

Bodies of Water Symposium: Regenerative Art Practice - Grounding Visualisation led by Seyi Adelekun Transcript

0:10 Justine Boussard

So it's now my pleasure to hand over the stage to Seyi Adelekun, who is going to lead us through a guided visualisation. Seyi, please join me.

0:21

[Applause]

0:34 Seyi Adelekun

Hello, everyone. My name is Seyi Adelekun. I'm a black person, non-binary person, fem-presenting. I'm wearing a khaki green top, tartan skirt, white trousers, ginger cane row braids, very decorative and patterned. And I'm in my early 30s, and I'm going to be guiding everyone today through a visualisation, connecting us to our inner waters. So I first want to invite you all to find a comfortable position in the seat that you're sitting in. Gently close your eyes, or if you don't feel comfortable, lower your gaze. Take a deep breath in, and a slow breath out. Breathing in, I arrive in my body and breathing out, I release any tension in my body. Notice the rise and the fall of your breath. Notice the seat beneath you. Your feet on the ground, your shoulders relaxing. Your face softening. I invite you to notice your mood, the inner currents within your body. Are you calm, still, energetic, chaotic? Our bodies are about 60% water. We are all vessels of water. The water within you are the same ancient waters that have been on Earth for nearly 5 billion years. I invite you to connect with the waters you've connected with today already; the water you drank this morning, the water you washed your face with, the water in your food, the puddle you stepped in, the rain that splashed on your skin. Beyond Today, what other waters are you carrying with you now? Acknowledge these waters, living and flowing through you - nourishing, hydrating, replenishing and healing. Now I invite you to bring your mind to a memory of being held by water, where you felt safe and at peace. It could be a calm shore of an ocean, a lake, a pond, even a bath. See this memory emerge before your eyes. Step into it slowly. Feel the water wash over you. Notice the water meet your skin. It's temperature, cool, warm. Its softness, its

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freshness, the way it clings, the way it flows, slips over your body. How it absorbs through your skin. Notice its smell, salty, sweet. Let yourself lie back floating. Your body fully supported, weightless. The water cradles you like a mother holds her child. You are safe here. As you float, notice how every small movement of your body creates ripples. The water responds to you. You touch it and it touches you. You transform it and it transforms you. Every touch is an exchange. All water is connected. The water you're touching now is also touching distant, oceans, glaciers, clouds, perhaps you are or have touched the same waters that someone else in this room once touched. Or the same droplet that passes through your body also passed through the body of an ancestor long ago. As you rest, imagine gentle rain drops beginning to fall. Can you hear them? Each drop of water carries blessings, knowledge, remembrance, breathing in the first droplet falls and speaks to you, saying, "I move through the world with fluidity". Breathing out it ripples outwards into the body of water. Saying, "I adapt with ease". Breathing in another droplet falls, saying I allow myself to be soft. Breathing out. It ripples outwards, saying "in my softness, I am strong". Breathing in a drop falls, saying, "I connect with others". Breathing out, it ripples outwards, saying, "as water connects with all things". And breathing in, the last droplet falls, caresses your skin, saying, "I replenish myself". Breathing out, it ripples outwards, saying "so that I may replenish others". Feel these blessings land on your body, expanding outwards from you. Held, amplified by the water around you, sending ripples outwards, merging with ripples of others, merging flowing waves, meeting waves, circles, joining circles together, forming a wider mosaic of interconnected energies. Slowly begin to move again. Feel your body stir in the water. You gently rise and stand on the sand, the lake bed, the floor of your bathtub. Take a step towards solid ground as you merge, feel the warmth of the air on your skin. Dry yourself in the sunlight. And as you return, I invite you to set an intention for how you want to move through this space today. An intention can be very simple, a way of guiding your energy like a compass. It could be, I intend to hold space for others whilst also holding myself. I intend to practice deep listening. I intend to remain open and fluid like water. I intend to stay grounded even while navigating many energies around me. I intend to replenish myself so I can support others. Take a moment to notice what intention feels true to you. Breathe it in gently, and breathe it out and let it ripple through the space. Now slowly, return back to the room, back to your seat, where you began. Feel the ground beneath you, feel your body present and whole. Take a deep breath in and a long breath out. And when you're ready, slowly and gently, open your eyes, allowing the light of the space to fill through. Thank you everyone for trusting me to guide you on this journey. I hope the rest of your day is gorgeous.

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13:48

[*Applause*]