

There is solitude in being a voice.  
Especially if that voice is not heard.

How can sound protect us?

Auditory - audacity - actualise- freedom.

Galvanise

in order to survive:

-surround yourself with those who play the long game

-speak up when you are spoken over and left out

-speak up for those spoken over and left out

Do you have time for the very few?

They never had time for me and you....

I've got time for the ones who walk by

causing waves of collective madness,

there's no end to the madness I feel

we absolutely neeeeeeeed this

Carnage.

Let,

the invasive species

take root in your body.

Weeds work on different time scales,

they know better than you do, what you need

### Dark Athenian tree-relations

The web is cut

καθε Φεβρουαριου

the web is cut

men enact stupid rituals in the name of progress

and the trees on Spirou Patsi scream with shock

so many lives are reeling in shock

Consecrate

the

Desecrated.

*A dangerous voice:*

"Sea water has the same levels of salt as human tears.  
Perhaps human suffering is a creative force in geological time"

Across the sea of Athenian tears, in a cave on Moni, there is a seal.  
I haven't met her yet, but my sister has.

    Last year the seal helped my friend survive a bone marrow transplant.

She wrapped her juicy blubber around my friend's immune system.  
She slows down her heartbeat in order to dive deep in water.  
She knows how to withstand the pressure.

What if we slow down enough  
  to hear the world  
  between our heartbeats?

Written by Isidora, Athens, November 2024, during Noisy Words.

Isidora Vincentelli (1995) is an Italian/British dance artist working in the fields of contemporary dance, facilitation, performance and installation. She has mixed European heritage, growing up partly in rural northern England, and partly in rural Greece. After finishing her training in London she made her artistic base in Athens. She works collaboratively with multidisciplinary artists to create performance work that cultivates the empowering and intuitive intelligence of the body to create states for dreaming new ways of being in the world.