

Toward vaginal listening - Reflections and exercises

In one of the last interviews I conducted for "New boundaries of the well being of the vaginal ecosystem #4 Lucena" - the project I am running about gender perspectives and urban geography- (2019) a trans woman told me :

"Even the smallest toe of my foot is feminine, there are women with a vagina, women without. Men with a vagina, men without!"

And I feel she is completely right.

"So all this attention to the vagina? I don't see the point", she added.

I do agree that having a vagina is definitely not what determines a gender, being a woman.

But I cannot avoid thinking about all the vaginas in the world, the ones which still suffer mutilations and violences. I cannot avoid thinking about the ones which strike for their rights, about the lost orgasms and the pleasure yet to come.

I cannot avoid thinking how, still nowadays, is difficult to say the word out loud in public.

In the context of "New boundaries of the well being of the vaginal ecosystem

#4 Lucena", the local city council made a special meeting to speak about why this title for a public project in urban space.

I am wondering if they would have spent half an hour speaking about it if there was not the word vaginal in the title.

How does it feel to pronounce the word "vagina" on the telephone loud voice, while sitting in a bar or on public transport? When I did so several times during my performance in public space, Encouragements (2014), people felt uncomfortable and sat elsewhere or asked me to go away.

But why?

I focus on all the "in-between" I have:

my voice,

my skin,

And, yes, my vagina.

Vagina, vagine, vagina sounds so nice, no matter the accent you have ...

"We don't come from your ribs but you do come from the vagina" scream Italian feminists during the demonstrations in the 1970s while making the symbol of the triangle with their hands.

And I would add that "listening is the first sense we develop in the womb of our mothers",

So what could be meant and implied by listening via the vagina? Coming back to the first connectivity/ connection we have with the external world?

The vagina is there to give and receive. The ears are there to receive.

But could there be any hidden activations through the process of reception?

Reception might not be passive. Reception is never passive.

Yes, I believe that listen always implies an activity, so it is never passive. I also believe that vaginas are never passive.

There is not vaginal passivity, but a lot of ignorance about the way its forms of expression should be recognised. But how to be aware and recognise

its language made of vibrations? How to learn to listen to it and trough it? What does it mean to listen through the vagina?

Listening through the vagina could be intended as a generative action of silences within which to invent new languages and scenarios. Spaces in which to voice pleasure, fear, the instinct; beyond language. To the unspeakable yet present.

Silences to resist the patriarchal discourses and given frames of interpretation.

Listening through the vagina could create a space to recognise minimal sounds and invisible and ephemeral rhythms. Nothing would be furtive anymore.

Listening through the vagina could imply "the beginning of listening" 1.

Exercises to improve your vaginal listening:

First of all find a warm place, ideally with another or with a small group of confident people. Your vagina should feel free and you should feel exactly the same.

1. In a standing position receive the energy from the ground. Start focusing on how your vagina breaths.
2. Choose a spot you like the sound of, then lie down on a comfortable bed or on the ground. Put earplugs in your ears and begin to focus on your vagina as if it was your third ear.
Open your legs and listen.
Are the sounds dry ones? Or do you find them more liquid?
3. Through this process focus on unlearning the ways you define the sounds you hear and open yourself to other forms of experiencing listening.
Feel the sound elsewhere, otherwise.
Find the adjective you prefer or invent new ones ...
4. Try to imitate the sounds you hear from your vagina with your mouth.
5. Now gently place an earplug at the opening of your vagina. Try to listen to this new form of silence.