

myself again to other people, opportunities, simply to see and really see what is happening around me, externally. I don't think I'm fed up with the school or was ever fed up with the school, I was fed up with myself and therefore I also wasn't finding a way to change this, because by extensively trying to make things happen or change nothing changes, things need to happen by itself because they will happen by itself and then you need to allow these things to happen. Within these past weeks it became more clear to me how I was feeling because before it was just one big maze of unsatisfying, sad feelings.

Thankyou for peeling off, allowing me to be, giving me this opportunity by providing the space, and safety to empty, your endless listening to what I had to say and share, your sensitivity and your willingness and commitment to dive into this with me and spend all this time together. Thankyou for sharing everything you have shared with me, it's extremely precious to me and I am proud and grateful that no matter what happens this is something that I can and will always carry with me.

I'm happy that everything I mentioned above feels like it supported the work or well maybe better said, in my opinion it supported the work. Within this piece and work of honesty you need to use what is there in the moment and then transform it into where we want it to go in the piece but you can not avoid the confrontation with your true inner-state in that moment. Which got confirmed in practice on friday, it was the first time I was trying to ignore my inner-state before starting and tried to cover it up which obviously is not possible but also extremely stupid to do; it contradicts everything the piece is build upon. Well I see that now and not last friday but I think it's a very important realization still and important to experience it in practice and not only by contemplating on it or writing about it. I'm not