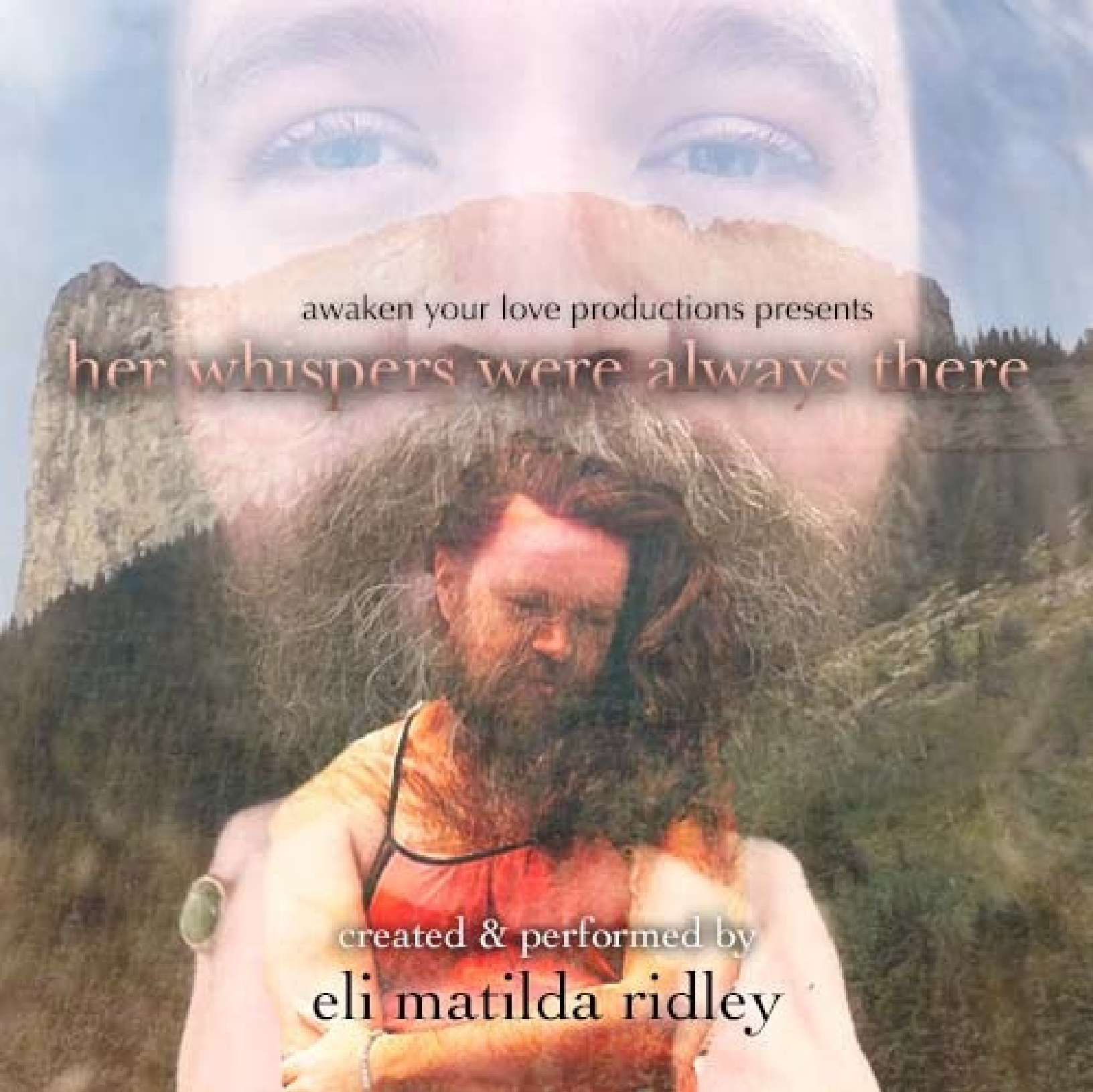




awaken your love productions presents
her whispers were always there

created & performed by
eli matilda ridley

CALGARY
FRINGE

Friday, July 31 at 7:30 pm
Saturday, August 1 at 6:00 pm
Sunday, August 2 at 6:00 pm
Monday, August 3 at 1:30 pm
Friday, August 7 at 3:00 pm
Saturday, August 8 9:00 pm

her whispers where always there

Writer, Performer, Director, Lighting/Props & Set Design
eli matilda ridley

Dramaturgy, Story Consultation, Self Revelatory Performance Consultation
Amelia Kriss

Graphic Design
Sarah Kellysen

Music and Sound Art Design
goddess creak

Art Film Footage

Cinematography, Director, and Editor
eli matilda ridley

Sources

Manifesting Madeline
[imdb.com/title/tt13067482](https://www.imdb.com/title/tt13067482)

Process
[imdb.com/title/tt5136160](https://www.imdb.com/title/tt5136160)

Additional cinematography and editing by Donatella Alejandro Espinosa
from Matilda Daydream sequences shots mixed in

eli matilda ridley (Performer / Creator):



Eli Matilda Ridley is a Winnipeg-based filmmaker, actor, drama therapist, and musician who identifies as gender-fluid, embracing and flowing within the spiritual balance of feminine and masculine energies.

Eli found their passion for storytelling through the birth of their “first child”—a critically acclaimed therapeutic solo performance called Water Choke. Earning its stripes at the Toronto and Atlantic Fringe Festivals, the show played to intimate crowds, moving audiences to cry, think, love, and connect with their hidden parts. This profound experience inspired her journey into drama therapy.

Today, she holds space for traumatized individuals to share their most vulnerable narratives, helping them experience deeper self-love by transforming trauma into transcendent stories.

When not holding space for others, he shares his own stories through the storytelling podcast RISK!, film, music, and with loved ones. He has written and directed two therapeutic short films alongside creating experimental art films. As a musician, he composes immersive scores for Modo yoga classes and writes viscerally cathartic folk music.

On Cultural Appropriation and Spiritual Practices in *whispers*

Much of my spiritual practice has been influenced by Indigenous Spiritual practices, specifically of the Anishinaabe, Ininew (Cree), Dakota and Red River Métis people, Tibetan Buddhism, Hinduism, Buddhism, Shintoism and Q'ero Shamanic traditions from Q'ero Nation in the Peruvian Andes. Concepts in this show have been inspired by these cultural spiritual practices as well by the Druids, Scottish Pagan traditions, Atlantis spiritual practices, Quakerism and Gnosticism. The twin soul concept is inspired by Chinese folklore of Yue Lao and the Red Thread of Fate, and this inspired the concept of the Divine Cord.

Additionally, the Korean Buddhist concept of Inyeon and Indian concept of Samsara have also strongly influenced the concept of twin souls and the Divine Cord. The dance and movement of this piece is created through ecstatic flow, improvised movement of how the body wishes to express. However, many of these movements are inspired by Ashtanga.

I am aware that there has been a history of cultural appropriation by Western wellness and new age practices taking from these cultural spiritual practices and capitalizing off of these sacred traditions. It is not my intention to do this, but I am aware this piece may also be doing that. I am hoping to learn more from the cultural spiritual practices that are aligned with my ancestral roots, and it is with deep respect and honour that I have learned from these different cultural traditions. I have such radical respect and honour for these different practices, and for how they have allowed me to connect on a deeper level to my soul, and helped me bypass my colonially conditioned mind. However, I also do not want to take from these cultures, and claim them as my own. I would like to use the concepts in this show to help other white people who resonate with different culture's spiritual practices find ways of honouring and respecting these cultures without taking, capitalizing, and appropriating. I personally would like to learn more from my own ancestral spiritual cultural practices (Scottish Pagan, Quakerism, Druid) and so I can connect with these concepts without cultural appropriation. This show begins that journey, I dedicate the next art and creative practices to diving in deeper. And if anything in this show felt offensive, and you would like to talk about it, I am fully open to hearing your story. I don't expect you to teach me, that burden is not yours, I can take that on, but if you want to share your experience, and your wish for potential changes in the future renditions for this show in terms of cultural appropriation, I am open to listening and holding space for your story and your experience of the show. Feel welcome to reach out to me through Instagram or on email (yourgenuinetruth@gmail.com).

On Sex Workers and the Soul Consuming Succubi

When creating the Soul Consuming Succubi character, I was worried that this would come off as judgemental, shameful and critical of sex workers. I want to make it clear that this character is not meant to be compared with the sex workers who work in the porn industry.

I have a lot of respect for sex workers, and for the ways they can channel the Limitless Light through sex, and cultivate meaningful and healing connections.

Modern Whore by Nicole Bazuin, inspired by Andrea Werhun's memoir of the same name, was an insightful documentary on sex workers that I saw during my writing process of the show, and this really made me think more critically about what messages were being shared in whispers.

Was I shaming sex workers in my piece?

I am extremely critical of porn in this show, and this stems from my personal struggle with porn. I discovered porn at a young age, and the scripts that were shared about what sex was completely destroyed the magic of sexuality that I had felt and known before porn. I feel porn made me hate my body, hate my gender and feel extremely confused for decades on how to ethically feel attractive in my conditioned gender, and shared scripts on sex that only created more shame, harm, confusion, disconnection and lack of freedom and pleasure in the bedroom. Porn has had almost as negative impacts on my sexuality as my sexual abuse trauma, and so this is why I feel extremely critical and passionate about trying to share new stories about sexuality and helping others who may feel the same way I do about porn. And if you do feel this same way, please reach out, I am wanting to build more community who feel similarly to start to explore ways we can share more Limitless Light stories on sexuality to help initiate the Changeover in this industry. You may have had positive experiences with porn, and if so, no judgement, but I do ask you to be curious about the stories you may have subconsciously adopted from porn and do these stories honestly serve you and your partner/partners.

The Soul Consuming Succubi is not meant to be attached to sex workers or to porn itself, but is a spirit that guides one to porn to feed. Spirits need to feed, and I have empathy for them, because if I were stuck on Earth, and not able to ascend, that would be absolute hell and you would need to find anything to survive. If to survive is to feed, then so be it. Tibetan Buddhist practices, Indigenous spiritual practices, and Q'ero Shamanic Practices have inspired and guided me in my practice of understanding these spirits on a deeper level, and I am deeply grateful for these practices and this learning. I also have deep gratitude for the spirits themselves which have shared more and more on their

intentions, needs and purpose when my mind and soul have been open to listening. There is a section in the piece I had to interweave with others and so if you didn't catch the Soul Consuming Succubi's purpose, and you are feeling concerned or offended by this character, let me know and I will share this monologue with you. The Soul Consuming Succubi has a very feminist intention, and is tied to Lilith, and a strong intention to destroy patriarchy. Feminist porn may be the way that the Changeover can happen in the Porn Industry, and Sex Workers need the same worker's rights that other industries have, and need to feel more empowered to share their own stories and to not feel safe only in certain spaces, but feel safe everywhere. The entitlement towards sex workers needs to transform to respect. Modern Whore shares visions of what this could look like, and so if this subject calls to you, I strongly recommend that documentary.

During the writing process of this show, I discovered Scottish Pagan and Druid practices on Sex Magick, and this inspired the concept of the open channel of orgasm. The wisdom of these practices, and the wisdom of Kundalini from Vedic and Hindu practices, can lay groundwork of how to bring the Limitless Light back into sexuality, and initiate small moments of Changeover. If you do not connect with the more ethereal spiritual concepts on sacred sexuality, it can be more grounded in the present moment: it can be open and honest communication with your partner on what you want, what makes you feel safe, what sexual scripts resonate, what sexual scripts don't, and co-creating new stories of sexual connection and intimacy that can allow you and your partner (or partners) to feel more connected, more loved, and more tapped into the awe-inspiring, radical, transcendent, transformative magic of sex.

Final Artist Note

The changeover starts with us. In a Quantum Hypnosis session, about a year ago, I was able to access my light-body, source energy, my soul, and that was the message they shared with me. Visions came of what this could look like. I was filled with so much light because it felt so deeply magical, and I also felt so much grief, because it was so far from where we were. As I researched about Atlantis, and connected more deeply to that past life, I saw these similar visions of an existence of harmony, peace, love and connection. Similarly, I felt from the past life, the grief of the destruction and demise of this civilization. As a grand concept, the changeover may feel like purely a fairy tale. However, if you break down how this could happen in small moments, this really could be a reality for our next generation. The changeover can be relational and exist in the joyful moments with our partners and friends. I truly believe a relationship can be a

space for incredibly deep personal and collective transformation. To feel radical love, and to consistently come back to love, terrifies the living fuck out of empire because if we harness meaningful, flourishing, loving, connected relationships with our friends, our family, our lovers, our community we start to realize that so much of what that has been sold to us for meaning and purpose doesn't hold up. We start to question competition, question judging others, question hierarchy, question the idealization of power. We start to come back to the inner wisdom that our inner child held before the conditioning, fear, grief, loneliness, and confusion settled in. We start to come back to awe, wonder, curiosity, passion, creativity, joy, love. This is the changeover. The most intimate and intricate moments where we become the author of our stories, and decide to choose what stories give meaning. And for those in oppressive systems where the ability to choose new stories seems impossible, those who have the privilege to offer an eraser and a pen, offer a blank page, we offer. For those of us who are storytellers, we have a beautiful responsibility to the stories we tell, and how those stories will either feed or drain the collective. Lets start sharing stories that build us all up, that gift us hope, and start to share whispers and visions of the changeover.

The creation of this piece has been so healing, transformative, insightful, creative, and meaningful. This may lead to twin soul union, this may not. When I first started creating this show, that was my goal. Now, I know that it was never up to me. I vow to dedicate my life to creating art that will help initiate the changeover, loving my inner child, redirecting the dreams into self love and letting my inner child cry, dance, play, whatever needed to feel safe and secure. To stop searching, and just to relax, breathe, and let fate happen as it is meant. When the stars align, divine time. I would not have this belief and the radical sense of peace this belief cultivates if it were not for this show, and for that I am deeply grateful for creativity, for the immensely healing power of art, and for you all for showing up, witnessing, and hopefully gaining something from the whispers.

In conclusion, I created this show for the conversations. Those may happen at home, at cafes, at bars, in parks, on the riverside with your friends, partners, family, and community. Those could also happen with me, if you wish to reach out, please do so [@lifelovedxx on instagram](#) or yourgenuinetruth@gmail.com.

The changeover starts with us.