



# *my body temple*

Adaobi Chiemelu

Nnọọ!  
Akwaaba!  
Welcome!



# ways I Come Home To Myself

i could take a self portrait, nude or clothed.

feeling attuned to my body is key.

i play soft affirming music

and sway my body to it.

feeling my hips, thighs, legs and feet

helps me come home to myself.

if every part of my body feels alive,

i feel alive.

if every part of my body awakens,

i stay awake to living in my body,

to feeling fully,

to breathing deeply,

to my pleasure and aliveness,

to my wholeness.

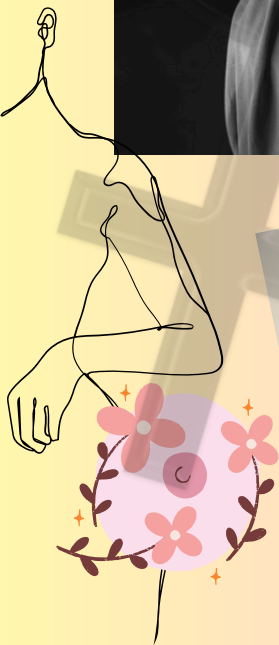
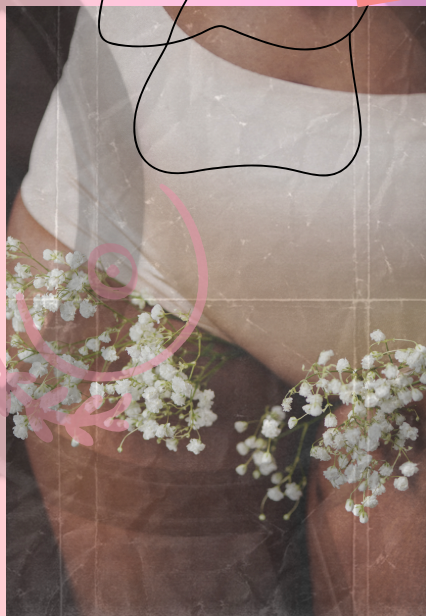
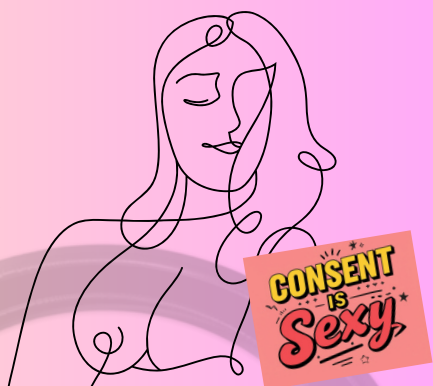
when a part of me is in trouble,

all of me is in trouble

and i must listen

always, with love.







*Children's autonomy should be respected.*

*- Keziah Appreku*



Consent is the soft, steady flame a girl  
carries in her chest, hers to guard, hers to  
name.

It is the right to say yes with a full heart, or  
no with a steady voice, no apologies.

Consent is a boundary drawn in light, not  
shame; a reminder that my body is my first  
vessel, my earliest home.

No one enters without my invitation.

No touch is owed.

No access is earned by pressure, silence, or  
expectation.

Consent is my power in motion, clear,  
chosen, sovereign  
teaching the world to meet me with respect,  
or not at all.

*no many no*





*i name my own pleasure*



*and my own boundaries.*

Visit the link below and stream the ancestral sounds  
inspired by body freedom, created by me.

AHÚKA the EP



what does autonomy feel like  
in your bones?



Daaly!  
Medaase!  
Thank you!

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