

Welcome to transomatics. This is a bonus episode: dance.

This series was created on the land of the Wurundjeri people of the Kulin nations, which always was and always will be their sovereign lands. As a uninvited guests to these lands, I have a responsibility to help deconstruct the colonial state that we live in. And I stand behind all the First Nations people and their fight for sovereignty and freedom. In particular, I pay my respects to any sistergirls and brotherboys listening.

Transomatics is a practice that I had developed to help people in the trans community feel closer to their own bodies and to each other. In this episode, we will celebrate our bodies and appreciate them. I'm standing. I'll be moving a bit walking around, but you should always just do whatever's comfortable for you.

So begin standing your feet hip width apart, with just a gentle sway, from one foot to the other in time to the beat. Let your arms join in however they want. Maybe doing the scuba move, or making waves.

Moving a bit faster, slow, maybe moving one limb at a time, noticing its length and its strength, feeling how it is inevitably connected to the rest of you.

Maybe start lifting your feet off the ground, stepping from one side to the other, reaching your arms up, going down low...a little spin. Relax your head, letting it flow with the rest of your body.

Just let your body move and being aware of the movements with love, appreciate all the things your body can do, how it holds you, how it lets you express yourself, how strong it is, how connected it is.

Really feel everything— from your skin and your hair on your skin, all the way through to your membranes, your blood, feeling your muscles and your ligaments, to your bones.

I don't know about you, but this tune always makes smile. Expressing transness, isn't always easy but... I feel like in this moment, I can be proud to be me. And you can be proud to be you. And we can just move in these bodies, these vessels that are ours, always. That they'll never leave us. We'll never leave them.

It's a funny relationship, but I like to know that me and my body, we're always there for each other— for better or worse.

I hope this track also makes you feel good. And maybe you can put in your favorite playlist and just spend some more time in appreciation and love. Strengthening your bond to your physical self, moving and taking up as much space as you possibly can, doing whatever you want.

But for now, I want you to take your right arm, stretching it as far as from your body as you can, and then bringing it across your chest around your shoulder, your left shoulder, and keep it there while you stretch out your left arm and reach across your body. And then just give yourself a nice squeeze.