

# FAYE DRISCOLL

## *Guided Choreography for the Living and the Dead*

[Whistle]

Ya!

[Whistle, whistle]

Ya! Come on.

[Whistle]

Come. Come.

[Whistle]

Come on! Come come come. Come on!

Make yourself really comfortable. You can rest back in your seat. Or lay down. And bring your focus away from evaluating things visually, and come inside.

So you can close your eyes, or keep a soft focus.

And I want you to go to your softest softest place. Imagine that every part of you is being held. And you are the tiniest tiniest little bunny rabbit. And you're melting. And melting. And melting. Until you're just a big old softie. And listen. Listen up. I am waiting. I am waiting for you and I am ready and I would really like to hear you. So take several long slow deep breaths.

[Heavy breath in, and exhales out.]

I want to give to you my crown. My leadership. The top part of my head. The part that thinks it's so in charge. Come on. Come on in and boss me around. Take my King, my Daddy, my Dictator. Take my King. My Queen. My Qwing. I am giving that to you. Can you take it?

And you are letting go of all that static. All the stuff you think you've got to pay attention to. Worry worry worry about. Go ahead and breath in through your nose and out through your

nose or mouth and let your stomach expand. And feel your guts. Your guts. Your instincts. Your impulses. Your deep inner knowing. And twist it up. Let it go. Wrench it out. Give it to me. Come on. Come on. Give it all to me. Twist me. Hold me. Squeeze me. Come on, take it. Come on. Take it. Moving to the top of your head to your crown. Take my thoughts. My butt. Guts. Asshole. Pussy. Dick and Balls. And out your eyes.

And bring your attention to your feet.

Observing the sensations in your feet. Up out your eyeballs. And you might wiggle your toes a little bit. And then up out your gaze. And let it go. Come on. Let me in. Come on in. Shift it. Shift the frame, the lens. Take the optics. Take it. Go ahead. Go ahead and expand your lungs all the way up to your shoulders. And take my grief. Push it. And your lungs and your left chest with that weird pain in your heart and your stomach and... Ow. What do I do? What do I do with this?

And when you are ready you allow your feet to dissolve in your mind's eye, and you move your attention up to your ankles, calves and knees and you feel them. Take me. Come on in to my tired body. Come on. Make me do what you want all day long. Come on. Give it to me. And now feel your self-returning. And locomoting. And your armpits. And your face. And your personality. And you let it go. And take it. Take my personality. You can have it. Go ahead. Come on. Take my face. Come on. Take my face. Help me face it. Turn me around and grab me by the shoulders and make me face it. Grab me by the shoulders and turn me around and make me face it. How do I face it? How do I face it?

And observe the sensations you are experiencing throughout your legs.

Breathing in and out, all the way to your fingernails and through your pride. And pull the dependency down into your anus. Pull the dependency down into your anus. And perhaps you don't feel anything at all, and that's fine too. And perhaps you don't feel anything at all. And that's fine too. Just allow yourself to feel the sensation of not feeling anything.

And when you're ready you allow your feet to dissolve in your mind's eye and move your attention up to your throat. Let me hear it. Come on, help me speak it. Take my voice. Take my speech. Take my words and my speech. Help me say it. Speak through me. Come on. Come into my mouth. Feel your nipples. Feel your mouth.

And then on the next out breath, you shift your focus and you bring your awareness into your arms. And you put your head in your hands and you weep in the bathroom at the dance festival. You put your head in your hands and you weep in the bathroom at the dance festival.

Your arms. Your arms. Your arms. Your arms. Come into my arms.

Come on! Grab me and text me. Come on. Take it. Take me. All the ways I hold myself. All the ways I hold you back from me. Just let me in. Take it. Come on. I'm ready. I don't know how to give myself to you but I want you to take me.

And then on the next outbreath you bring your attention to your scalp and your head and your face, and your eyes, and your gaze, and your mouth, and your fear, and your pussy dick and balls. And you move your attention to the sensations in your pelvis. And you go deep up up up inside your pelvis. And you feel how you're still alive. You feel that feeling that you are still alive. And you take my awakenings. Come on, take 'em. Take my peee-riate parts. Take 'em. Come on, make them full and alive and pulsing. And take my shame and your trauma. And focus on your stomach and all the internal organs here, and take the digestion and my processing and the bullshit and bullshit. And let me see you. Let me know you.

Come on. Come come. Come on. Help me with what I remember and what I forget. Help me with what I remember and what I forget.

And then on the next outbreath you bring your attention to your scalp and your head and your face and you mess it up. Take my peee-riate parts. Come on take 'em. Take 'em. Make 'em full and alive. Take my shame. Take my processing and digestion and the bullshit. And let me see you. Come on. Come on in. Is there anywhere where you have some tension? Where you feel the sensations of tightness or rigidity or holding. Notice your shoulders moving along with your breath and on the next out breath let me hold you. Let me hold your fatigue. Your fatigue. Your fatigue. Your fatigue. Lean into your liver and push your elbows and your wrists and your shoulders, and push into your arms. And come into my arms. Come on. Come on. Pound on my chest. Pound me down. Come on. Pound me down. Let me hold you and grab and text you. And let me feel you pounding and pounding inside me and my heart. Take it. Take my broken ass. Broken ass. Broken ass. Broken ass. Broken ass. Come on. Squeeze it. Feel the blood moving. Feel it moving into all your bruises.

And notice the shoulders moving along with the breath and on the next out breath let me please receive you. And feel your kidneys and give me your projections and your stories, breathing in and out. All the way to your fingernails. And take my pride. And the inside of your mouth, and your eyes, your eyes, your eyes. And feel the hairs on your skin, and your tongue. And let me hold your fatigue. Your fatigue. Your fatigue. Your fatigue.

Come on over here and lay down. Lean into my liver and make me believe it. I can't believe it. And make me believe it. I ... somehow I can't believe it. And give me your elbows and your wrists and your shoulders. And bring your awareness to your chest and your heart region and notice your heart beating. Pound on my chest. Pound and pound and pound me down. And come on, come on. Hold me and grab me and slap me and text me. And let me feel you pounding inside me. And my heart. Take it. Take my broken ass. Broken ass. Broken ass. Broken ass. Heart. Come on, come on. Feel your blood. Twist it up. Let it go.

And now, let your attention expand to include the entire body as a whole. And you scream and you cry and you curl into a little ball and forget and you shake and you get confused and you think you're losing your mind and you feel pleasure, and I miss you I miss you I miss you I miss you I miss you I miss you I miss you I miss you I miss you. And you just let it just, you just let it just. You just let it just.

And you come in your guts and your crown and your dick and your pussy and your balls and your lungs and your veins and you come into your viscous viscous, your viscous viscous viscous viscous. And you come on in. Come on!

And as you come to the end of this practice you take a full deep breath and you take in all the energy of this practice and you exhale fully and when you are ready open your eyes and return your attention to the present moment.

And you come on. Come on in. Will you fucking come here?