O.G.V.A.T.S. Culture Movement

***O**lfactory, **G**ustatory, **V**isual, **A**uditory and **T**actile **S**ensory Culture Movement*

Founded: 4th of March 2026

MANIFESTO

Sensory culture everyday. Stop oversimplification

OGVAT-S Culture Movement is for people who wants to feel. We promote and defend safe coping strategies used to regulate our body, emotions and nervous system. We just want to live in modern society **without stigma or misunderstandings**.

We just love ourselves enough to accept our unique characteristics. We are not crazy, attention seekers or exhibitionists. There is nothing wrong in emotional regulation through sensory stimulation and awareness. Modern society is so flattened that everything it's about **appearance and oversimplification**. For us, this is not just appearance or a trend, it's a life strategy used to maintain psychological wellness and affirm ourselves in our daily existence. **We choose to embrace our complexity to live better**.

1.0 Principles

1.1 Respect and Acceptance

Accept your unique characteristics and respect others. Live your life and encourage everyone else to do so **with pragmatism and without proselytism**.

1.2 Lateral Thinking

Be intelligent. Don't let your mind be rotted by prejudice, stigma, bias, approval-seeking and oversimplification.

1.3 Safety, pragmatism and science

For your own safety, **don't be fanatical**. Accept limits, facts, risks and context.

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LAST UPDATE: 07.11.2026

1.4 Sober-oriented mentality

We don't believe in using drugs of any kind to "enhance" senses. Your senses are perfect as they are, and you can stimulate them without pushing them to the limit or altering them. You deserve to live your life aware, healthy and grounded in reality, just **as anyone else in this World.**

1.5 Cultural Deconstruction

Rewrite social constructs. Many social rules that exist in Occidental culture for "decency" purposes are in fact obsolete, non-essential or **suffocating mental cages.**

2.0 What We Do

- We fight the lack of understanding toward underground lifestyles;
- We do sensory-friendly activities and **support similar subcultures**;
- We promote healthy sensory-seeking coping strategies to integrate into daily life;
- We defend and encourage alternative lifestyles that **do not involve risky, self-degrading or immoral behaviours.**

3.0 What We Are Not

- We are not a fetish, kinky or sexual-oriented group;
- We are not a sect nor a religious group;
- We are not fanatics and **we don't endorse anti-scientific theories.**

4.0 How to Join

No membership cards or entry fees are required. Joining means adopting this philosophy in your daily life, in your own space and time, and helping to turn the spaces we inhabit into **places of presence and awareness.**

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