

Gw: When we go so deep to the feeling I feel we lose the awareness of the body and its potential to tell a story for us. It resonates on a visceral level and that's fine, but it can't be the only thing. If I get to the point of no return that's the tricky thing.

K: I had a moment when A did something, a breath, that triggered tears for me. It became a layer of something I was feeling now versus other past memories.

Gw: Explore the face, as it's part of the body. And the voice. Finding the score - writing - looping 1 + 2 etc.

It was helpful to start with W.A.I.T. task for finding a score.
— Lunch —

We have a pleasure talk: what gives you most pleasure?

Dancers start moving and stimulating pleasure for themselves to see what more memories arise. When you find the memory. Sense-name-do.

Gw enters the dancers' space and asks them to make themselves ecstatic. Even if you get tired keep going, use each other. Even more. See if you can touch the ceiling. Like shake all your clothes off in ecstasy. Go around the room in ecstasy. Keep going even when you've reached ecstasy. Where is it in the body?

The long sleeves start peeling off. Lots of jumping spinning tossing heads thrashing on the floor. Some ecstatic vocalisations. Now everyone is on the floor. Now J is shaking on his feet. A lightly dancing around. Everybody has got to their feet now. End.

K: A delicious pleasure

A: we should try it with a bit of e, just to experiment...

Gw: Any pleasurable associations?

Yes, but not clear

Gw: Is there self-consciousness?

J: pleasure is also the idea of something in the future

Gw: That's also part of all autobiographies. After