

#PalazzoGrassiatyours

Ryoko Sekiguchi

Why Do We Eat?

3. What are the symbols that save us?

Let's draw a map of the territory (of our body)

Contrary to what we tend to think, it's not just because we like the taste of something that we eat it. Recently, many of us have baked bread at home or put leek roots in a glass of water to make them grow new leaves. As if, in order to make up for the lack of contact with other lives, we create our own little kingdom where little lives emerge, still fresh, into this world. We take in this bread, these leek shoots – these lives – in order to be as alive as they are.

We always need symbols in our food. Throughout history, the fruit and vegetables, meat and fish, and cereals, have always had multiple relationships with humans, and each culture assigns symbols to them that change as the times change. Our foodstuffs can never be reduced to mere numbers, such as “calories”, nor to nutritional value.

When our choice of food is limited, as in the situation that we are currently experiencing, we have an even greater need to be surrounded by these symbols, evidence of the richness of the outside world that we have been cut off from. It's not a bad idea to draw up a list of our cravings, or rather, a list of the cravings of each of the members of our body...

Let's draw the map of the territory of our body!

– You can draw your map whatever way you want: like a map of the world; or as an outline of your body; in color; black and white; or even as a collage of drawings or photographs...

– What do your eyes need right now, for your meals? Bright colors or a gradation of dull colors to rest your weary eyes? And your head? Does it desire symbols of renewal, of strength? Our feet yearn to walk directly on the earth, on the grass, so what foods would be able to fulfil their desire? And your throat? A flowing river, or transparent bubbles that tumble in sparkling cascades? Your nose must have a great urge right now to smell different things, since smells are a synonym of the world itself. The smell that flies at the speed of a swallow, the perfume that lingers and accompanies you for a moment... what foods would satisfy these desires?

– In this way, you will sketch out a sort of symbolic landscape of what you need for your body to feel completely alive. Hang it somewhere in your home, look at it every morning, make changes to it if your cravings change. You will gradually become more familiar with this map of the territory that represents you, and that continuously changes as your activities and your thoughts change, and then will begin to take on its own seasonal nature...

Draw the map of your body, reflecting on the things you crave and miss right now.

Then share it on Instagram with the hashtag #PalazzoGrassiatyours.