

[Identity exchange and personal aphrodisiacs](#) (1:09:25, Noe, 2022, DE, FR, EN mit engl. Untertiteln)

identity exchange and personal aphrodisiacs brings together conversations with non-binary and gender-non-conforming people around gender, sexuality, and their relation to nature and the wild. (Full text here)

What if we look at sex as an act of identity exchange, not necessarily just between the same species? How can we describe identity exchange, when just a fraction of our communication happens through language?

Spoken and written western languages are central to our communication. But languages categorize and define, so we have to look for different ways to communicate:

Bodies have the ability to feel and to think. Intelligence is not just reduced to our brains - plants communicate, express needs, warn others, attract or scare away insects, and so on.

We are our bodies, all experiences and contacts we encounter in our lives are being absorbed and remembered by our bodies.

Categorizations and binary thinking are part of suppression mechanisms, but our bodies have the ability to tell us otherwise.

We try to talk from experiences and emotions, our connection to surroundings and other bodies. How can we express who we are without concentrating on labels and categorizations?