

# **Embodied Experiences through Body Mind Mapping**

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# EL Sistema-> Miami Music Project-> Ethnomusicology





***Territorio Cuerpo-Tierra***  
**(Body-Earth Territory)**



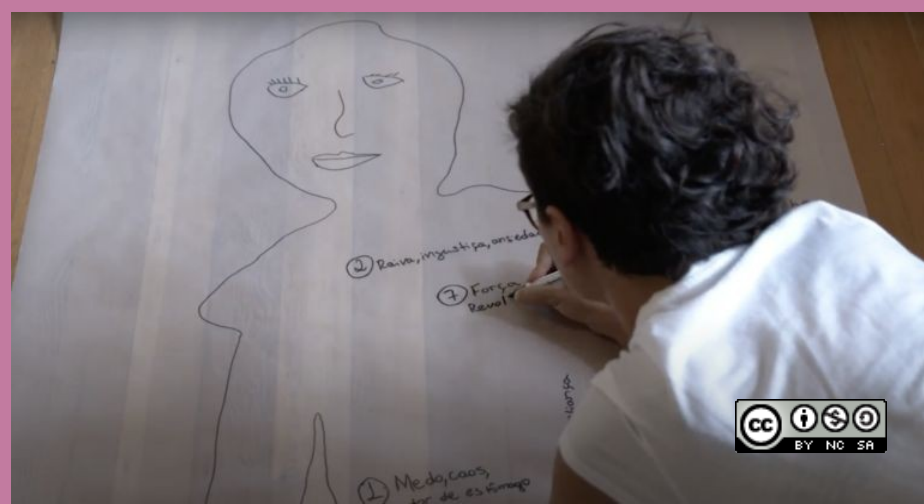
# Body- Territory Mapping







# THE PROCESS



# Canadian AIDS Treatment Information Exchange and the Regional Psychosocial Support Initiative in South Africa.

- Originated in South Africa to counteract stigma and fear by recognize stories of those living with HIV/AIDS. Approx. 2001
- Since then activists have come together to develop workshops on body mapping for health, wellness, experiences.
- Method on reflecting on personal life.

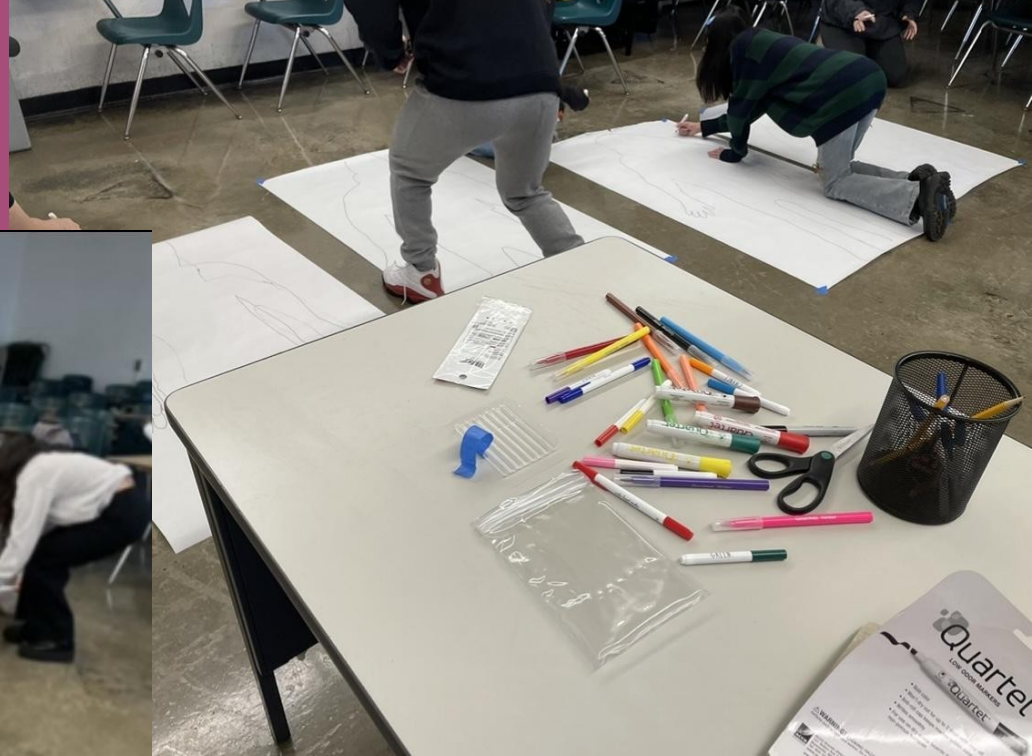
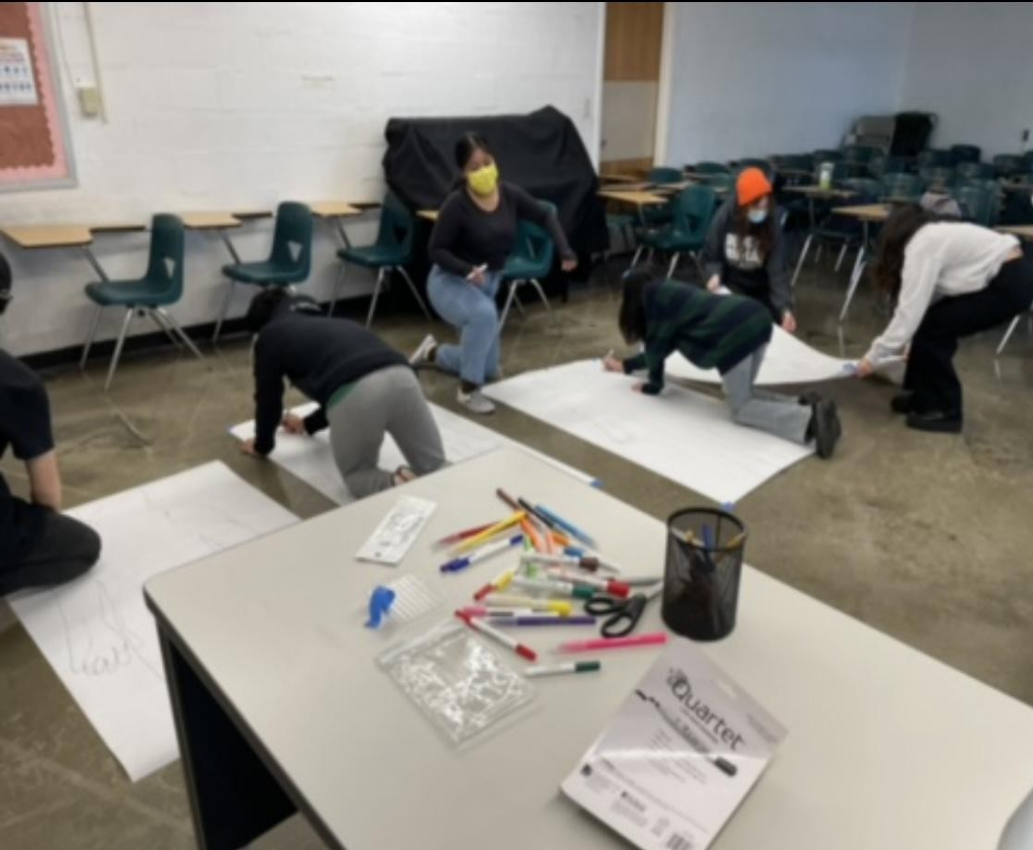


Figure. Jim's map documents his life experiences. Image by: Ted Kerr

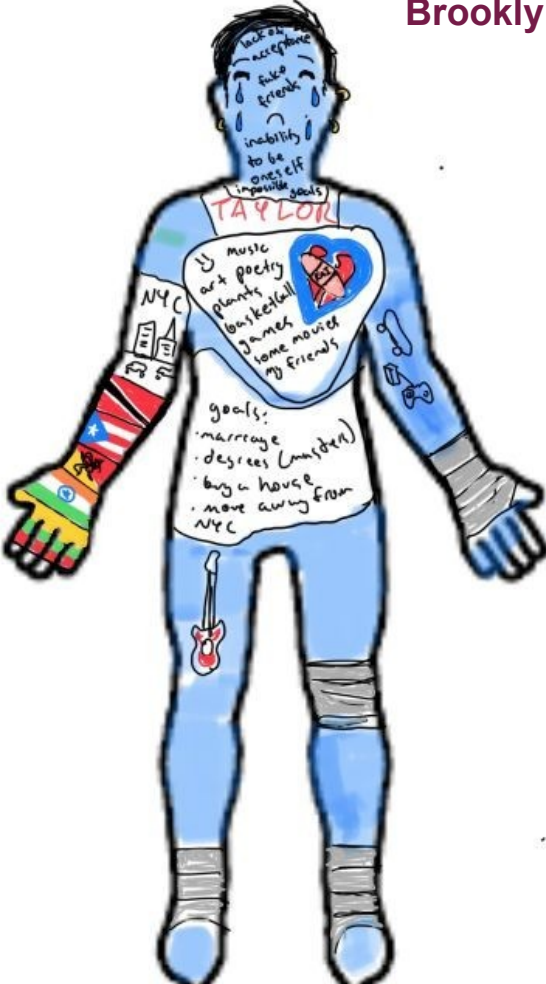




# Brooklyn College 2021

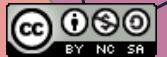


Brooklyn College Spring 2022



# Academic + Research Contexts

- **Empowerment**
- **Understanding the connections between the body, nature, and space**
- **Emergence of collective themes and struggles**
- **Collection of ancestral resistance knowledge**
- **Team Building**
- **Intergenerational dialogue tool**
- **Biographical**



# Connecting Body Mind/Territory Mapping in the Classroom

**Interactive + tangible  
learning exercise**

**Multi-generational  
(Ages 5+)**

**Creative  
(Visual/auditory/kinesthetic)**

**Guiding Questions  
are reflective and  
flexible**





# Sample Guiding Questions

- **Write down your name anywhere on your body map? What do you like people to call you ? How do YOU spell it? How do YOU pronounce it? Do you have any nicknames ? or specific ways of spelling?**
- **What brings you peace? What are some things that make you feel relaxed and with yourself? I.e. reading a book, playing an instrument, bubble baths?**
- **What are some spaces that break you peace or make you feel relaxed?**
- **What about pain? Have you ever been heartbroken? Ex partner? Unrequited love? How would you describe that ?**











# Body Mind Mapping -> Music Education Tool

**Students  
embody a  
unique  
perspective as  
'musicians'**

**More than  
musicians**

**Reflection on  
intersectional  
identities**

**Alternative  
options for  
communication**

# Sample Guiding Questions: What can we ask our EL SISTEMA U.S. Students?

- What instrument (s) do you play? Where would you describe that on your body mind map?
- When playing your instrument, what kind of emotions do you express ?
- How does your body feel when playing your instrument?
- What are challenges faced while learning to play your instrument?
- What are your aspirations and goals?



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# Workshop Time!

