

Looking for the future...

Moving on with my research regarding the ways I experience time and duration while I am moving, I once again freely improvised emphasizing in my research question.

I focused more on my bodily presence and awareness in an attempt to maintain my attention to the present time. A 'new' chapter stood at the central point of my attentive bodily practice this time. The chapter of the future time: a 'mystery' arose again setting into motion a 'new' question: How do I experience the immediate future in relation to the present time?

I could underpin the follow points:

- Whenever my attention was on my moving body, I could see that my body knew what to do next. Letting go of every thought, intention or desire, focusing on physicality and bodily experience, I could understand that the body had its own mind following its own thinking process- a thinking body. I had the sensation that my body was an organism with a separate brain and will. I could see it moving by itself planning in advance its moves: as if it knew beforehand what the next moves would be. That was an extremely organic process without any effort or disruption.
- Sometimes I was thinking of what my next two or three moves would be. Despite the fact that I was observing my bodily movement, it appeared that I was more into a thinking process at that moment considering what I would do in the immediate future. Following my insights concerning memories that emerge in the present time, I think I could parallel these two experiences in the frame of two diverse choices:

If I choose to travel into the infinite 'realm' of memories and past experiences, I am in the past and therefore less present to the moment. In this sense, when I hold onto the future, I am in a 'dreamy' state of mind, diving similarly into the eternal world of future expectations and projections.

I could, on the other hand, make the choice to allow the past and the future enter into the present. Similarly, to what I've noticed concerning memories or past experiences, it's not a matter of being in the future when future thoughts or projections appear in my mind, because this process takes place in the present time. It's more a connection with the future through the present. I noticed that whenever I was thinking of my next moves, I was in a way mingling those projections of the immediate future with the present

employing them into what I was doing at the moment. Considering that, the 'now', was widening as a sensation similar to that of memories; the moment was expanding in order to 'enclose' all those future thoughts or projections. Thus, the future and the present functioned as whole in order to serve the presentness.

- In the same frame, if a memory was 'released' in the present moment and I gradually enlivened it in the 'now' - making it present-, I could simultaneously think of the immediate future planning in advance my next moves or choices. For instance, creating gestures with my fingers, reminded me of a previous musical- dance performance. Understanding that, I gradually employed the movement quality of that piece into what I was doing at that moment, projecting at the same time into my mind what my following 'idea' would be. Following that, I could say that now consists of before and after; past, present and future exist all at once becoming *pastpresentfuture*; past, present and future are bridged together following what's already there at the moment.

Considering the above observation, I could say that I still have this 'wide-now' experience. This term describes the process that takes place in the dancer's mind when one is bridging the present with the past and future in an improvisational dance. It appears that the time is expanding as a sensation; the present moment is stretched so that it could include all past and future moments. All the moments exist as a whole 'serving' the instant creation of dance.

I could also describe this sensation and experience as a metaphysical one. Time is not naturally expanding. Moving through time might be a metaphysical experience and sensation when one is travelling in their thoughts, their memories and their future dreams. Entering into diverse worlds and temporalities by tuning in- inner world- and tuning out -outer world-, one could sense the 'now' expanding as a sensation in the frame of being present to that experience connecting all the worlds and temporalities to one- the dance as it is at the moment.

