

Dear Comrades, Lovers, Friends, Kin;

I'd like to invite you to participate in **MKV: Credit River Immersion**, organized by appointment. *MKV* is a ritual bath, built inside the Blackwood Gallery's e|gallery space, in the CCT building. The Waters contain a mix of elements that come from Planet Earth and our sacred bodies. I will be guiding participants in this co-created experience of healing, as part of the Blackwood Gallery's expansive exhibition and program series, *Take Care*.

I offer this ceremony to all queer and trans identified folks, as well as our beloved allies, with priority given to BIPOC identified and folx with disabilities. **Appointments are available for booking Mondays, Fridays, and Saturdays from November 20th through December 9th, from 11am to 4pm.** Appointments involve some travelling, water gathering, talking, co-creating and bathing. The bath itself is completely private and the bathing space is fully heated. You are welcome to invite others to witness or participate in your immersion if you choose.

MKV and Healing Justice

MKV is my queer, gender fluid version of the beautiful and ancient Jewish tradition of ritual bathing, *Mikvah*. The Waters surround you through any passage or change. They welcome you just as you are in this moment. They communicate with you about your next steps, your self-care, and they remind you of the cosmic vibrations your body is a part of. The Waters are traditionally understood to be the womb of the Divine. Yes, even patriarchal traditions can centre the Divine Feminine, if we know where to look. Come find out where s/he/they be.

Immersion in sacred water can assist with moving through the particular challenges our sacred journeys contain. *MKV* is designed to help participants with:

- movement through gender changes
- preparation for and recovery from surgery
- healing from sexual and physical trauma
- dealing with the violence of living in a police state
- recovering from incarceration or the incarceration of a loved one
- combatting the fatigue of fighting white supremacist capitalist patriarchy
- working with fertility
- welcoming new approaches to self-care, such as: work, diet and sleep changes
- considering aging and blood cycle changes
- dealing with break ups
- inviting new lovers
- exploring enthusiastic consent
- embracing celibacy
- preparing for direct action and embodied political work
- all things related to embodied self-love

Co-creation

If you choose to participate in *MKV*, we will meet to discuss your goals and needs together. We will co-create the immersion that feels right. I will suggest texts and songs we might use, and welcome you to do the same. We will also spend some time at the Missinihe/Credit River, gathering water and giving something back.

Nakedness and Consent

Traditionally, we try to be as naked as possible when entering The Waters. That means no clothing, make-up, or jewellery. The idea is to get back to a birthing state, a conscious return to that early vulnerability of just being human. You decide how you want to be with your body in *MKV*. If you are more comfortable being naked alone, we will use radio signals to communicate, with you inside the tent, and me outside. Reciprocally, I will share what feels right for me, and how I am comfortable guiding you through your immersion.

Decolonization

Traditionally, The Waters are directly sourced from land or sky. Melted snow and ice, rainwater, lake and river water are all acceptable ways to fill the bathing vessel. As a gesture to the Indigenous technologies of trade and travel that Toronto's river systems represent, we will travel along Niigaanigichigami, or what is now known as Lake Ontario and up the Missinihe/Credit River to arrive at *MKV*, gathering water in a copper vessel to add to The Waters when we arrive. This is in honour of the ongoing [Water Walkers United](#) project. *MKV* is also an opportunity to consider ways of decolonizing Palestine. As an option for your immersion, I will have salt available from the [West Bank Salt Works](#), the only Palestinian owned salt company in the Dead Sea region.

Ritual Logistics and Transportation

I will meet participants either on-campus at UTM, or will pick you up at Islington Station. We will drive to Blackwood Gallery. There, we'll talk more about the ritual itself, and discuss your needs for the immersion. I will then prepare The Waters, and welcome you inside the tent of *MKV*. After your immersion is over and you've had a chance to rest, I will drive you to the subway or a drop-off point of your choice. **Plan to spend about 5 hours in this practice.**

Outreach

Please feel free to share and circulate this invitation. You are also of course welcome to come to the show without immersing in The Waters! Follow [this link](#) to find out more information on *Take Care*, and all the fabulous events connected to it.

To book an immersion, please email Jayne Wilkinson (Assistant Curator, Blackwood Gallery) jayne.wilkinson@utoronto.ca by Mon. Nov. 13, 2017.

Please note: on Saturday, December 9th, we'll be documenting the project in a group immersion. If you prefer a lighter version of this experience, sign up on that day.

**In love, gratitude and solidarity,
Radiodress**