

## **FLOW // CRIP JOY**

Water moving in one direction, continuously and easily

*The words in bold appear in a glossary at the end of this transcript.*

### **JWB:**

Water runs over everything. And that feels like the motion of the wheel.

Wheels are always in contact with ground in the same way that the river water is in seamless contact with the riverbed, the rocks. There's no break.

When a walking person steps, there's a moment where they lift up from the ground. There's a disconnection. On wheels, there is no disconnection.

That's something that feels really kin to the way a river runs.

### **CC:**

I love being on rocks at the beach. Really uneven land.

I love those surfaces because they're like a puzzle that I need to work out how to **traverse** them. The joy of, sort of, taking time with that. There's something also about being led by what the land allows you to do.

### **JWB:**

The gentle downhill grade, when the rolling is so easy.

### **CC:**

I really love turning into this sort of four-legged creature. All the little places that you can wedge the crutch really right into a corner or into a crack. In Scotland, we'd say **nooks and crannies**.

### **JWB:**

It's the feeling of my whole body connected with and intertwined with the chair, who is also connected with and intertwined with the path.

That seamless, beautiful, easeful, effortless movement is what I associate with flow.

### **CC:**

And I get so lost in that sort of play with the ground.

That becomes the only thing that exists in those moments.

## **Glossary:**

**crip:** a reclaimed term used by some disabled people to express a political disability identity

**traverse:** to cross, to travel through

**nooks and crannies:** cracks and small openings in a rocky surface