Audio Transcript

Faye Driscoll:   
Make yourself really comfortable.

Lay down.

Let go of evaluating things visually and bring your focus inside yourself.

I want you to imagine that you are being held by somebody who can’t get enough of you. They absolutely adore you and they’re holding you, and you fall, fall, fall into their arms.

[Whispered] My baby, my baby, my baby, that’s my baby.

Bring your attention to your feet. Observe the sensations in your feet and up, out your eyeballs and into your ears through the ambiguity of your gaze. Soften your face, crack it, crack it into an indiscernible smile and move that down into your fingerprints and out your confusing text message threads.

And take a big inhale all the way up to your shoulders and into your selfie face and exhale out through your tongue and saliva and the exhaustion from the daily microaggressions and constant costume changes.

Good. Very good. Let’s try that again, but with more feeling.

And you come into the inside of your mouth and your saliva and your facades and skin and fascia are sloping, crumbling, and giving in. And when you’re ready, you allow your feet to dissolve in your mind’s eye and bring your awareness to your ankles, calves, and knees, and you feel them. Come on in.

And now squeeze your muscles around your bones and hold, squeeze, hold. And as you release, you expand into your vulnerability and up out your eyeballs, through your pride, and you soften the muscularity around your concern for what you look like right now. And you feel deep up into your pelvic floor all the way up, up, up to your lungs and your grief, and you let it fall, fall, fall down through the floors of this building, past the white paint and the wall texts, and you fall, fall, fall into someone walking in the gallery downstairs, looking at art. And you feel your face flush with their embarrassment as they stumble and stutter and feel like they just don’t understand it.

Is there anywhere you have some tension, tightness, or rigidity? Notice the swirl of sensation in your body right now and feel any confusion about what’s going on.

[Whispered] My baby, my baby, my baby, that’s my baby.

And now squeeze and wrap your muscles around your bones and hold. And as you release, you expand, and you come on up to the sit on the pedestal. You come on up to sit on the pedestal, come on up. And now tuck one leg under you and bend the other leg and put that foot down on the pedestal. So, one leg is tucked under you and the other leg is long and bent with the foot down. And rest your elbow on your knee. So, rest your elbow on the knee of the leg that’s along with the foot down, and bend that arm and bring the fingertips of that hand to your face.

And you’ve just had a picnic. You are mid-conversation and you’ve just had your lunch on the grass, and you’re mid-conversation, but you hear someone calling your name and you turn your head. So, turn your head and look over your shoulder, and you’ve just heard someone calling your name and you turn to look at me. You turn to look at me and I’m standing in front of you and you turn to look at me and I move through your frank gaze into your thick and red lips. And I feel your eyebrows, your pubic hair, your eyebrows, your pubic hair, and I’m calling your name. I’m right here. And I’m calling your name and you don’t need to act cool with me. I’m singing your name, I’m singing your name with a chorus. I’m singing your name with a chorus, and I feel your bile and your gastric acid and your urine and sweat, and the inside of your mouth and your saliva, and your eyes, your eyes, your eyes, your eyes, your eyes, your eyes, your eyes.