

Listening through connection and difference

A score by Sharon Stewart for the 2022 ArtEZ podcast
*Listening to the In-Between Part 2: Sensing Traces of
Power(lessness)*

Inspired by Audre Lourde's "Uses of the Erotic: The Erotic as
Power" 1978

& with thanks to collaborators Laurens Krüger and Martine van
Lubeek

Day 1

Take time today to tune into your lower belly as you transition from one task to another or one place to another.

- Bring your awareness to your lower belly
- Breathe
- Sense the sensations without immediately trying to name them or put them into words

At the end of the day take 5-10 minutes to write a stream-of-consciousness letter from the perspective of your lower belly to yourself.

Begin writing with something like "Thank you for listening to me today, I'd like to ..." and then follow the stream of words that arise without stopping.

Day 2

Take time today to tune into moments when you disconnect from yourself and from your environment.

- Take time to notice when you feel empty or at a distance from yourself
- Breathe
- Notice the state without immediately trying to put it into words

At the end of the day take 5-10 minutes to write a stream-of-consciousness letter from the perspective of this sense of disconnection.

Begin writing with something like "Thank you for tuning into the disconnect, I'd like to ..." and then follow the stream of words that arise without stopping.

Day 3

Take time today to notice when you are sharing deeply with another person or being in your environment.

- Take time to notice the sensation or feeling of this connection
- Breathe
- Sense the sensations or the feelings without immediately trying to name them or put them into words

At the end of the day take 5-10 minutes to write a stream-of-consciousness letter from the sensation or feeling of this deep sharing or connection.

Begin writing with something like "Thank you for listening to the deep connections, I'd like to ..." and then follow the stream of words that arise without stopping.

Day 4

Imagine a person or group who makes you feel uncomfortable or with whom you have conflict, or a situation in which you feel unwelcome or untrusted.

- Hold this person, group or situation for a moment in your heart
- Breathe
- Sense the sensations or the feelings without immediately trying to name them or put them into words

While holding this person or group or situation in your heart, take the three writings, one by one, and read them out loud, using your entire body, to the imagined person, group or situation.

Listen for a response and take 5-10 minutes to write a stream-of-consciousness letter from the person, group or situation to yourself.

Begin writing with something like "Thank you for sharing all these things, I'd like to ..." and then follow the stream of words that arise without stopping.

Thank all involved and release the process.