

The liminal is the space of transition,
(in the ritual, in the process.)

It's a space where you have left something behind, yet you are not yet fully in something else.

HOW DO WE EXPERIENCE LIMINALITY?



What are some of the liminal spaces that you recognise from your own experience?



- 1. Airports early in the morning or late at night (midnight - 6 a.m.)*
- 2. Beaches late at night*
- 3. Empty museums*
- 4. Stairwells*
- 5. Hospital waiting rooms or hospitals late at night*
- 6. School buildings on the weekends or summertime*
- 7. Rest stops on the side of the highway*
- 8. Empty highways*
- 9. When you're the last car in an empty parking lot*
- 10. Playgrounds when there are no children*
- 11. Post offices*
- 12. Office supply section of your local grocery store*
- 13. Your friend's house in the middle of the night when you wake up to get water*
- 14. Your room at 5 a.m. (or when it's raining)*
- 15. Elevators when you're alone*



It's often a place filled with anxiety and ambiguity. Our brains react to context, so when a space lacks context or we experience it out of context, we feel uneasy or anxious. Reality can feel altered because we're not supposed to spend too much time in these places.

The liminal can feel disruptive, yet it also offers possibility for selfreflection and transformation.