



clock medicine – chanelle adams

find a comfortable position. you might be seated, upright, or reclining. it doesn't really matter as long as you feel supported in the way you need right now.

as you allow your body to begin to relax, i invite you to close your eyes. take a deep cleansing breath in. and as you breathe out, maybe let out a sigh, letting go of any tension in the body. as you find your way towards rest and ease, you may notice sensations of l in your jaw, hips, fingers, toes.

take a deep breath in. on your next exhale, allow your center of gravity to sink a little deeper. invite rest into the parts of your body closest to the earth. in these grounding breaths, you may notice a heaviness, maybe a sensation of being rooted.

plant yourself in this moment, right now.

as you release down into the earth, dropping your attention down towards the ground might you find a sensation of being supported? a sensation of groundedness is available to you if you need it, at any time.

gently direct your attention back to your breath. if it is available to you, breathe in through your nose, and out through your mouth. if not, just allow my voice to fade into the background. this is your practice. these are merely suggestions.

choose care in how you carry out respiration.

count to 4 as you inhale, taking in energy from the earth up through your roots. and on your exhale, to the count of 4, imagine your inner resources being offered outside yourself. invite this intention into your breath cycle - to receive on the inhale and redistribute on the exhale..

inhale for four, 4, 3, 2,1. and exhale for four 4, 3, 2, 1.
draw in for four, 4, 3, 2, 1. share for four 4, 3, 2, 1.
inhale for four, 4, 3, 2, 1, and exhale for four, 4, 3, 2,1.
one more time.

let's allow the visualization to begin.

imagine yourself at the center of a town square. you begin to wander around, taking in your surroundings - maybe it's a place you recognize, a place you've been or somewhere near where you live. maybe you're in an imaginary city, or one that is very real. what does it look like? as you scan around, you notice an old colonial statue. getting closer to examine the shrine to this fake hero, you see he has a pocket clock.

you remember why you've come here today. you are here to bring down the statue. while you're at it, you decide, you will also remove the clock. as you approach the statue, you consider your methods. maybe you'll scale a wall, or use a rope, or power tools, or will remove it simply with your mind. when you are ready to remove the statue and clock, go ahead.

as the statue comes down. you reach for the clock. for a moment, you hold it: does it look like an alarm clock? what does it feel like? what is it made of? do you feel the tick inside your organs?

suddenly, the clock slips into the air, and the hands speed up. how do you experience that shift?

you witness the clock float overhead and soar into a body of water - first floating at the surface, bobbing, then sinking, and slowly drifting to the bottom of the ocean.

what are the hands of the clock doing now? might you be able to feel into your pulse, your cells, your memories?

deep down beneath the ocean, the clock sinks through layers and layers of earth to the core of the planet. as it passes through the mantle, maybe it begins to melt. yes, the clock is melting.

enjoying the heat for a moment, you allow the clock to become unrecognizable.

now, it's time to re-collect your inner clock. take a moment here, to find your clock. it's here somewhere. it is protected and not melted. and when you find it, make your way up from the core of the earth, in your time.

as you travel back, your inner clock pulls up into your core, and slowly leaks out to the rest of you, filling to each and every tip, corner, curve, opening. you are safe in time now. this time is yours.

imagine this inner time begins to overflow from your inner self until it forms a garden around you. the garden asks to be a memorial to the death of capitalist time and also a celebration of the return of time-space knowing. you begin to envision an expansive space and feel the fertile soil beneath you.

notice how the plants grow. take note of the speed. notice what is growing. take note of the smells, colors, shapes, textures. maybe you've planted seeds for a future harvest, maybe these plants grow so fast you turn the clock back to watch in reverse.

spend a moment here, maybe an afternoon, or a moonlit evening. you might notice your garden takes on another character throughout the day. observe a full day cycle, a full moon cycle, a full year cycle - maybe you imagine growth on time lapse or slo-mo. it's your clock to play with. this time belongs to you and your garden.

when you're ready, ask permission to make medicine from any three leaves in your garden. they might glow, sing, become brighter, or wiggle, to let you know they're ready. once you have those three leaves, in your mind's eye, boil water brought from your favorite body of water - a sea, lake, river, fire hydrant, bathtub. once it is boiling, gently place the three leaves into that water. as that medicine steeps. imagine placing an intention into the mix: maybe you choose to honor your pace, or cultivate a new clock, or commit to time-travel. this is your intention. go ahead. place it into your medicine.

we will count to 3, one number to honor each leaf. and on the third count, your medicine infuses into your being. and as you're ready, slowly bring your intention with you as you come back in this present moment.

1, 2, 3.