

Descriptive Transcript: "Alexa Dexa - Bewitch Yourself, Extricate. Find Safety"

By Katie Sullivan

0:00 A static pink-purple background is overlaid by a scribbly speech bubble that captions the voiceover text in handwriting.

0:03 **Voiceover** [softly echoing]: Bewitch yourself as we dismantle the scarcity conditioning of capitalist power structures by resourcing ourselves and sharing our resources.

Together, we'll call in the resources we need to guide our way forward as we hold space for our infinite possibility and open to manifesting transformation through the process of deep listening.

We'll begin by gaining insight with the collective resource-based oracle reading using my Sacrosanct Oracle Composition Deck, which doubles as a collection of indeterminate graphic scores.

0:38 The screen is suddenly covered with a spread of pastel pink, yellow, purple, and blue cards. Each card features a vibrant sketch of a graphical music notation prompt and an accompanying oracular message.

0:41 The pink-purple background reappears, again overlaid by handwritten captions of the video voiceover.

0:42 **Voiceover:** As I shuffle these cards. Consider where you might like to find support and which energy you'd like to welcome into yourself.

0:47 A prismic, pastel collage of yellow, blue, and pink triangles fills the screen. One by one, fragments of the prism vanish to reveal a video of Alexa Dexa, a white femme with long brown hair, glasses, and a white hair bow. They are shuffling a deck of cards.

0:56 Cards rustle against each other as they are shuffled.

1:34 Alexa spreads the shuffled cards, carefully selecting one and placing it in their lap. Alexa trades the deck for the card they've just set aside, holding up and showing it to the audience.

1:42 **Voice:** So the resource that surfaced for us collectively is “extricate and find safety”

1:50 A pink-purple background appears, overlaid by a close-up image of the selected card and handwritten text which reads “Extricate, Find Safety”. The card is teal with an overlapping array of yellow, green, purple, and pink shapes. Each letter of the word “extricate” has been arranged to represent its own pitch in a graphically notated score. Below this is text that reads “find safety”.

1:57 **Voice:** And I think this is a really beautiful message for dismantling scarcity conditioning. The first thing is understanding and being aware of what your current situation is and what safety means for you, what it looks like for you, you know, making an evaluation— is a situation that I'm in, is the mindset that I have safe for me? Is the work that I'm doing, is the way that I spend my time, is it meaningful? Is it bringing and adding value into my day-to-day life? And if the answer of that is “no”, then finding a way to extricate yourself from that situation, to either pull yourself out, finding an exit strategy, or finding ways to create safety with the circumstances that you're being given, and understanding that the mindset of seriously of not having enough— that there isn't enough to go around— that you're not going to be able to support yourself or to find support is inherently unsafe.

These capitalist power structures inherently are unsafe for so many people. And so really doing our best to consider, and just reimagine what safety can look like if we're able to bypass those systems in any way. Or if there's anything that we can do to make them better from within and among the people that we're wanting to support and that we're— I'm wanting to also be supported by. So extricate, find safety.

3:53 A prismic, pastel collage of yellow, blue, and pink triangles fills the screen one fragment at a time.

4:00 The screen transitions from the prismic pattern to a pink-purple background overlaid by handwritten captions of the video voiceover.

4:01 **Voiceover:** Now that we hopefully have an idea of the resources we'd like to welcome and cultivate, I will hold sonic space for you to pull with yourself, manifesting transformation while you listen to the sounds generated from our collective reading. I welcome you to join in crafting this sound space from where you are if you feel so called, with any mechanism for generating sound and a connection to experimentation and play.

4:28 A prismic, pastel collage of yellow, blue, and pink triangles fills the screen. One by one, fragments of the prism vanish to reveal a video of Alexa Dexa. They hold a small harp and are surrounded by an array of colorful handbells, a laptop, a toy glockenspiel, a kalimba, and a tiny piano.

4:34 An echoing, spellbinding reverb tone plays and Alexa begins plucking the harp in a gentle, lilting melody.

5:00 Alexa continues plucking the harp and sets the sound to loop on their laptop. Twinkling harp harmonies begin to layer over and over.

5:20 The harp assemblage continues to reverberate, and Alexa begins to play the glockenspiel in sharp, striking peals atop the overlapping harp harmonies.

5:51 Glockenspiel tones begin to loop on top of the harp music. Alexa sets the mallets down. This soundscape is a quilt; Alexa begins to slowly pluck out low pitches on the kalimba tines, embroidering the repeating harpsong.

6:36 The kalimba melody is looped and Alexa begins to play jangly, staccato notes on the small piano, which are added to the looping song.

6:56 **Singing** [whispery, soft, meandering soprano vocalizations]: Safety. Find, find, find. Feel safety. Find. Find, find.

7:55 **Singing** [the vocalizations continue, gradually sliding into a lower pitch]: Find.

8:02 Alexa begins to play a clinking, three-note piano melody in-sync with the kalimba line. A slight dissonance builds in the soundscape.

8:31 Various looping harmonies begin playing in reverse, all at once, and suddenly become much louder.

8:45 A sharp tone fades in-and-out loudly atop the ongoing music. Alexa begins playing a new kalimba line.

9:21 **Singing** [high-pitched, yearning, layered harmonies]: Even if leaving is the only way, even if leaving is the only way, way. Extricate, extricate, to find, find safety. Safety, safety. Extricate.

10:18 Slowed-and-reverbed loops of singing hover above the music. Alexa begins ringing various handbells, adorning the soundscape in jolts of shimmering resonance.

11:20 Sharp tones and snipping sounds are scattered amongst the music.

11:28 Alexa begins striking notes on the glockenspiel. The looping music softens, centering the audience's attention upon the newly-unfurling melody.

12:02 Alexa trades the glockenspiel for the small piano, plunking out a similar melody. The background vocals get louder, repeating "extricate, extricate" in long, breathy runs.

12:08 The vocals transition into a repetition of "Safety, find. Safety, find", and the looping music gets louder again. Alexa continues playing the piano.

12:34 Alexa picks up the harp again, lightly plucking the strings. The soundscape oscillates in intensity.

12:55 **Singing** [crooning]: Find your way, find your way, find your way, find your way to safety.

13:47 The harp melody remains steady as the background music eases up, slowly fading.

14:26 A single soft note is played on the harp, closing out the song. The pastel prism reappears, slowly filling the screen.