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rivus 23rd biennale of sydney



Image: Lleah Smith, 2022

MAJOR GOVERNMENT PARTNERS



PRINCIPAL PATRON



PRINCIPAL PARTNER



MAJOR STRATEGIC PARTNER



Beautifully odd hand rails on a residential terrace house

1. Position yourself in front of the hand rail.
2. Inhale deeply through your nose. Hold your breath for a count of four then exhale slowly through your mouth, to a count of eight.
3. Become aware of the connection between your feet and the earth beneath you.
4. Gently lift your chin so that the top of your head feels energetically connected to the sky. Sense that connection.
5. Relax your forehead, relax your eyes, your jaw, your ears. Relax the muscles at the back of your neck.
6. Inhale, and stretch your arms over your head. On the exhale lower your arms to your side.
7. Continue breathing. If you are right-handed, place your right hand approximately two inches just below your navel. If you are left-handed, place your left hand approximately two inches just below your navel. Spread your fingers. This part of your body is where 72,000 nerve endings come together and where your physical and emotional bodies meet.
8. Visualise your navel as a root that travels up your spine to the top of your head and as a root that travels down your legs into your feet. Hold that image.
9. Bring your attention to the place of contact between your hand and the centre of your body beneath it. Inhale deeply through your nose and hold your breath for a count of four. Exhale slowly through your mouth to a count of eight. Repeat for eight breaths.
10. Continue breathing and begin to imagine your navel root extending beyond your own body and into the handrail in front of you, and into all the people who have visited this space. As it intertwines with the roots of others imagine a root system that sustains the life of a stand of trees in a forest. Hold that image.
11. Now imagine your navel root connecting to the people that you bring with you into this room but who are not here in person. People who have shaped your beliefs and value systems, people who directly and indirectly have enabled you to be present in this room. Visualise those people.
12. Continue breathing and bring your attention to the energies of the people who have been here, where you are, in front of this handrail.
13. Now bring your attention to the energies of the space around you.
14. Let's close the attunement with one more breath. Open your eyes and inhale deeply through your nose, hold your breath for a count of four and exhale slowly through your mouth to a count of eight.
15. Now bring your attention back to yourself and your energy. Continue breathing.
16. Thank you for being here, for choosing to be present.



Images: Four Minutes To Midnight, 2022