

What would happen if this were done with the body itself? The body as an object. I did many tests until I came to the conclusion that the body was something unknown that for the first time I looked at with attention. Letting the body move without thinking, without fear, continuously, without rest, without trying to perform already known movements and reaching limits to see how it could react, was one of the experiments done to understand that there was a part of the movement that was unknown to me.

I came to the conclusion that the body had many ways of moving, and that to know them it was necessary to test it, to get out of the comfort zone, to take it to its limits, to those spaces unknown to the body. Be aware of it and pay attention to it.

Just as there are memories that never manifest themselves and others that only arise due to different concrete situations that occur in life, the same happens with movement. And perhaps this is what makes each body and its movement unique.

And... Is this movement unique? \*Understanding unique as specific to each body. Is this movement learned? I have retained it in my memory and I repeat it. [Memory of the movement]

The movements could be specific to each body (natural or spontaneous) or learned. The latter I understood as movements that other bodies had previously performed and then imitated or adapted to the body. This suggested to me that movements were transposed from one body to another. That the same movement could be performed by other bodies. So, if movements could be transposed from one body to another....

#### WHO WAS MOVING WHOM?

Was it the body itself that moved or was it other bodies that moved through it? Could the body move through other bodies? Was it the movement of the body itself or of another body, and vice versa?