

Lateisha
Davine
Lovellace-
Hanson
The Freedom Space
// An ancestral
liberation portal

Camden Art Centre Arkwright Road London NW3

Notes on meditative activity

Suitable for: adults and children

OPENING (the activation space)

This is an invitation...
To come on a journey with me
It'll be fun, joyous, exhilarating...
Where you can feel all your breath

Move your body
Release your voice
It's a portal
To time-travel, adventure and explore
Old Worlds
Future Worlds
Your World
My World
Our Worlds
Together
Where we can
Remember
Connect
Live

Where past and future meet
In Freedom

Ready to join me?
Okay, lets go...

"I feel, therefore I can be free" Audre Lorde



BEING (the sacred space) ~thank you for being here~

Wherever you are, discover a quiet space. A space that feels safe, warm, comforting. Is it in the light? Is it in the dark? Who else is there? Are you on your own? What do you want to bring with you? Water? An object that gives joy? Makes you happy? Makes you feel grounded? Is this space big or small?

How do you want to be in space?
Can you sit down? Can you lay down?
Can you stand up?
How do you want to be in this space?

Can you close your eyes?
Lower your gaze? Be soft.

A space of rest
A space of surrender
A space of channelling...

What happens now? In this quiet space...

Let us take a deep breath in... inhale
Listen to it

hold, for just a moment

Let us fully breathe out... exhale
Listen to it

How does it feel to breathe
deeply+fully like this?

Can you breathe in freedom?
Breathing out blocks, tension,
anything in the way
Visualise your breath traveling into
all parts of your body. Expanding and
opening...

Take your time. Enjoy the journey...
inhale. hold. exhale.

Let's go through our senses, every
body is different, discover which
ones work for you.

Breathing freedom into your body
Can you feel anything? A tingle? A
vibration? Heat? Coldness? Sweat?

Breathing freedom into your body
Can you taste anything? The spit in
your mouth? What you ate earlier?
What does it taste like?

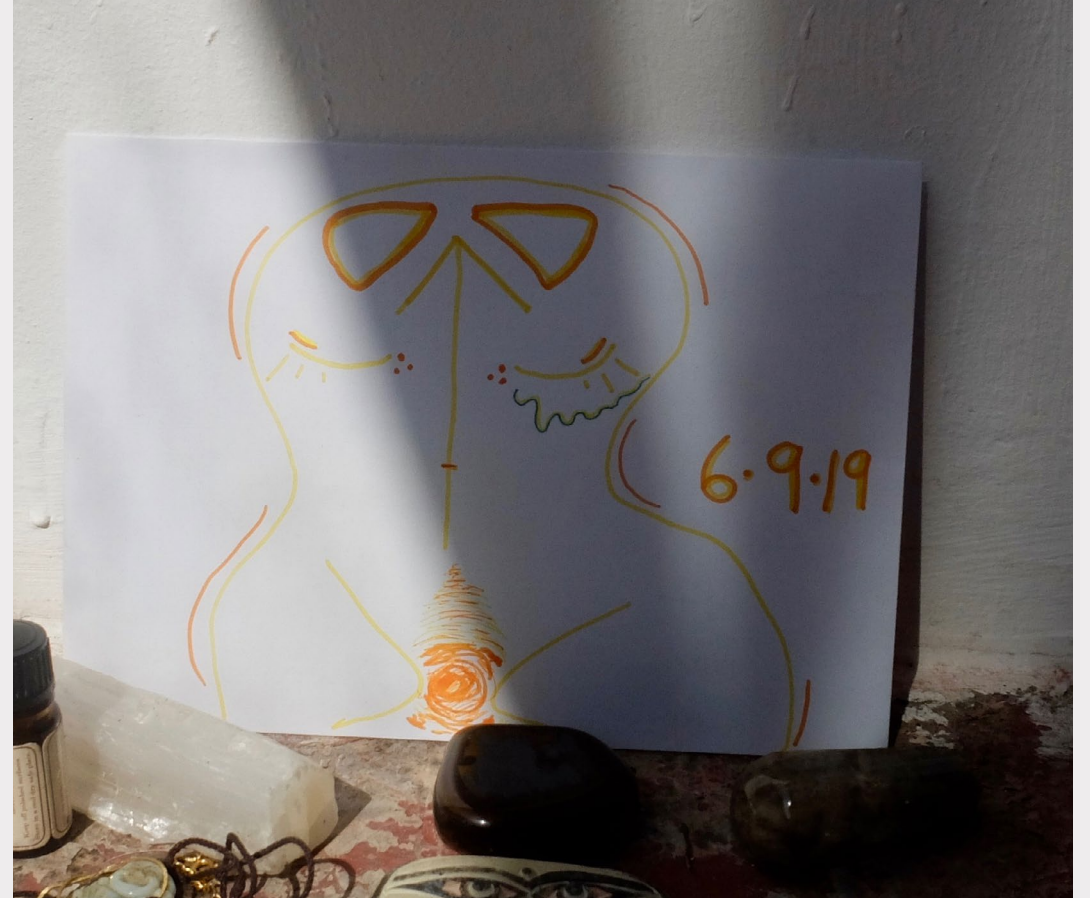
Breathing freedom into your body
Can you hear anything? Your own
breath? Someone else's voice?
Footsteps? Traffic? Stillness? Music?

Breathing freedom into your body
Can you smell anything? Your own
body smell? Your hair? What smells
are around you?

Breathing freedom into your body
With eyes closed or lowered, what
can you see in your imagination?
What colours and shapes? What
sounds, songs? What memories?
Known or unknown voices? Ideas?
Are they yours? How did they get
there?
Is there more....?

Breathing freedom in and out your
body: what exists there? What do
you know? What does it feel like?
Who else is there?....
Staying
In this space
Breathing freedom...

*"you must 'lose yourself' in the particular, in order to find your
way to the universal"* Frantz Fanon



LIBERATING (the freedom space)

Yes! You are there, you've made it to the freedom space. The space of change, transformation and Liberation.

Breathing freedom into your body.
Into Us. Into Me. Into You

What do you want to do here?
How do you move your body here?
Do you sway from side to side? Do you jump up and down? Do you shake out?
Do you make rhythms with your feet/hands?
Do you have a voice? Yes... what is your voice here? What do you want to say?
Can you say this:
"My name is... I am in the freedom space. This space is for... This space looks like..."
Keep going, keep saying it over and over. Can you sing it? Can you write it? Can you dance it? Can you draw it?
Can you share it?
Can you grow it?
Can you protect it?

"Let the sky and God be our limit and Eternity our measurement." Marcus Garvey



CLOSING (the justice the space)

You are It.
You have it. Let it move you closer,
closer to all the freedom that lives
within you
Yes,
You

A sacred vessel
A body - a community of ancestors -
magical worlds and dimensions
All inside of You
Yes,
You
A gift - full of purpose and power
Made of knowledge.
You are land, you are water, you are
All of us. We are all Connected....

Breath in. Hold it. Breathe out.
Release it.
Change the shape of this world with
it...

Where does it want to take you?

*"All that you touch. You Change. All that you Change.
Changes you. The only lasting truth is Change.
God is Change." Octavia E Butler*



Image credits

To The Ritual Knowledge Of Remembering: 3 day immersive artist retreat for decolonial practice, Lead by Lateisha Davine Lovelace-Hanson. Supported by Live Art Development Agency DIY:2019, Diverse Actions,]performance space [. Photography by Sara Lima

The Artist

Lateisha is guided by the spiritual call to create spaces for healing as an action of resistance towards liberation. They are a multi-disciplinary artist; working with performance, somatics movement-dance-bodywork, writing and facilitation. Lateisha uses their pedagogy of radical socio-cultural education to decolonise how we relate to ourselves, each other and the world(s) around.

Lateisha's art is the practice of healing, ritual and prophecy; creating and visibilising tools of awakening, integrating ancestral collective-communal consciousness to access energetic pathways of transformation. For our imaginations to be set free. Holding, protecting and unearthing these tools as resources to envision and build future world(s) of liberation.

As a Black queer non-binary womxn, child of Jamaican immigrant parents and working-class background - Lateisha principles their work within and beyond Black feminist futurist traditions, earth/climate justice principles and community collective-care organising. Positioning their work as an antithesis to the violence of white supremacist, hetero-patriarchal, capitalistic oppression.

Lateisha's work includes; digital curation residency with 12ø collective, writing commissions by Alexandrina Hemsley for DaDa Fest, lead event organiser with Museum Detox, creative facilitation with universities and grass roots community networks including Queer Youth Art Collective, functional rituals / dance is a weapon BIPOC collective, Live Art Development Agency and Healing Justice Ldn.

Lateisha's work 'S/He Breathe/S', an afro futurist interdisciplinary collaborative theatre project supported by Arts Council England and Camden People's Theatre is currently in development. Lateisha is cofounder and leader of HIT THE GROUND - an anti-oppression creative project space, running workshops and producing programmes in activist, community and art settings. Lateisha has worked with Camden Art Centre as lead artist across their learning programmes, including Family Artist-in-Residence and Youth Art Collective.