

# Sein zum Zählen – Die kryptoreligiöse Dimension des Quantified Self

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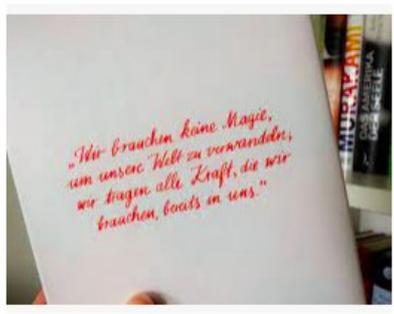
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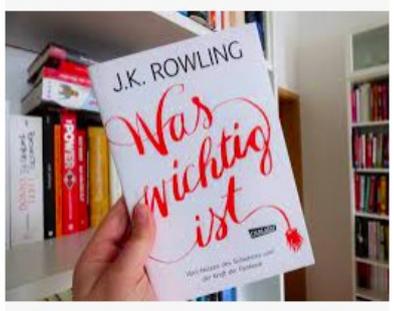
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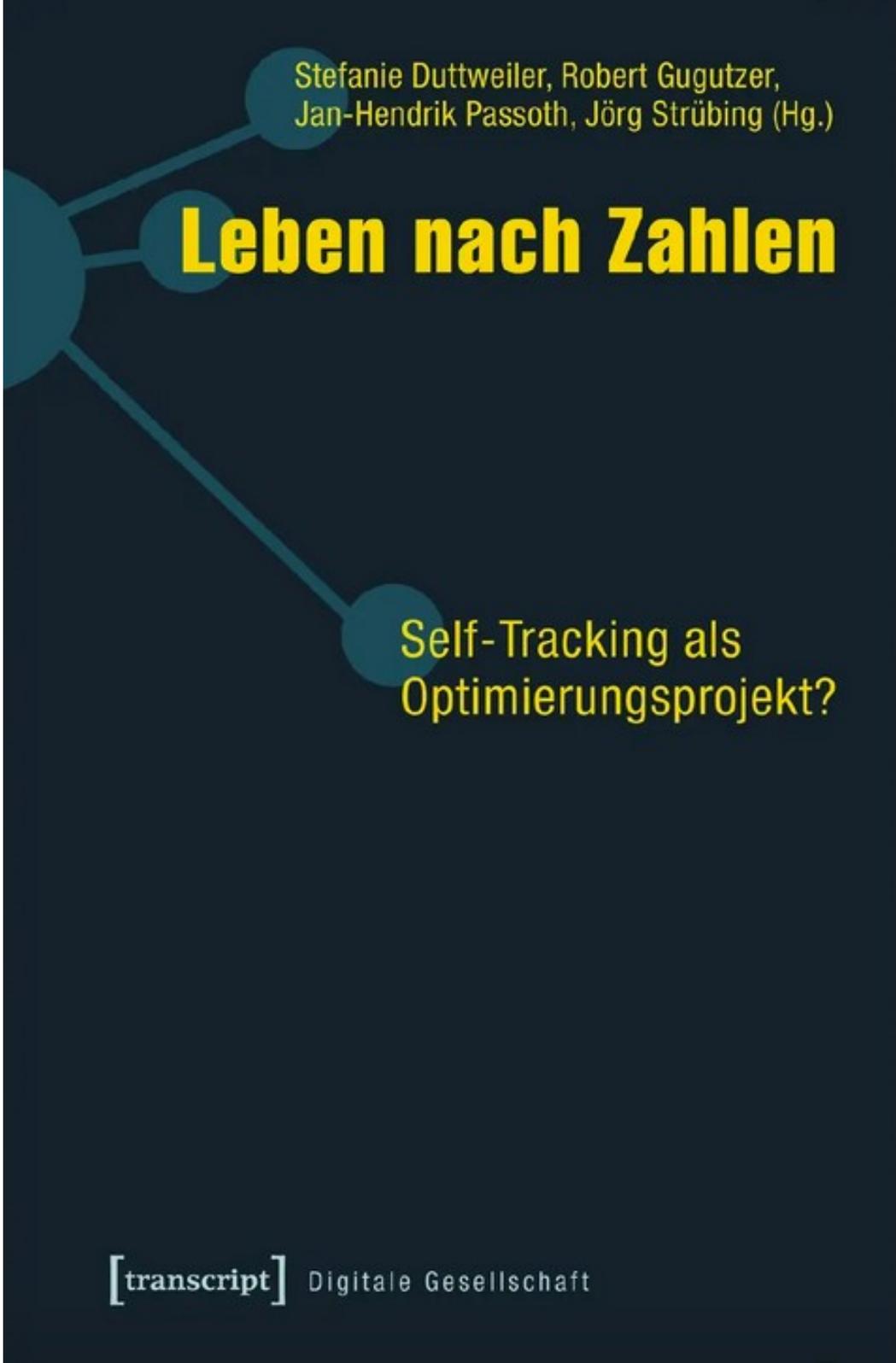
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„Etwas nicht zu können ist kein Grund, es nicht zu tun.“





Stefanie Duttweiler, Robert Gugutzer,  
Jan-Hendrik Passoth, Jörg Strübing (Hg.)

# Leben nach Zahlen

Self-Tracking als  
Optimierungsprojekt?





Gianni Vattimo 1985 (in: *Das Ende der Moderne*):  
Technik werde häufig „als eine Bedrohung für die  
Metaphysik und den Humanismus“ dargestellt.

Erwiderung Vattimos: Dies sei nur „ein Schein; er rührt  
daher, daß im Wesen der Technik Züge zum Vorschein  
kommen, die zwar der Metaphysik und dem  
Humanismus eigen sind, von diesen aber immer im  
Verborgenen gehalten werden“.



Enno Park: „Technik ist die Natur des Menschen.“



Friedrich von Hardenberg (Novalis).



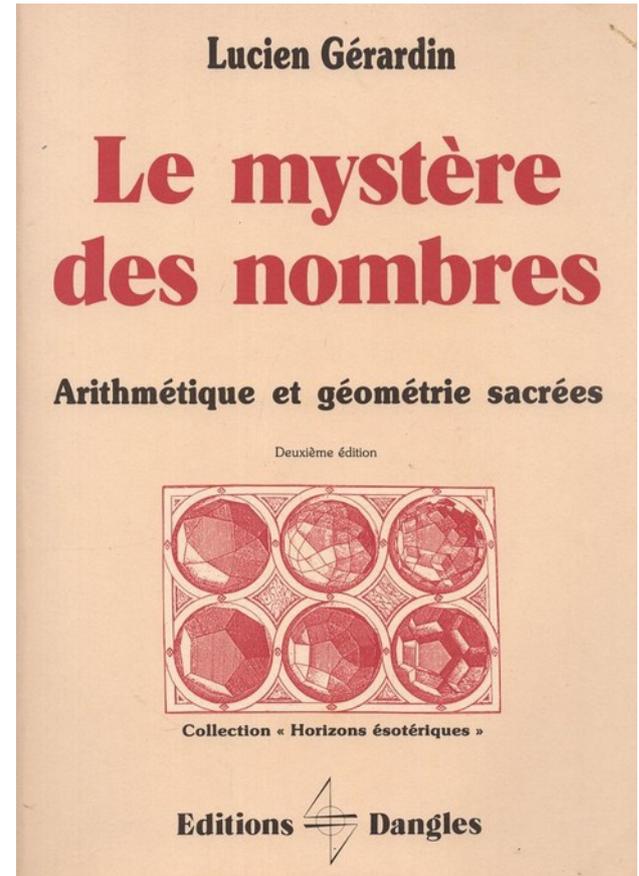
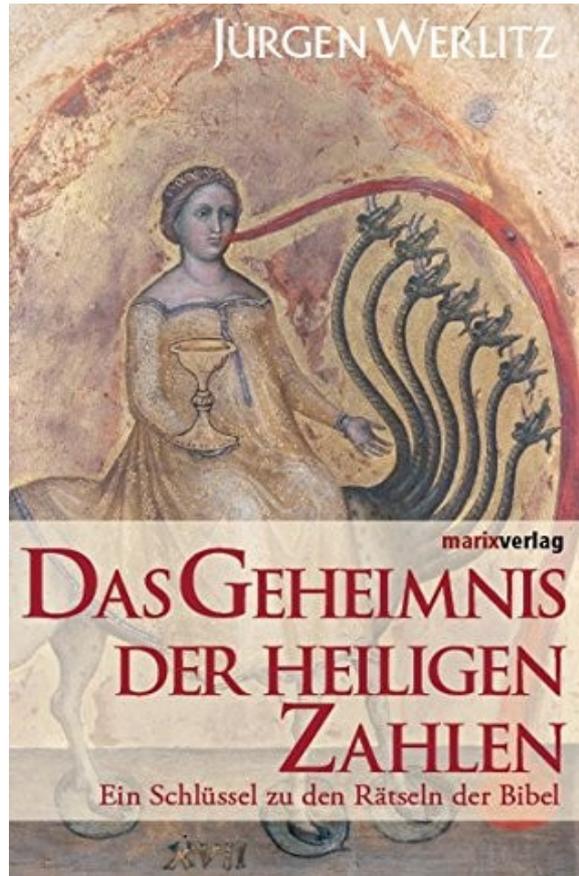
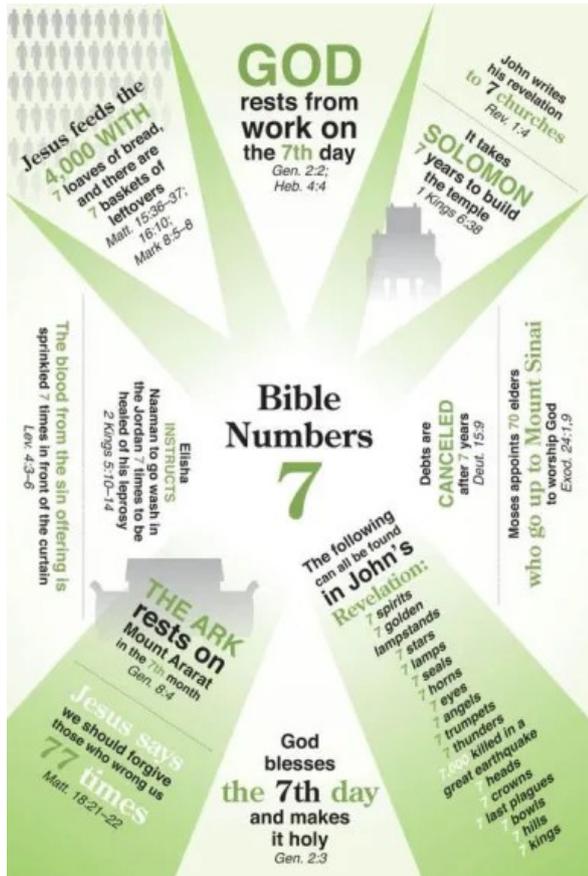


„Warum also diese scheinbar blinde Unterwerfung unter die Gesetze der Geometrie, die so ganz im Gegensatz zu unserer heutigen Auffassung von der Natur der Kunst und der Freiheit künstlerischen Schaffens steht?“

Otto von Simson, *Die gotische Kathedrale*, 1956

„Wenn ich die unveränderliche Wahrheit der Zahlen bei mir selbst betrachte und sozusagen ihre Lagerstätte und ihren innersten Raum oder ihren bestimmten Bezirk, oder welche geeignete Bezeichnung man sonst finden könnte, um sozusagen die bestimmte Wohnung und den Sitz der Zahlen zu benennen, dann gerate ich in große Entfernung vom Körper.“

Augustinus, *De libero arbitrio (Über den freien Willen)*, ca. 387–395



„The Iron never lies to you. You can walk outside and listen to all kinds of talk, get told that you’re a god or a total bastard. The Iron will always kick you the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend. It never freaks out on me, never runs.

Friends may come and go. But two hundred pounds is always two hundred pounds.“

Henry Rollins, *The Iron and the Soul*, 1993

# Jesus as a Physical Culturist

By Harry G. Hedden

RELIGION AND PHYSICAL CULTURE STAND FOR SIMILAR IDEALS. CHRIST LIVED THE SIMPLE LIFE.

The principles of practical Christianity that apply to men and women here and now are practically identical with those which are being advocated by this publication. We stand shoulder to shoulder with every organized force that is working for the betterment of mankind. We invite every religious organization to investigate the work of the PHYSICAL CULTURE magazine. It stands for a better and nobler manhood and womanhood. The author of the article which follows has endeavored to prove that Jesus Himself was a physical culturist—that He might be termed a pioneer in advocating the simple life.—Bernarr Macfadden.

**B**EFORE we take up the study of Jesus Christ as a physical culturist, it will probably be very interesting and highly profitable for us to consider briefly the Bible as a book of human health. Why not so study the Bible? Is not health in harmony with God's purposes? Is not health in harmony with Nature's laws?

For centuries, enthusiastic theologians have used—or misused—the Bible as a club with which to belabor one another in the arena of doctrinal dispute. For what purpose? Principally for the purpose of either defending or destroying profound theories concerning puzzling questions which the mind of man is not capable of grasping fully, and settling perfectly, and which in any event have but very little vital relation to man's highest welfare.

To be sure, it would be extremely unfair to claim that all this doctrinal disputation has been useless,

that none of it has been beneficial to man—in fact, it would be deplorable folly to make such a claim. Some of the world's greatest benefactors have been men who devoted their whole life to the promulgation of some doctrinal idea; and some of these fierce disputes have resulted in great good for mankind. Nevertheless, a very large per cent. of these disputed questions are evidently non-essential; and a very large percentage of these doctrinal

wranglings are even nonsensical. At any rate, a study of the Bible as a guide for right living is both interesting and uplifting.

They greatly wrong the Bible, who consider it as a book of laws intended to deprive man of liberty and enjoyment. They greatly wrong Christianity, who imagine that it is a philosophy of shriveling sentiment, a system of restraining precepts tending to make a man's life narrow and void of happiness. They greatly wrong



Head and bust of Christ by Heck, showing shoulders of a breadth that would accompany a superior physique.



A painting of Christ by F. Brockmann that depicts superior physical development.

