

# C. ORPOREALATION SCRIPT

Beforehand: Candles. Lights. Journals. Butcher paper. Sharpies. Pens. Rabelais material formatted big so is readable...

**7 PM arrival. I want it to be dark bc we are investigating passages, interiors, holes, pores... (powers of horror)**

Outside the space (could be inside), ginger beer and Fernet. Ice. Water. A note that says: "forget your brain, take for your stomach."

**7.15 begin.** "Shoes off, heads off." Enter space. Drinks fine!

**ONE.** Body sounding (translation): Stretch as we walk into the space (however you want, make it up, you can even "fake stretch") and say words. Ie, do splits, head between legs, say peanut butter, mac book, feminist party, doo doo etc. If no words come then just make sounds. Or say "CORPOREALATION." NO thinking. NO word shame.  
**3 mins.**

**TWO.** While drinking, take a pen and paper Then draw a (private) visual map of your guts, interior, organs, including desires of your guts interiors organs **right now**, TODAY. You can write on it if you want.  
**7 mins.**

**TWO pt FIVE.** In same position, finish this sentence: "Language's relationship to my body is\_\_\_\_\_."  
**3 mins.**

**THREE.** In a circle, everyone goes around and says their name, and one part of one of the three things they've generated... (a movement/sound, a part of their map, or a thought about language and the body).  
**5 mins.**

**FOUR.** Rabelais. Tiny introduction.

THINGS ABOUT RABELAIS:

This dude was a French monk living in the early 1500s.

He was also a doctor (so he looked in the body), a writer, a radical, a Greek scholar and rabble rouser....

Obsessed with scatology, poop, bodies, drinking, toilet humor, sex. Bawdy, my farts like a ...

Made up words. Tons of words. (That we now inherit)...

Wrote giant books. Banned books. Gargantua and Pantagrue is ABOUT giants. We are full of holes.

**Stand up.** Read Quaker meeting style (but get yourself to say at least one).  
**7 mins.**

Then again, touching the back of the person next to you so we are all connected.

**7 mins.**

*Metaphor as magical or alchemical statement. Saying two dislike things are similar. But more than that. Saying two discrete objects are actually one, the same, share more qualities than they don't share. A willing, charged acceptance of disbelief. What changes in our body when we just say it? Does anything actualize? Get produced?*

[First responses, in journal. Read around ?]

**FIVE.** Body sounding (translation). Part of what's powerful about Rabelais is that he dissects/multiplies/proliferates the body so thoroughly, so many parts. But this time just pick one. As you stretch (or fake stretch) say as many similes or metaphors about it as possible. NO THINKING! FIRST THOUGHT BEST THOUGHT!

FOR EG: my nose is a carrot my nose is a car my nose is a voting box my nose is an iceberg my nose is a jewel my nose is a caribou my nose is a rock stuck in my shoe my nose is a handjob.

Eileen Myles says: test your work through the body, the body will accept or reject (*knows, nose*).

(If you get stuck, choose a category and repeat with small variations, like WEATHER... my hair like fog, my hair like a cloud, my hair like a rainbow, my hair like rain, my hair like the cyclone in the wizard of oz etc).

**5 mins.**

**SIX.** Rabelais-cycle. Write Rabelais style metaphors. In notebook, on floor or at a table. If you have a hard time writing about your own body, bones, thoughts, mix in some about other people you know... your girlfriend, fuck buddy, brother, boss, etc.

**20 mins. (5 for guts, viscera, passage points (internal), 5 for physical structure (external), 5 for emotions, 5 for actions)...guided by me.**

**\*\*IMPORTANT, your body can have many different kinds of pronouns!**

**INTERMISSION, get another drink!**

**SEVEN.** My reiki teacher says your organs want to talk, tell stories. Choose **a partner, a candle, and a space on the floor**. Put your head on your partner's belly. Listen for stories, or words, (doesn't have to be in sentences, or English). If it's your organs, do the same thing. The belly listens too.

**3mins.**

After 3 mins., the person on their back tells a story from the point of view of a particular organ. You can use the organ as the protagonist, for instance, "My liver lives in a house waaaaay out in the forest. One day..." OR you can actually speak as your liver, in your liver's weird deep or high pitched voice.

**5 mins.**

Switch to someone new. This time, tell your own story or the story you just heard to someone else's organs (mouth to kidneys, spleen, heart, etc). (it's ok if you can't hear bc your body can) SKIN TRANS-

**MISSION**

**7 mins.**

**EIGHT.** Free write. "My body's relationship to language is \_\_\_\_\_."

Share?

**7 mins.**

**NINE.** Take a minute looking over, then stand up, Quaker-style metaphor read, but with our metaphors. Try for 3.

**7 mins.**

**TEN.** Together draw a map, where we put a few of our favorite metaphors on butcher paper (can be Rabelais too). Can also draw a body or organs around it, or lines, links to those you want to connect with.

**10 mins.**

**ELEVEN.** Closing. Make a giant body on the ground while we are all touching in some kind of body shape (real or made up) we form. It doesn't matter if there are multiples, can be 5 hearts, 3 asses, etc. (Also other planes, gross body, spiritual body, ethereal body, etc). Then we say our metaphors... Maybe once from head to toe order. Maybe once, Quaker-style. Maybe once in a French accent (Rabelais!) or the voice of our body part. Maybe once really loud or quiet. Or all at the same time. Maybe final time with the lights out?

**However long it takes, work it out!**

## C. ORPOREALATION

Look at all the body words in this word!

Core

Pore

Ear

Elate

Oral