



## **'Precario/Precarious': A walking Chakra for our fragile lives**

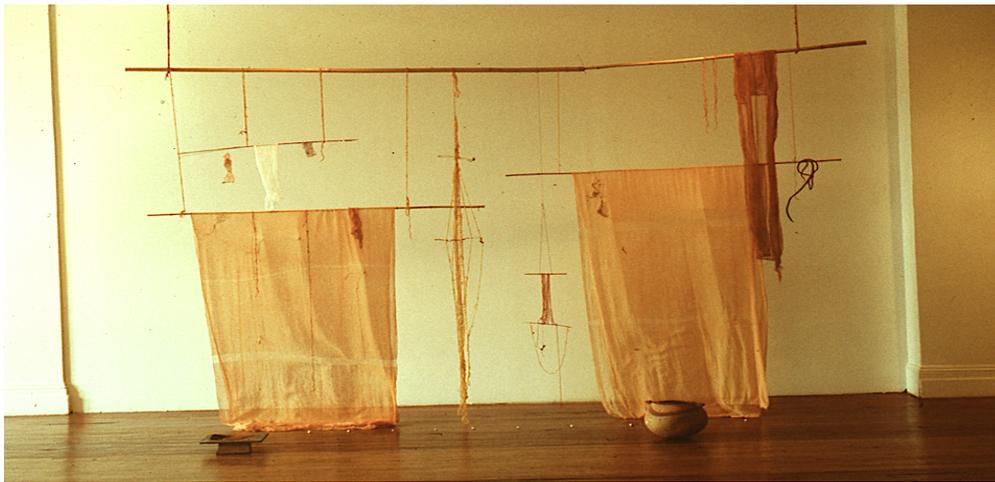
Friday 7<sup>th</sup> July 2017 #ThreadandWord: an artist led walk by Elspeth Penfold

Dundas Gallery Edinburgh to Edinburgh Royal Botanical Gardens

'Precario/Precarious': A walking Chakra for our fragile lives kindly performed by artist and curator Elspeth Penfold on behalf of artist Julia Riddiough inviting participation.

### **'Precario' (1990)**

Cecilia Vicuna "maximum fragility" can work against "maximum power."



### **The Chakras of Matter Third Chakra: *Manipura***

*Chakra* literally translates to wheel referring to wheels of energy throughout the body where matter and consciousness meet. This invisible energy, called *Prana*, is vital life force, keeping us vibrant, healthy, and alive. The *Manipura* chakra means lustrous gem and is a source of personal power, self-esteem, and warrior energy.

If you find you are at a crossroads and aren't sure which way to go, look to a gut feeling in your solar plexus for guidance. The colour of *Manipura* is yellow or gold so visualise this to help to open the solar plexus and bring energy to enhance your sense of personal power and I invite you to....

1. Close your eyes, place your hand over the area slightly above your belly button, with spine tall and the shoulders relaxed.
2. Start by taking a few deep breaths in and out the nose with the lips closed.
3. Then, forcefully inhale through the nose while inflating the lower abdomen and exhale through the nose while pressing the lower abdomen toward the spine rapidly.
4. Try for 10 repetitions; you may feel a tingling or glowing feeling around the navel.

**#ThreadandWord:** an artist led walk curated by Elspeth Penfold with sited readings of Cecilia Vicuña's poem 'Word and Thread' written at Inverleith House, Edinburgh (1970) reflecting on notions of time and timelessness, consciousness, memory and rhythm. This work by artist Julia Riddiough is also drawing from 'Precario' by Cecilia Vicuna exhibited at Inverleith House in 1989.

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