

Mairead Ajisola

THE PEOPLE'S PEDAGOGUE

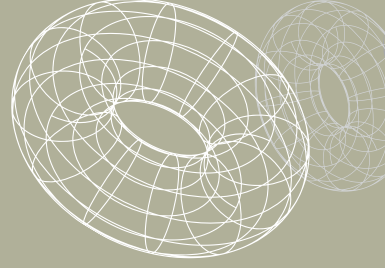
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Polyphony

A meditation on struggle & creation

The People's Pedagogue

SELF-LIBERATION IN PRACTICE



Polyphony

(noun) the style of simultaneously combining a number of parts, each forming an individual melody & harmonizing with each other.

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A meditation on struggle & creation

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For Creators struggling to heal & create & for all of us moving through transitions who have room to share harmonies: A personal reflection exercise to guide yourself toward liberating creations & more positive interactions. You are invited to meditate on these ideas in a healing space or share for further polyphonic connections.

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While speaking to biographer Dan Piepenbring, the artist Prince discussed the limitations of diction. Prince said critics showed a lack of awareness of who he was saying, "Certain words don't describe me," pointing specifically to the word "alchemy" which the artist felt had dark qualities within the literal meaning.

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To explain 'alchemy' is an art seeking to turn one element into another element. The process does not allow the nature of a thing to flow uninterrupted, to simply 'be' or 'become' or reside side-by-side, undisturbed.

Alchemy combines and transforms. Alchemy erases individual attributes.
Alchemy creates an illusion.

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Piepenbring writes about the conversation saying, Prince "would never do something like that. He reserved a special disdain for the word "magical."

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For Prince, artistry was found in further developing a space where grace allowed the inclusion of other beauties rather than changing the distinct and natural instructions. Each individual following its own 'tuning' simultaneously with other entities in unison creates a divine harmony.

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"Funk is the opposite of magic," Prince said. "Funk is about rules."

"The music I make isn't breaking the law, to me, I write in harmony.

I've always lived in harmony ..."

Share your thoughts with MaireadAjisola@gmail.com

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Polyphony

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A meditation on struggle & creation (continued)

“I have a right to be here just like everybody else.”

Octavia St. Laurent

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In this meditation, we propose using a ‘polyphonic’ approach toward self-liberation. If ultimately our anchor is within ourselves, take a moment to consider -

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What is your practice to help ‘tune’ to your natural harmony?

When have you experienced your internal harmonies being ‘in tune’ with your environment?

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How are you practicing becoming your authentic self in unison with the world around you?

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“This thou must always bear in mind, what is the nature of the whole, and what is my nature, and how this is related to that, and what kind of a part it is of what kind of a whole; and that there is no one who hinders thee from always doing and saying the things which are according to the nature of which thou art a part.”

- Meditations by Marcus Aurelius: Book II, Verse 9 MaireadAjisola.com

A further reflection about creating within experiences we might often feel a sense of struggle. Bring this meditation back to expanding and liberating yourself -

What if we were not limited to the layers we can create within ourselves?

What if we are meant to continuously approach life as an opportunity to build additional harmonies?

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How do we encourage others to perform in harmony with us?

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Polyphony

A meditation on struggle & creation (continued)

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Below is our 'Supa Polyphonic Playlist' that inspired the creation of this edition -

"Purple" by Shuggie Otis (1971)

"Baby's On Fire" by Brian Eno (1973)

"Someplace Else" by George Harrison (1987)

"Weak" by SWV (1992)

"One Day" by Bjork (1993)

"Dark" by Prince (1994)

"Aftermath" by Tricky (1995)

"Love" by Luke Slater (1997)

"No Room For Doubt" by Lianne La Havas (2012)

"ELEMENT." by Kendrick Lamar (2017)

"Treat Me Like Fire" by LION BABE (2018)

"Saturns Faded" by ET.PATXKEISHH (2018)

"Own Your Own" by Yazmin Lacey (2020)

"Mascarade" by Lous and the Yakuza & YEINDRY (2022)

"Let Go" by Alewya (2022)

"Beautiful Dreams" by Acantha Lang (2023)

MaireadAjisola.com "Thus Sayeth The Lorde" by Meshell Ndegeocello (2024)

"Road to Self" by Kamasi Washington (2024)

"In A Traumatized World" by Jeff Mills (2024)

Humming can increase lymphatic circulation to new neural pathways in the brain. This can induce the release of melatonin, supporting better sleep and offering antioxidant and anti-inflammatory effects for a boosted immune system.

The Vision for The Even Ibis

ABOUT THIS POP-UP 'CIRCLE COUNSEL' E-ZINE

To make self-healing more accessible, Ms. Mairead Ajisola proudly shares an intentional E-Zine available for download and sharing. Our vision is to provide you with healing insights and activities to begin the exploration of self-liberation at your own pace. You are encouraged to engage with guided practices and meditations on self-development and use this resource as a 'Circle Counsel' to feel virtual support on your journey of self-discovery.

Create & Share your own Supa Polyphonic Playlist vibes with MaireadAjisola@gmail.com

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"You must always be yourself no matter what the price. It is the highest form of morality."

Candy Darling

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Self-Liberation in Practice