

in this particular round's approach. It's possibly due to the fact that it's the third time around. Also, maybe some time markers could be helpful so there isn't a "I wonder when it's a good time to transition" (if there is that thought).
First time a comical moment happened between A's "pys" and K's seriousness behind him.

Gw: How was the III time?

B: second was better/best for me

G: I didn't want to repeat and wanted to find something new

Gw: Are you going back to the task or the memory?

A+G: The memory.

Gw: Really important to go to the memory, locating feeling / sensation and really bringing it to the body. The most interesting happens when you're in conversation with each other. It gets so clear. I start making associations, interesting relational 'somethings'.
The second round felt very useful. The third time was going too directly. But then I thought that if I'm seeing again that's alright.

A: Maybe the audience should write for 2 minutes too.

Gw: Yes, if I know that I have some responsibility then I stay active, but otherwise I may check out and go passive.

The rounds 2 and 3 are easier to compose with each other. When you're in it I'm captured.

K: It gives me a freedom to explore in a different way

Gw: We still have to be disciplined about the tools though because I suspect we lose them. Also be aware of repetition as the only way to sensing. It cuts off the beginning and the end of the exploration.

K: Yes there are so many other tools to use.

Gw: Yes it's mouldey. And I've now had 2 weeks to read your bodies (re laughter)