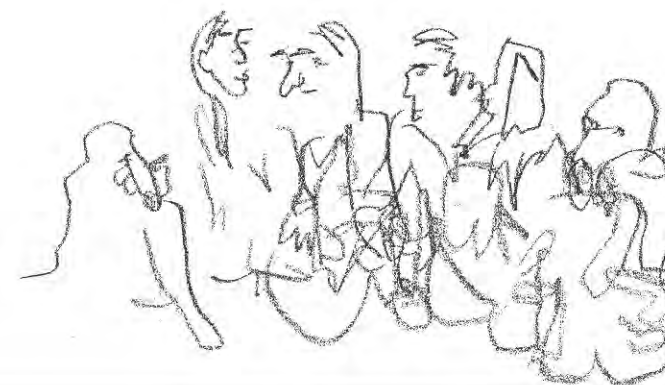




Reveal: Intimate Limits

From the beginning, it was important for us to experiment with what intimacy means today and to see how people experienced and reacted to different versions of it in real time. In parallel with the publication we organised an all-day event on 4 September 2016 at the HTH Art Centre. *Reveal: Intimate Limits* delved into the theme of intimacy through its form and content.

We share with you some of the outcomes and different approaches through which we explored intimacy. We would like to offer them, not only as documentation, but also as a tool.



I use the voice a lot in my practice, as it is one of the most powerful tools for self-healing. This is because our voice is uniquely our own; its characteristic sound identifies us and expresses us. Not just who we are but how we are. We can tell when a person is sad, happy, elated, angry, tired or in pain, just from the sound of their voice. When we speak, we are expressing more than words; the subtle variations and inflections in our voice may reveal more intimate details than we are aware.

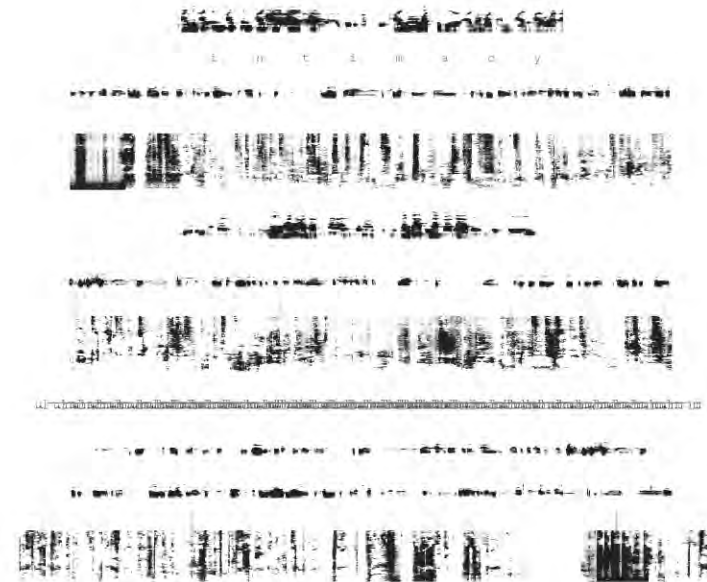
This insight into vocal expression can be used to our benefit. We can learn to become more sensitive to our voice in order to assess our own state of mental, emotional and physical wellbeing. We can, of course, also learn to be more attuned to others' conditions and needs as well.

Stopping for a moment, taking the time to go inward and get in touch with yourself, is the first step. Then the idea is to allow yourself to express vocally whatever sensations, feelings or notions are there, without analysing, judging or holding back. We are not really talking about words, however, rather a form of vocalisation where any sound can be appropriate. This kind of true self expression would have to come from a place of pure honesty. This is a depth of self-intimacy that can lead to a level of self acceptance that can be very healing in itself.

Once you have got in touch with yourself and become present with how you are, the next step is to vocalise a sound with a healing intention. We can use specific sounds

that have qualities that are useful therapeutically. This idea actually comes from a natural human impulse. Perhaps we may spontaneously make sounds to calm, soothe or release something. For example, a mother uses soft calming sounds to settle her baby, and we often make a long "ah" sound when experiencing something touching. The sound "ooh" is often used to soothe pain or we may groan, moan or cry to express discomfort or sadness. Why do we do this? If you injure yourself and try not to make a sound, it would feel worse. The sound, therefore, is a way of releasing some of the pain to make it more bearable. Similarly, the "ah" sound seems to appeal to a softer, more emotional part of ourselves. So Sound Healing is already there, in our daily life. All we need to do is make the right sound with the right intention, in the right place and we have a self-healing practice. It is not complicated, it is a very simple and natural thing for us to do.

The voice also connects us, through communication, yes, but this occurs on more levels than the mere meaning of words. There is a hidden subtlety that reveals more intimate details that we can become more aware of, thus deepening our knowledge of ourselves and of each other. Perhaps in this world of fast electronic interaction, we are missing this level of intimacy. Perhaps we could stop for a moment and feel exactly where and how we are, evoking a more profound and intimate presence of being.



①
Choose and
define the theme
to RECORD

②
SET
Rules & Systems



③
MAKE your
1ST entry



It has become increasingly common to meet people from different cultures and backgrounds in big cities. I have developed a form of cultural diplomacy through a collaborative project, *Pleased to Eat You*, which uses food as a catalyst to conversations between cultures. The project consists of a series of workshops and events that help spark dialogue between strangers by making and eating food.

However, food varies from culture to culture, so I decided to select foods which are common to many cultures – dumplings. They are a gateway to shared conversations, cultural backgrounds and personal experiences. In order to facilitate communication *Pleased to Eat You* also makes use of Cornish pasties, samosas, ravioli and many other types of dumplings that are not always categorised as dumplings.

