

STATION

Bodily feeling

Jabne Pasco-White

Bodily feeling is instinctual. It is beyond hearing, touching, tasting, smelling, looking. Bodily feeling is in my gut, beyond even the pit of it, where it merges with your mind. It can be heavy, weighty, or even so light it flickers like the sound of cicada wings and before you know it, is an orchestra. Are they inside my tummy or is that the piercing tone outside of the skin? Bodily feeling is outside of written language. It doesn't translate. It is just out of grasp but with big feelers. Bodily feeling is the hair on my forearms pricking up with the shift of temperature, antennas reaching for the rain. Bodily feeling is in the shape of water, subsuming into different forms and registers that I can never quite predict. Bodily feeling is that moment when I dive into the ocean and my skin melts and I am swimming like I am water in water. Bodily feeling reaches beyond the porous edges of my body; it is many bodies, it is tone, rhythm, composition. Bodily feeling is the unheard, the unseen, the known but on a register that is unrecognisable. Bodily feeling is to imagine one can too be consumable, compostable, evaporating like steam sopping into someone else's pores. For me, bodily feeling is the inextricable calmness that comes with a lapping shoreline that makes me feel like perhaps I am too a shoreline.

For Stephanie Erev, bodily feeling is vibrational attunement to the environment in which we are entangled, the background netting that we are enmeshed within.¹ Bodily feeling emphasises that the body and environment are not individual entities, but forces and rhythms that operate on a visceral register, that co-mingle, stain and exchange through their malleable boundaries. It is the eco system of the many bodies and materials entangled in an interconnected current that flows and vibrates in rhythms and waves, each affecting the other. Bodily feeling can remind me that impermanence is the only thing that is permanent. Bodily feeling is in my artmaking. Bodily feeling is an approach. Bodily feeling, like water, can be disguised as something else. Bodily feeling can go unnoticed. Bodily feeling is this kind of painting.

¹ Stephanie Erev, "Feeling the Vibrations: On the Micropolitics of Climate Change," *Political Theory* 47, no. 6 (December 2019): 836–863.