

VISUALIZATION
for Johnny Chang and Jessica Catron

Adam Overton, December 2007

. . .

together
honestly
with deep breaths
trusting your vision
for as long as necessary

. . .

gaze at your partner
let your partner's spirit freely permeate your bodymind. let it find a cozy spot to reside
close your eyes and visualize it -

where in your bodymind do you feel your partner's spirit?
does it have a describable shape? color? emotion? sensation? does it have a sonic quality?

search quietly for a way to describe this/these visual, physical, emotional, and/or sonic sensation(s)

when ready (with eyes open or still closed), speak and sound clearly a description of your partner's spirit. cover *some or all* of the following if you're able:

it's location within your bodymind, it's color, it's shape, any emotion emanating from it, any physical sensations you feel connected to it, any sonic quality you hear in it, and so on...

. . .

Performance Options:

- . perform this one after the other, perhaps as two separate "solos"
- . or, perform this together simultaneously

- . feel free to perform multiple iterations of this exercise - does the feeling of your partner's spirit in your bodymind change [locations, shapes, colors, sensations, emotions, sounds] when revisited?

. . .

Optional:

- . after speaking & sounding your observations, perhaps create a sound (vocal or instrumental) that carries with it your partner's spirit - send this sound to back to your partner - send this sound to the audience

. . .

Note: this piece was composed shortly after attending an Emotional Freedom Technique (EFT) workshop in Los Angeles.