

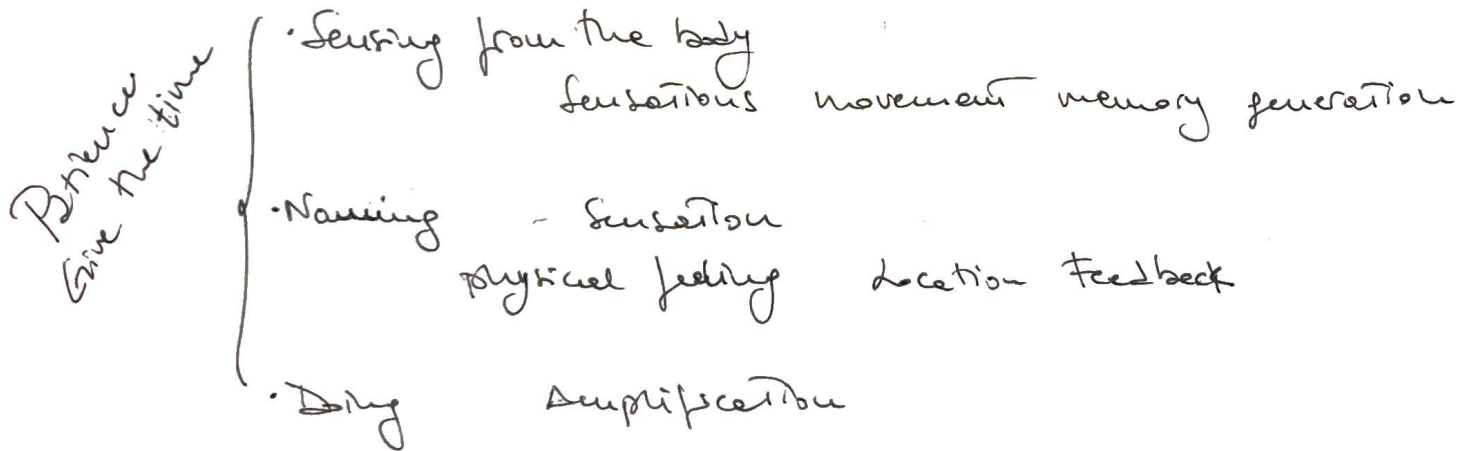
Gr: I think I changed too fast from one thing to the other...

Grw: Yes, there are all these tools which we can use and it might be hard to remember them in improvisations, especially long ones.

Also about repetition: it's a tool, with amplification, but they are not the only ones. Keep going to temporal chart for ways of generating. Maybe the action of the memory isn't strong too long but is just the entry point for finding sensations and things in other places in the body. This way we will stay longer in one memory and the meetings might be more fruitful / imperfect. Give yourself the time.

Allow yourself to really find it in the body. Scan, shift, really locate in the body. Go back to sensing so we don't forget where we came from last week. Maybe we need to always start from the body, not preselecting a memory.

STAGE 1



MEETINGS

