

Maceira, 29-03-2019

Written in the
morning

Dear Joany

This morning I have been running, thank you for being contagious in character, at least, for me, cause you have telling me that you ran some days ago, inspired me to do so. The power of inspiration; it is a precious energy and should never, never be disregarded. I very much believe that inspiration is man's highest good. Inspiration makes a person do what he believes he/she has to do. Well, of course there's a whole set of ethics, cultural background and vision that come along that determine what the person in question will commit in doing, but without having the inspiration, things will not (fully) happen.

So I did this morning, running for some kilometers in a good silence, in a bath of singing birds and howling tree branches. All these noises and figures in nature exist in relation to each other, well, I accept and see them as being in relation to each other. They do so because it 'just' happens, there's no trying to be something or attempt to relate to each other... all these things happen, happen to exist. This is what I search for in my highly detailed, authentic and meticulously chosen choreographic utterances. Each motion, look, gesture, vibration in the stomach, expression on the face exist and they ALL are in relation to each other. I am not trying to say that all things that happen in the piece need to be fixed and composed, but I am more describing it as a choreography, composition of sensitive state; a state that is sensitive to everything in the room, yet doesn't fall into the trap of 'doing its best' for being seen. Yes, the state this state of sensitivity wants to do its best, but for its own continuity of existence, it is a survival mechanism, in each moment. Nothing can go wrong when this survival mechanism is switched on. This mechanism is similar, if not, exactly the same as what I observe from nature. Each manifestation in nature is doing its upper best to exist and continue existing, that's it. A falling tree exists when