



*MOUNTAIN*

*MOVING*

*DAY*

A Ceremony of Self-Determination

In 2002, Senga Nengudi created Mountain Moving Day, a ritual celebration to empower, unify, and heal women. Intended to be held on the third Sunday in March (during Women's History Month), though possible to be held at any time and place, the project asks us to celebrate individually, among friends, or among strangers, to spiritually and symbolically move barriers placed in front of us. Regardless of how Mountain Moving Day is performed, Senga Nengudi provides us a creative process to awaken and expand our human potential, letting "our bodies and beings come into alignment with our souls and our purpose."

This year, Senga Nengudi and the Nasher Sculpture Center call *all genders* in need of collective, uplifting action to participate in Mountain Moving Day.

*Mountain Moving Day may be done whenever needed, even daily.*



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# “THIS IS JUST A BEGINNING POINT THAT ALLOWS [YOU] TO EXPAND.”

—SENGA NENGUDI

## For an Individual Ceremony

- Gather sand or rocks—symbolic of dismantling your seemingly immovable mountain. Place the sand or rocks in a new location and configuration of your own making.
- If the use of rocks and sand is not possible in your area or situation, move mountains with your words. Find a special or safe place. Declare the mountains you wish to move. Write or draw on paper, cloth, napkins, or any surface you so choose. Use free writing, poetry, lyrics, short stories, or illustrations to recognize the obstacles you wish to overcome or to unleash pent up emotions. By tearing, crumpling, or cutting the paper, rearrange the words or drawings to create new narratives, or to make something visually appealing to you. Optionally, keep the paper(s) hidden in a safe place, tied around a single rock, or buried at a symbolic location to reflect upon the next year. You may also speak and record your words.
- For those with time constraints, find one or even multiple rocks in your area and write or mark on its surface with any tool: markers, paints, mud and fingers, etc. On the way to wherever life calls you, place the rock(s) in a new location and reflect.

## For a Communal Ceremony

- Find a symbolic location.
- Play a form of music, whether self-made (singing, flute, drums, clapping) or recorded.
- Share dreams/writing/poetry.
- Share declaration of a mountain (obstacle) to be moved.
- Each participant should bring a handful of sand or rock symbolic of their personal mountain. That mountain is now deemed movable. Participants work together to create a new configuration of their own design with the rocks/sand.
- Water is used to clean the hands of each person after creating the new configuration. Water is poured a second time into the cupped hands of each participant. This time to drink—a symbolic statement of being one with nature, being as clear as water in our thinking, action and sight, and allowing our chi to flow unencumbered.
- At the end of the ceremony, participants retrieve a bit of sand/rock to take home and put in a special place to remember that a wakefulness has occurred, and a mountain moved.

The above are merely suggestions. The event may be exceedingly simple or outrageously elaborate. The importance of the ceremony is to have an awakening in your life, to recognize that the impossible is possible, and to let our bodies and beings come into alignment with our souls and our purpose.

