

DEPROGRAMMING Alienation

BY SEVERIN BLAKE



We interrupt your regularly scheduled programming to enter a space of amplified thoughtfulness and reflection. This journey includes somatics, critical analysis and objective observation.



MATERIALS

- Writing utensil
 - Journal or pieces of paper to record thoughts feelings and observations starting NOW!
 - Mirror
 - Water
 - Device to play music
 - Objects for making:
ie: clay, coloring books, feather boa, etc
 - Item(s) for self care
 - Space to be comfortable, curious, and creative
 - Time: 1hr solo 2hr group
- *note: After an initial experience of the whole, I invite you to return the prompts that feel resonant at your own pace.



GETTING LOCATED

INTENTIONAL AGREEMENTS

judgment free zone

space for reflection

transparency surrounding privilege and
postionality

vulnerability is a strength

objective observation of feelings (noticing)

everything is information

add your own _____

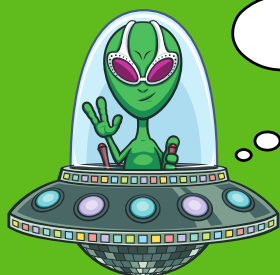
WORKING DEFINITIONS

Alienation (n) the state of mind in which one feels separate/other from the self and the collective.

Deprogramming (v) question and observing ones alienation from the context of symbolism, imagery, and media intake in your lifetime and creating images to build a world in which you feel more seen.

Alien (n) _____

INTRODUCTIONS



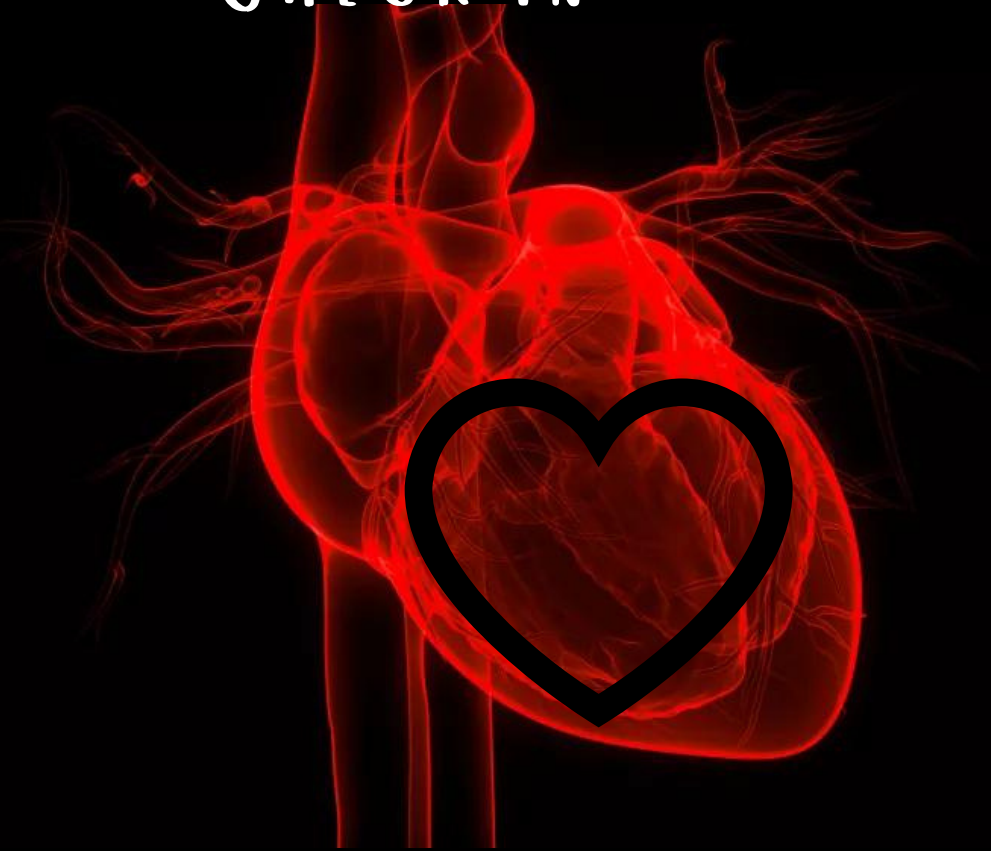
Take me to your
leader!

My Name is Severin Blake. As per the intentional agreements I will demonstrate transparency by sharing the varying complex identities that I carry with me as I navigate the "World" as I see it. I am a black mixed race light skinned able bodied, queer, genderful, trauma thriver human socialised female and raised culturally lower to middle class white in the midwest of America in the 1990's .

**WHERE ARE YOU
COMING FROM?**



CHECK IN



How is your heart?



MIRROR/MIRROR

1. Take two minutes and look at yourself in the mirror unflinchingly.
2. Record thoughts, sensations, impressions that came up for you.

DANCE IT OUT!



Put on your favorite jam of the moment and dance like no one is watching, or everyone is watching if that's your cup of tea.

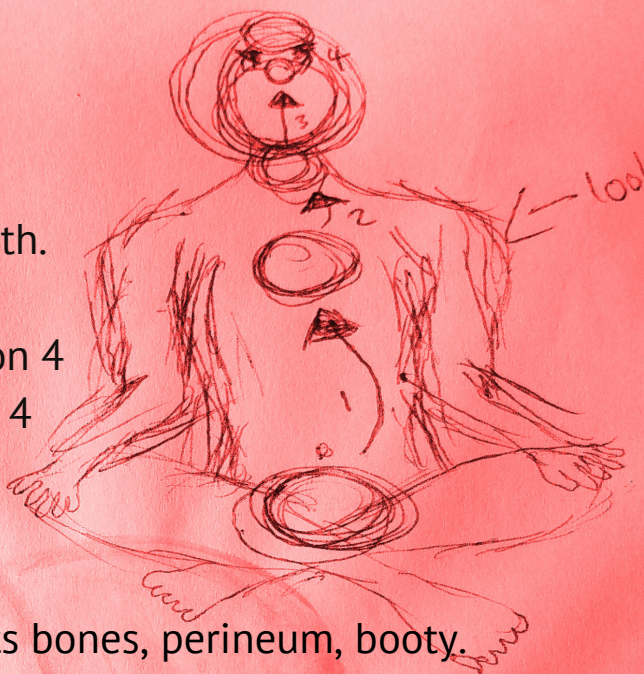


CELEBRATE THE BIRTHRIGHT OF BREATH

Get seated
comfortably

Notice your breath.

Take 4 breaths, on 4
counts, in 4 out 4



1) Into your sits bones, perineum, booty.
Out through your heart space

2) Breathe into your heart and out to your
throat

3) Breathe into your throat and out out your
third eye the middle of your forehead

4) Breathe in that forehead and out the crown



PROGRAMMING

Q & A:

- How much time do you spend on screens?
- What are ur fav shows now?
- What do you like about them?
- 10yrs ago? Childhood?
- What's ur preferred genre?
- What is the racial makeup of these shows?
- How do you feel seen?
- What is missing?





PSYCHIC IMAGES

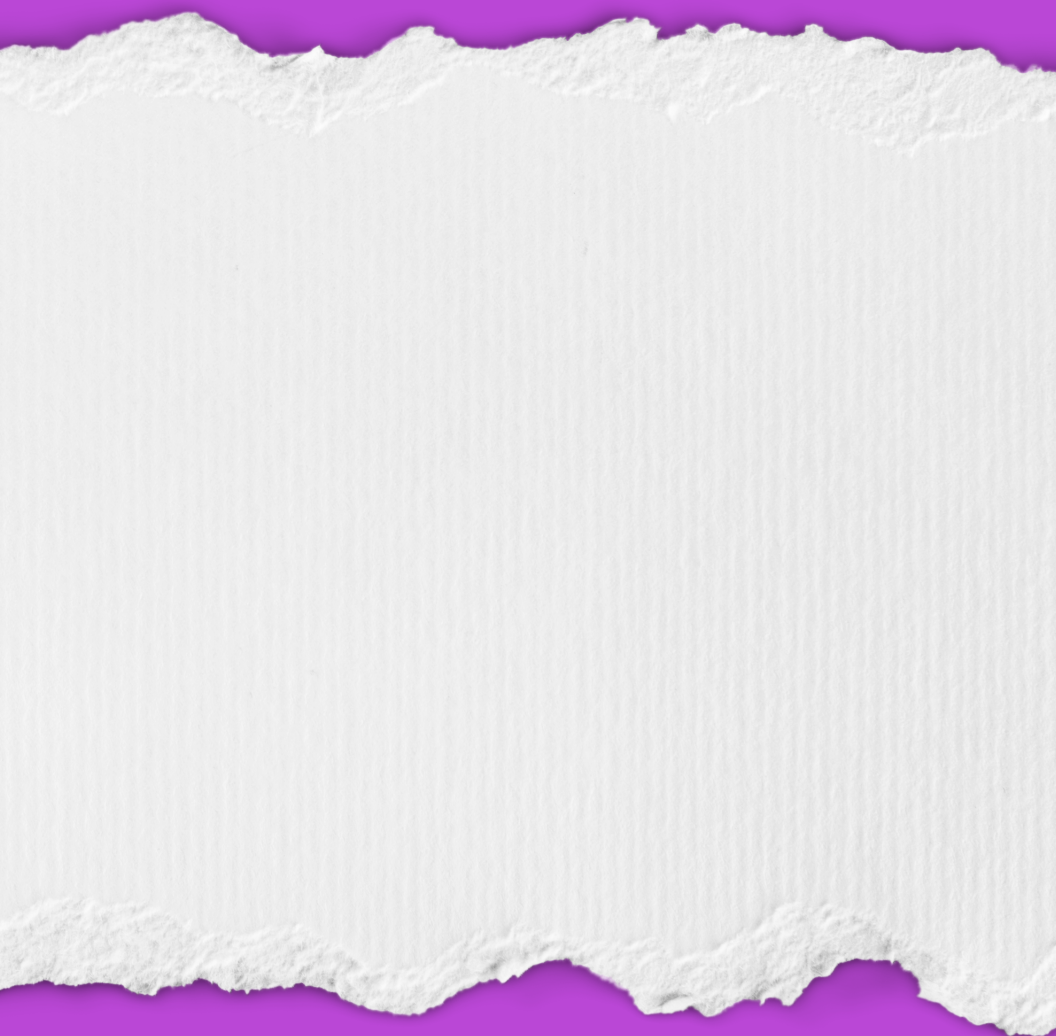


These are images I want to
see more of in the world.
Note how they make you feel.



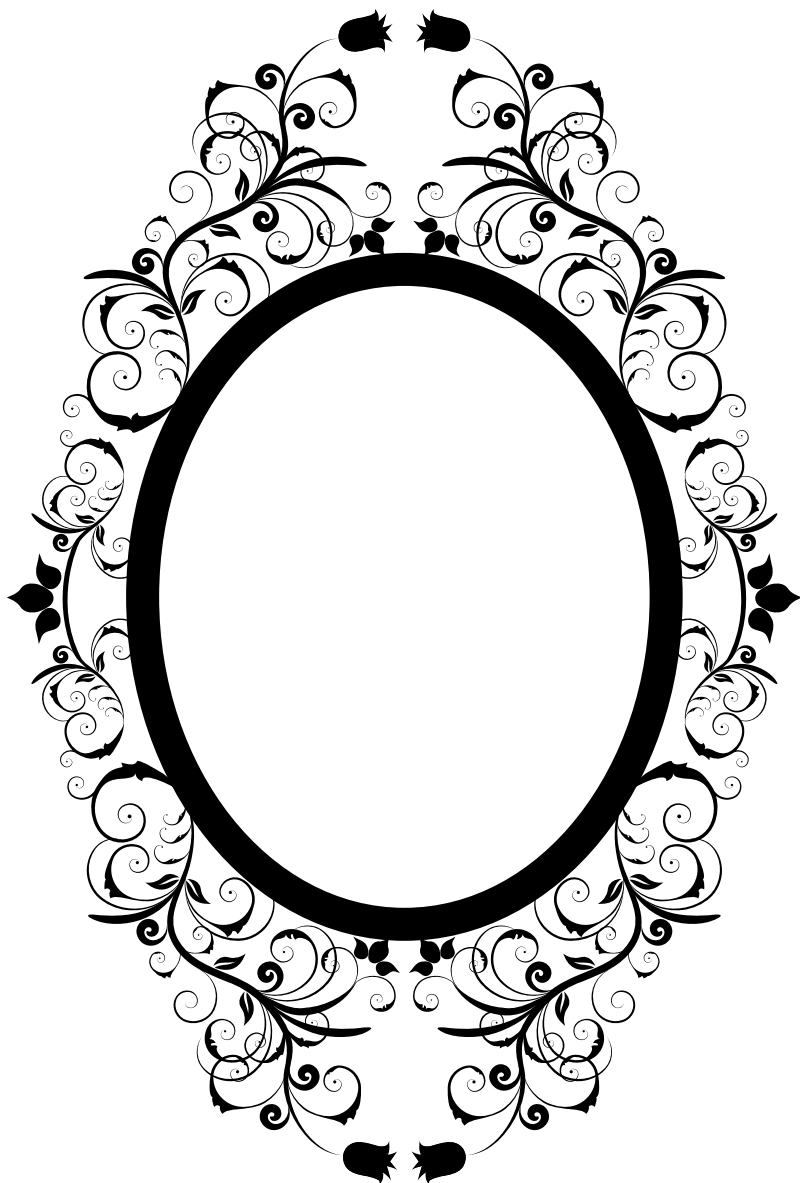
CREATION

Using your preferred medium,
create an image that you want
to see in the world.



MIRROR/MIRROR

1. Take two minutes and draw a self portrait.
2. On the edges of your paper write or draw what is unseen but worthy of sight.



MEDITATION

THIS MEDITATION CAN BE A THOUGHT EXPERIMENT, OR
YOU CAN RECORD YOURSELF AND PLAY IT BACK

Visualize in your mind's eye, the numeral 8 or infinity sign (numeral 8 on horizontal plane) in the center between your brows (sixth chakra). Visualize this image as a part of yourself. Allow this area to pulsate with energy creating a mandala of activity, a kaleidoscope of shape with color taking form. Feel it. It can appear as another eye or a third eye looking back at you, black in the center like your pupils, contracting in and dilating out. The iris is full of maps of your inner being. Use this inner eye to connect to your inner self.

Now combine your attention, your breath, your will, aligning all with your heart and mind. Continue with your breath to expand and fill your auric fields with bubbles of electromagnetic energies. Allow this to circle your being. If old memories come up, acknowledge them but keep your focus on whom you are now. You are a biological mechanism capable of being upgraded at warp speed by this electromagnetic cosmos through which Earth is now passing. These energy waves imprint you with knowledge from the library that houses all ancestral records. As you breathe in relaxation now, you can connect with a vibration that accommodates rapid accelerated change.

Perhaps you have become a ray of light which has the ability to melt the polar ice caps and change the world. Your power lies in your every breath that feeds the idea and belief that you are a magnificent biological structure. You are timed, coded, designed and planned to be activated to the height of your abilities in the very next moment. You begin to explore your inner world. What harbors are you drawn to, what roads are you building or will you build? Where will you place your homestead? Where are your safe zones? Are you clustered in groups in some way, or are you mapping this territory in a new way, creating a new grid pattern through which energy can interact?

At this moment take a deep breath, breathing in from the bottom of your lungs, holding for a moment, then exhaling, completely emptying your lungs. Imagine your breath spreading out like a mist of energy filled with your intent. You can use energy any way you want. Remember how you began the journey and what your intention is. This will open the path of discovery that you will embark on. Trust your feelings and learn to express them. Be yourself and observe yourself. How do you feel about what you are currently creating?

In order to end War, we must first end the war in our mind. Finding peace in this realm will spill over into another. Breathe deeply now and focus on the peace we seek, see all of its colors, feel all of its emotions and be with all of its attributes. Continue to breathe deeply and return to your world. How do you feel now?

REPROGRAMMING

If you're feeling brave,
share the image you
made with someone you
love, who sees and
understands you.

If you are feeling bold
send the image to
severin.blake@gmail.com.

I am creating an archive
of images that will then
be shared
out in the world.

THANK YOUS

Special thanks to Yvonne Devastey for the meditation and Rhonda Moore for asking me to lead the workshop that brought this workbook into being.

I'd like to thank you dear reader for going on this journey.

Thank you to my families for the many gifts and support you've given me.

To those who are no longer taking up space rent free in my mind thank you for the lessons you've taught me.

And in a classic example of radical self love thank you Severin. Keep going!

Psst your turn... don't forget to thank yourself for participating!