

Christa Bell



Christa Bell is an award-winning feminist theater and performance artist, comedian and spoken word poet from Seattle, Washington. She is a former National Poetry Slam Champion, the recipient of an NEA award, and Richard Hugo House and (multiple) National Performance Network (NPN) commissions. Christa's work has been featured on National Public Radio and she has performed, by invitation, at over 200 universities, theaters, festivals and performance venues internationally including Wellesley, Barnard, Bard, The West Coast Poetry Festival (BC), Theater Rozen (Amsterdam), The Nuyorican Poetry Café, The Bowry and Bar 13.

Christa is currently in her second year of touring the one-woman phenomenon, **CoochieMagik: A Spoken Word Musical Comedy**, commissioned by NPN partner, the CD Forum For Arts And Ideas. CoochieMagik, is a biographical performance ritual that tells the story of one-woman's journey to God through sex.

Through comedic monologue, spoken word poetry, and engaged, audience-based performance ritual, her work explores the point at which women's sexual and spiritual self-esteem intersects with political access and power. She challenges misogyny by exploding patriarchal religious and moral mythologies, and by co-creating, with the women in her audiences (and workshops), new systems of belief based on the bodies and experiences of women. Her work is a critical act of resistance against the institutionalization of misogyny in the western cultural canon.

"Poet Christa Bell is a true force of feminine nature -- erotic, powerful, and full of life." -peopleforchange.com

"Spellbinding... Her poetry is as theatrical as it is literary..." -Neal Schneider, Seattle Weekly

"You have changed my life... I now sing my name in songs. Thank you!" -Aubrey, Ashland OR (audience)

"Christa Bell is all woman, all poetry and all magic! If you are a woman, this is a must see. If you need to remember how to love a woman, this is a must see. Now, if you are a woman who needs to learn how to love herself, Christa said she'll see you... She is inspiration and truth" -Faye Sekora, The Speakeasy, Anchorage AK

"You gave an AMAZING reading/performance at UCF for the Women's Studies Program... I use your cd with my students, and you inspired me to get back to my writing. You are one fabulous woman. Thank you for all you do and are." -Dr. Lisa Logan, Women's Studies (Dept. Chair), U of Central Florida.

SHEism: A Woman Worship Workshop is an interactive experience in spiritual activism designed to guide participants in the crafting of a spiritual code that is based on their own bodies and awareness.

Bell's most recently implemented workshop series, **SHEism** rejects the patriarchal idea of "vicarious salvation" especially as it occurs through the body and experiences of man (as it does, for example, in Christianity), and instead embraces the truth that every woman is personally connected to the Divine. SHEism asserts that when a woman truly loves, worships and cares for herself she is expressing that divine connection. The SHEism workshop guides participants in excavating their core beliefs about God and spirituality in relationship to woman and her body. Christa Bell uses an empowerment model for transformation to guide participants through this exploration to validate personal wisdom and direct it towards the creation of scripture, ritual, holy days, blessings, curses, pilgrimages, hymns and healings based on her own experiences. Workshop participants will leave with a clear and empowering theology of themselves and the skills with which to continue growing their self-created and profoundly meaningful, sacred, personal religions.

Christa Bell Online:

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