and support through social platforms. People can express themselves creatively, connect with others who share their interests, and find encouragement during difficult times. Representation has also improved in many spaces, allowing more people to feel seen and accepted.

The real issue is not social media itself. Instead, the issue is how people use it and how much power they allow it to have over their identity. Healthy self-esteem cannot depend on internet approval. Confidence built only through attention online often disappears the moment engagement drops. Real self-worth comes from personal growth, meaningful relationships, talents, values, and experiences offline.

Creating healthier habits online is

important. Taking breaks from social media, unfollowing harmful accounts, limiting comparison, and remembering that most content is curated can protect mental health. Spending more time in real-world experiences such as conversations, hobbies, work, creativity, and community helps rebuild perspective. Sometimes the healthiest thing a person can do is put the phone down and reconnect with real life for a while. Old-school advice still holds up because confidence grows through living, not performing.

Social media is one of the most powerful influences on modern self-esteem because it shapes how people see both themselves and others every single day. Used carelessly, it can increase insecurity and emotional pressure. Used wisely, it can inspire connection and creativity. The challenge for this generation is learning how to participate online without losing confidence offline.



# (A) LIFESTYLE



Creator: DIANA MAH  
Copyright: 5IVETECH

## **Ingredients**

- 1 cup vanilla Greek yogurt
- 1/2 cup fresh strawberries, sliced
  - 1 teaspoon honey
  - 1 teaspoon fresh lemon zest
- Granola or crushed graham crackers
- Fresh mint leaves for garnish

## **Instructions**

1. In a bowl, mix the Greek yogurt with honey and lemon zest.
2. In a glass or jar, layer yogurt, strawberries, and granola.
3. Repeat the layers until the glass is full.
4. Top with extra strawberries and fresh mint.
5. Chill for 10 minutes or enjoy immediately.

The result is light, creamy, slightly sweet, and full of fresh flavor. It feels like something you would eat near an open window while pretending your life is fully together. Spring food does that. It romanticizes everyday living in the best way possible.

# TRAVEL DESTINATION



# Why Getting Away Can Be the Reset You Need

There is something about spring that naturally makes people want to move. After a long winter filled with routines, cold weather, and staying indoors, the season creates an urge for change. The air feels lighter, the days last longer, and suddenly even a short trip sounds healing. Spring travel is not always about luxury or escaping life completely. Sometimes it is simply about stepping away long enough to reconnect with yourself.

Travel has a way of interrupting routine in the best possible way. Daily life can become repetitive without people realizing it. Wake up, work, scroll, sleep, repeat. Eventually the mind starts running on autopilot. Traveling forces people to pay attention again. New surroundings, unfamiliar streets, different foods, conversations, and experiences wake the brain up. Even a weekend getaway can shift perspective more than months spent in the same environment.

Spring is one of the best times to travel because everything feels in transition. Cities become more active, parks begin blooming, outdoor cafés reopen, and destinations feel energized after winter. There is a freshness to the season that mirrors personal growth. It becomes easier to reflect, set goals, or let go of stress when surrounded by change and movement. Nature itself starts over in spring, and people often feel inspired to do the same.

Travel also creates distance from pressure. Many people do not realize how mentally exhausted they are until they leave their normal environment. Constant notifications, responsibilities, and expectations can slowly drain energy. Taking time away allows the mind to quiet down. A person may return home realizing they needed rest far more than they needed productivity. That realization alone can be life-changing.

One underrated part of traveling is how it rebuilds confidence. Navigating unfamiliar places, trying new things, or even traveling alone reminds people they are capable of adapting. Confidence grows through experience, not comfort zones. There is a reason many people return from trips feeling more inspired, motivated, or emotionally lighter. Travel

challenges routine thinking and creates space for personal reflection.

Social media often turns travel into performance, making it seem like every trip needs luxury hotels, expensive outfits, and perfectly curated photos. In reality, meaningful travel does not need to be extravagant. A simple road trip, a quiet cabin weekend, visiting a nearby city, or spending time near water can provide the same emotional reset. Sometimes the most memorable moments are the least planned ones. An early morning coffee while watching a new city wake up can stay with someone longer than an expensive itinerary.

Traveling in spring also reconnects people with the physical world again. After months of screens and indoor living, being outside matters. Walking through gardens, hearing birds in the morning, feeling sunlight after winter, or eating outdoors can genuinely improve mood and mental clarity. Human beings were not designed to spend every day staring at notifications under fluorescent lighting. Spring reminds people of that very quickly.

At its core, travel is not always about running away from life. Often, it is about returning to it differently. A fresh environment can help people reflect on what they truly want, what they need to let go of, and what parts of themselves have been neglected. Sometimes a reset is not dramatic at all. Sometimes it looks like fresh air, a packed bag, and the decision to finally leave the house for a while.

Spring teaches an important lesson every year. Growth requires movement. Whether the journey is across the world or just a few hours away, traveling can become the reminder that life is still happening beyond routine, stress, and screens. Sometimes the best thing a person can do for themselves is simply go somewhere new and breathe differently for a few days.



## A LETTER TO MOTHERS AROUND THE WORLD

There is no single way to define motherhood, and that is exactly what makes it powerful. It is not a uniform role or a fixed identity. It is a practice that shifts across cultures, generations, and individual lives, shaped as much by resilience as by care.

To mothers everywhere, the work is often invisible before it is acknowledged. It is the early mornings that begin before the world wakes. It is the mental tracking of needs that are never written down. It is emotional labor that rarely asks for recognition but always shows up anyway.

Across the world, motherhood carries different languages, traditions, and expectations, yet the core remains familiar. Protection. Sacrifice. Adaptation. Love that stretches quietly across time without needing to announce itself.

But motherhood is not only giving. It is also endurance under pressure that is rarely seen in full. It is learning how to exist inside responsibility without disappearing inside it. It is carrying others while still trying to remain connected to oneself.

In many ways, health becomes central here in ways that are not always spoken about. Mental fatigue accumulates quietly when rest is fragmented and attention is constantly divided. The body responds to stress not with words but with signals. Sleep disruption. Digestive tension. Emotional exhaustion that does not always have a clear name.

And yet, even in depletion, there is persistence. Mothers continue to show up in ways that hold families, communities, and futures together. Not perfectly. Not always gracefully. But consistently.

This is not a romanticization of struggle. It is an acknowledgment of scale. Of how much is held without applause. Of how much care exists without visibility.

So this is a simple recognition.

To mothers around the world, in every form that role takes: biological, chosen, adopted, shared, or self-defined.

Your labor is not small.

Your presence is not background.

And your impact extends further than you are often given credit for.

Today, and every day that follows, may there be moments where care returns to you as well.

Happy Mother's Day.