

Find a place of boulders.



If you can, go to the Headwaters of the San Joaquin River, or another place of mountain boulders that could really get you in the mood.

Find a boulder to relate to ... wrap your body around its edges.

Find a way to map your contours & edges to the boulder's contours & edges.
Close your eyes and breathe heavy, slow.

With each breath your skin slowly shifts toward the color of rock -
speckles of grey, black, white, crystal fragments glint as they catch sun.

Soft skin, heavy body
crossfading & stony
a tingling disintegration

blended,
geomimicked,
incorporat-ed

Spend 10 minutes wrapped and
breathing slow, body heavy,
stony and still,

warped like this...

muscles grown heavy,
each inhalation /
exhalation is in timelapse.
Many years go by in a breath.

