

**Writing Club: Aimee Meredith Cox on Ja'Tovia Gary's  
*THE GIVERNY SUITE*  
March 2024**

A ritual for daily practice with Aimee Meredith Cox



Installation view of the gallery "Ja'Tovia Gary's The Giverny Suite" in the exhibition "Collection 1980s-Present" September 1, 2023-September 22, 2024. Photographed in November 2023. IN2533.212.9. Photograph by Jonathan Dorado.

**Prompt 1:** What is your relationship to your body? Do you experience your body as a sovereign space? When and where do you feel your own bodily autonomy - that you have control over and the ability to protect your body? When and where does safety, or the lack thereof, become an issue for you as you move through the world?

We often hear people talk about the body as our home. This phrase implies that our bodies are inherently spaces of comfort, familiarity, and safety. But, is this always the case?

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**Prompt 2:** What challenges your ability to feel safe in your body and safe in the world as your body moves through it?

Take a few minutes to explore the question of bodily autonomy and safety for yourself.

**Prompt 3:** How can we create rituals that honor the ways we feel exposed and at risk as well as the ways we can derive a sense of protection within and beyond our bodies? Take a look at what you wrote and spend some time reading it over. Allow the words to ride on your breath and start to fill your body.

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**Prompt 4:** How does your own reflection on your body and the question of safety make you feel? Begin to move with that feeling.

**Prompt 5:** Is any part of what you wrote that is asking for healing, covering, protection, or care? Begin to move in a way that feels as if you are offering those things to yourself.

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**Prompt 6:** What does it mean to build an altar? What purpose does an altar serve? How do we understand the altar in the context of the material world where violence, indifference, and greed exist alongside generosity, beauty and joy?

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(Spanish Translation)

Un ritual para la práctica diaria con Aimee Meredith Cox



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**1: ¿Cuál es tu relación con tu cuerpo?**

¿Lo experimentas como un espacio soberano? ¿Dónde y cuándo sientes tu autonomía corporal, es decir, el control y la capacidad de proteger tu cuerpo? ¿Cuándo y dónde se convierte la seguridad, o la falta de ella, en un problema cuando te mueves por el mundo?

A menudo escuchamos a las personas hablar del cuerpo como nuestro hogar. Esta frase sugiere que nuestros cuerpos son espacios intrínsecos de confort, familiaridad y seguridad. Pero, ¿es siempre así?

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**2: ¿Qué te impide sentirte seguro en tu cuerpo y en el mundo en el que te mueves?**

Tómate unos minutos para reflexionar sobre la autonomía de tu cuerpo y tu seguridad personal.

**3: ¿Cómo podemos crear rituales que honren nuestras vulnerabilidades y sensaciones de riesgo, así como aquellos que nos proporcionan un sentido de protección dentro y fuera de nuestros cuerpos?**

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Revisa lo que has escrito y tómate un momento para leerlo detenidamente. Deja que las palabras fluyan con tu respiración y empiecen a llenar tu ser.



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**4: ¿Cómo te hace sentir la reflexión sobre tu cuerpo y la pregunta sobre la seguridad?** Comienza a moverte con ese sentimiento.

**5: ¿Hay alguna parte de lo que escribiste que esté pidiendo sanación, cobijo, protección o cuidado?** Comienza a moverte como si te estuvieras ofreciendo esas cosas a ti mismo.

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**6: ¿Qué significa construir un altar?**

¿Para qué sirve un altar? ¿Cómo podemos comprender el significado del altar en un mundo material donde coexisten la violencia, la indiferencia y la codicia con la generosidad, la belleza y la alegría?