

The Power Of Metaphors And Analogies And A Disabled Body:

Author's note : I came across the idea of using these mentioned questions while reading the foreword written by Aurora Levins Morales in the 3rd edition in Exile And Pride (Eli Claire ,published August 7th 2015 by Duke University Press Books.) I found Aurora's writing striking, it's really stuck with me and I personally use these questions as writing prompts!

I feel this peculiar push and pull when writing in my disabled body. I feel the strain of writing, of creating. I imagine that the insides of my disabled body are electrical circuits, my muscles and tendons working hard. I can feel this energy flow through me. It feels kinetic! I imagine my disabled body is this living, breathing machine, all moving parts with a job to do. That job is to explore! I write to explore my disabled body / mind, my sexuality and gender, my queerness and my queer desires unapologetically.

I write and I make and hold space for myself. I take up space. I imagine my spastic, disabled / traumatised body / mind spread out across pages and pages quirks and all exploring and discovering myself. I write to reclaim my body / mind. I write to "go there", go to the deepest parts of myself and come back to write about it, come back into my disabled body and feel that push and pull, that strain.

Sometimes I need to ask myself why; why can't I go there and write about it? I ask myself; Am I afraid or anxious to go there? Am I nervous about not coming back into my body the same way I used to be? I ask myself why am I not allowing myself to go there, come back and sit with my feelings? I ask myself how; how can I make time and space to sit with myself?

Writing makes me feel adventurous and vulnerable, anxious and excited. I want to go there and tap into that anxious/ nervous energy. I imagine my anxious energy is a kaleidoscope of butterflies fluttering throughout my whole entire body and right out of my fingertips and I follow them.

Oakley Kiss is a white, Disabled and Queer unapologetic Pro-intersectional Feminist who loves to do things differently. They love writing poetry and non-fiction! Their writing explores reclaiming their disabled traumatised body / mind, their gender and sexuality. Their writing is unapologetic, healing, visceral and sensual. Oakley writes for them self, and through doing so they hope it's an extension to fellow Disabled /

Queer / marginalised folks to make and hold space for themselves and their communities.