

K: easier to access how I felt now.

J: I'm not always sure how to call it.

Gu: Finding the score was really rich today already. The expression of the thing you're researching is generated from the body but I'm reflecting on its performativity. I'm curious to see how consciously you can be in both realms, of how you felt then and how you feel now. And can the third loop allow you to then let go of it and stay with the sensing. And I don't want you to have to end up in such psychological depths after the work, because it's not the point.

A: If it happens it happens, I wouldn't want to do it every day but maybe there's a way of doing. I'm not being traumatic, it's OK, thank you.

J: The memories can be there but not 100% present.

B: For me it was all over the place today, I didn't feel it, I was searching. I don't know why.

Gu: We could keep researching of course but we are making a work and I'm conscious of this. It's just so unpredictable. What do we want to remain?

We are researching for now but at some point we need to decide what do we want to share? What do we want to record or write our own way?

Maybe the research isn't the thing we settle with in the end. With Akram we used to improvise relentlessly until the habits were bypassed. Because the body is also unpredictable.

If you're really investing in the amplification chart then things really start to happen.

I was really intrigued by space this session. A in the corner, then B appearing there when A had left it.

I'm pondering over how I'm feeling about a memory today.

A: I feel like it feels emotionally much more intense when I concentrate on how it felt. And it's harder to come out of it.