JOURNEY INTO AFROCOSMICMELATOPIA

signs of the island being brought back to life anyway, I had
Welcome to the Higher Realms

The creative Master Minds behind your Divine journey

Journey

A n Offering to the Higher Self: A Practice Of Diving Inwards To Shine Divinely

1. Reawaken the spirit within
2. The inner child dances
3. Reimagine what it means to make space
4. Reimagining: Radical Self Love
5. Everybody Loves the Sunshine

AfroCosmicMelatopia Exhibit

Artist, Creators, Manifestors & Griots:
WHAT IF WE FOLLOWED OUR JOY AND ALLOWED IT TO SHOW US OUR PATH TO LIBERATION?
Created and powered by the youth participants in the AfroCosmicMelatopia world building workshop on February 24th and 25th, 2022. This is a Manifestation awakened by the young adults from across New York City and beyond.

AfroCosmicMelatopia is a future world of infinite possibilities for liberation, inclusion and empowerment for all people. It exists 100 years from now as the capital City of future Earth.

"Art is conversation between the creator and the receiver. It is a call and return, as we feel and learn the stories being shared."
- Freequency Connects

**Duration:** 1 day in Earth years. Endless in the cosmos of our Manifestations

**Location:** Weill Music Institute and the global galactic Kin of ACMT.

**Creatives:** This cosmic event is designed by the creative studio Intelligent Mischief and Wakanda Dream Lab as part of Carnegie Hall’s Afrofuturism festival.
WHAT IF WE KNEW THAT THERE WAS A WEALTH OF POSSIBLE FUTURES AND THAT THESE POSSIBILITIES COULD BE SHAPED IN DIFFERENT WAYS?
1. reawakening the spirit within

What if we moved from a place of joy? Knowing that the journey our Ancestors went through was not just one of turmoil but of great triumph. That our beginnings are not the same as our endings.

What does it mean to play and be in wonder? To explore the inner glory that shines throughout our stories.

We shall guide, hold and create space where You can dive into self and explore the wonders of your Being. Creating Prompts, Offerings and Rituals to support you through your journey into self and the Future you intend to Manifest. All journeys begin and end with Love.

Love is the highest frequency we can bring forth and take on. For Love takes all shapes and forms. It is required for all stories to be told.

What does it mean to love all versions of ourself knowing it can reshape our future. How do we love if we do not first love ourselves. How would you show kindness to your past selves for getting you to this point in your journey. Questions can often be answers as we take new shapes. How do you support your everyday body in the present, thank yourself for making it through the past and loving yourself into the future.

How can we reimagine our story if we only know pieces of our forever glory. For I am not only My Ancestors wildest dreams, I am welcomed to this earth to show them that we are more than what they see. That our story, my story has many layers.
Offering:

Write a letter to your Ancestors and past self. What guidance and lesson are you grateful for? What ideas of self no longer serve your current journey? How do you thank your past self in order to shed and embrace the new journey ahead?

Filling a cup with water, take a seat and offer the cup to the space you are working in, Thanking those that came before you and those that guide you forward for your the good of your highest self. Moving with/from a place of love and truth will allow all things take its shape. To pour water for self and your ancestors allows the clarity and fluidity in the energies we shake.
2. the inner child

The inner child and joy it brings never leaves us. We only grow and learn to play differently. What does it mean to reawaken our childlike spirit within and ignite the joy it brings. What does it mean to create laughter and joy in self? As we grow and live how are we feeding and honoring all forms of self?

IMMERSE YOURSELF IN MULTI-SENSORY EXPERIENCES.
What does it mean to create laughter and joy in self? As we grow and live how are we feeding and honoring all forms of self? Our inner-child let us play and shines on the young explorer inside.

As we grow, learn and shift through life do you remember a time when play and adventure was the order of the day? A time when the focus was just to let yourself play.

Do you remember a time when you fell down while playing only to get up and laugh again? Our younger selves can often show us ways to learn and live fearlessly. Hugging, embracing and forgiving the inner-child and self allows us a fluidity into new wondrous and worlds.

Our imagination and exploration have always been limitless. We need only take a leap of faith on the jungle gym that is life.

Offering:
Take a moment to play. Allowing yourself to wander through the park, jump on the swings, dance to a throwback, or eat your favorite treat. What does it mean play joyfully and freely to you?

Take a moment to reflect on an activity you took part in when you where younger, but no longer make the space for. How can you create small offerings Today, that bring your inner child joy? Is it buying your favorite treat?

Do you recall what it felt like to fill yourself with laughter? Taking a deep breath in place your left hand on your heart, right hand on your belly. Now...Start a wicked cackling laugh. Muhahaha...Keep it up for a few moments. What does it mean to bring yourself joy and how did the warmth of that spark feel? What new moments of laughter did you discover?
We are creative creatures. We also live in tight spaces or what can feel like small worlds. However it shapes for you the vastness of the mind and space you create unfolds in many way. Making space for new energies to flow creates space for your new self and voice to ring.

Offering: Take a moment to stand/sit in your bedroom, using incense or oils to cleanse the space start a journey of cleaning and wiping down your space. Talking out loud the good that you’ll bring. Are there items you’ve held onto that you should let go of? What physical items do you carry that no longer serves you or your future self? What items do you own that can be refreshed and nurtured into something new? As you clean your space/s allow yourself to see, imagine, or intend a brighter, lighter space. Clearing away as you say thank you for what you have had and will receive.
You are a human being of many gifts. This requires rest to rejuvenate the higher being. In a world of go go go, how can small gestures rejuvenate the soul.

Offering: Take a moment to lay down on your back in a darkened room, allowing your hands to fall to your side palms up as you close your eye. Bringing awareness to your breath and the rise and fall of your chest. Rest here, allowing still to flow, breathe deeply with intention. Imagine, feel or intend that the rhythm of your breathe creates a soft waves that drift through and over your body. Allowing any passing thought to gentle wash away. Find and create stillness here. Drifting with the currents of your breath, breathe softly.

When you feel called to place left hand on the belly and right on your chest. Breathe here. Rest here. Give thanks here. Slowly bring awareness and soft movements to your right arm, right leg, left arm, left leg, working your way up to your head and crown. Wiggling your back into your body place your hands to your chest, bow your head to heart. Thank yourself for showing up.

Thank yourself for taking a pause to ebb and flow.
Much like making time to rest can easily be forgotten, loving and showing yourself love can fall to the side as well. An important part of your journey is one of love. To love yourself is a radical act to those that don’t see you’re Divine.

Offering: You! You are the offering of love! a Divine gift here. Gaze into a mirror and softly see yourself. There is a magic gifted inside you. See, feel and intend that this magic and light shines outward. Sharing and washing love over yourself. As within so without. Speak I love yous to yourself. How often do you tell yourself I love you? I’m here for you. What can I do for you? What does that feel like to know that you are so blessed to be in your own presence.
NEVER SAY YOU ARE UNLOVED.

I LOVE YOU.

IN ALL THE SIMPLICITY OF THE WORD.

Sun Ra, Message to Black Youth
AFRO COSMIC MELATOPIA

A present day, future world of infinite possibilities for liberation, inclusion, and empowerment for all people. Derived from the words “afro,” “cosmic,” “melanin,” and “utopia,” it is a place where Ritual, music, dance, poetry, and visual and digital arts bring forth a vision for a new world.

5. EVERYBODY LOVES THE SUNSHINE

5. WE ARE THE SUN. SHINE ON! Forever inspired by the breaths of life the world building workshop series. created, AFROCOSMICMELATOPIA is a freedom song. A global call to all as we awaken and reawaken into self.

It is a CELEBRATION of LOVE, JOY, and ABUNDANCE.

Our projects cannot thrive in a closed environment; we must be willing to connect with the world around us, to venture out into the open, and, most crucially, to communicate, with LOVE, GRACE & COMPASSION.

AFROCOSMICMELATOPIA is a Present Day Manifestation that shine our future glory. For TIME is a concept and we are are infinite people. In a world of infinite possibilities how will you shape your ethos.

For we are the source of our liberation, and empowerment. CELEBRATE and do so OFTEN. For it is a joyous thing to wake up as you. A GIFT to this world.

Offering:
How do you like to move, flow and find a groove. Taking it back or finding a new. Turn up the tunes and let yourself Groove. On a big INHALE rise your hands above your head extend the upper body to the sky and feel the Sun Rays. Embrace your shine and allow the earth below to support you, feel and welcome the Sun’s warmth into you. Indoors or Out, As Above, So below. Trust in yourself and you’ll find a flow. As your hands drift downwards touch and squeeze the body, hug yourself and love yourself. You are not a alone for the collective is unending.

Like the EARTH I AM GROUNDED, Like FIRE I IGNITE, Like WIND I shall PLAY, & Like WATER I will ALWAYS Find MY WAY.

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Powered by participants of the Weill Music Institute AfroCosmicMelatopia world building workshop on February 24th and 25th, 2022.

Artistic Offerings:
Elevator Journey into a New yet familiar world: Intelligent Mischief, Zenmondo Jacques, Taylor McKenzie

Welcome Garden: 1 day in Earth years. Endless in the cosmos of our Manifestations


Marketplace Projections: Alda Boyd
AR Experience: Deia Green

Fête- Celebration:
Selectas: DJ MOMA, DJ Reborn

Dancers: Ebony Webster, Cadijah Dussard, Johnnie Mercer, Erica Olivares Bowen
Dance Curation: Ytasha Womack

Curation: Intelligent Mischief
Lighting Design & Projections: Cierra King
Producer & Production Direction: Violet Asmara Tafari: Freequency Connects
Afrocosmicmelatopia Zine: Freequency Connects, Art by Aisha Shillingford

Powered by the creativity of youth and young adults from across New York City and beyond. Served by the Weill Music Institute.
Many Thank you’s to the Weill Music Institute teams who supported this exploration.
SUSTAINING THE SPIRIT OF BLACK UTOPIA IS VITAL FOR CONFRONTING OUR CONTEMPORARY GLOBAL MOMENT.