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AN INITIATING IMPULSE

Collective text/poem from *Breathing Together* > reading together

Rest in each word for eternity.
Explore the s p a c e.
Three gestures of pulsing,
several gestures to overcome.
Breathe four times, at least.
Exist like a fold.
Movement - space - repeat.
Establishing a tension,
listening as a carrier.
Body with support,
a patient collapsing.
Patient ethics allows,
changing receptive relations.
Something is opening.
Screen-writing as an encounter.
Weave the relational landscapes
which constitute us, as multiple.
Read try not to read find a rhythm.
It seems like we reverse it.
A standing infinity symbol.
Always being interrupted, always speaking.
Take a daily walk, softly adhering to protocols of interruption.
Disnaming descriptions from the edges.
Like an invisible dance.
Seeking the limits of chance.
Turn the observation into a particle, an atom, at-home.
In this body, in this skin, in this movement, in this language, in these times.
The book has been waiting.
Decide to forget.

PART 1

- Take time to tune into your body, beginning with a practice of attunement of your choice. You can for instance explore: How is your breathing? Do you feel your breath around your heart and chest, or in your belly and lower back? Or both?

Let the light of your surroundings enter your eyes. Everything you see is a reflection of light. Soften your gaze and feel the reflected light touching your eyes.

- Explore at least 3 different ways for reading and returning to the collective text/poem from *Breathing Together*. For instance:

- *Reading slowly out loud.*
- *Skimming, glimpsing.*
- *Stretching and bending the poem as if it were a muscle.*
- *Caressing the poem as if it were a body.*
- *Circling with it. Turning it over.*
- *Reading with eyes closed.*
- *Allowing one's eyes to freely roam the page.*
- *Noticing attraction to specific words or phrases.*
- *Read in one's memory*
- *visualising/recollecting/memorising/(mis)remembering*

PART 2

- Come to lie down in a comfortable position.
- Have on hand a notebook or piece of paper.

- Again let light touch and enter your eyes & vision.
- Reconnect with the previous practice(s) through your body.

- Listen to what comes back, what visits, what *returns*.

- Trace/observe the sentence(s) emerging - let them *appear*.
- Notate it once with eyes closed, once with eyes open, informed by the light touching your surroundings and your eyes.

PART 3

- *Verb* the sentence(s)
- Choose 3 - 5 different possibilities for verbing the sentence from the list below.
- Spend at least one hour with at least one of these in the coming days.

REST *with the sentence*

BECOME *with the sentence*

EXPLORE *with the sentence*

PULSE with the sentence
OVERCOME with the sentence
TRAVEL with the sentence
FOLD with the sentence
LISTEN with the sentence
SPEAK with the sentence
DISNAME with the sentence
FORM with the sentence
GESTURE with the sentence
FUMBLE with the sentence
FILTER with the sentence
SHARE with the sentence
WAIT with the sentence
FLIGHT with the sentence
REMEMBER with the sentence
WALK with the sentence
TURN with the sentence
REPEAT with the sentence
HOLD with the sentence
SUPPORT with the sentence
COLLAPSE with the sentence
HANG with the sentence
DISCOVER with the sentence
LEAVE with the sentence
CONTROL with the sentence
ADHERE with the sentence
DANCE with the sentence
FORGET with the sentence
ALLOW with the sentence
OPEN with the sentence
RELAX with the sentence
CARRY with the sentence
SEARCH with the sentence
WRITE with the sentence
ENCOUNTER with the sentence
WEAVE with the sentence
GROUND with the sentence
SEEK with the sentence
DECIDE with the sentence
CONSTITUTE with the sentence
REACH with the sentence
BREAK with the sentence
REVERSE with the sentence

FLOAT *with the sentence*
SIT *with the sentence*
STAND *with the sentence*
INTERRUPT *with the sentence*
ADDRESS *with the sentence*
MOVE *with the sentence*
LIE *with the sentence for reading*
BREATHE *with the sentence*
_____ *with the sentence*

- Notate the process of verbing the sentence(s) in a format that can be shared.

PART 4

- Take the notation from Part 3 and reactivate it - looping, returning - through applying the process of Parts 1 - 4.
- Repeat the process 3 times, on 3 different occasions.
- Then after 3 circuits/rounds of the process from Parts 1-4 move to Part 5.

PART 5

- Gather the sentences/notations from the whole process.
- Choose again one of the verbs from the list in Part 3
- Listen to your breathing. Close your eyes for some moments. Open your eyes and let light enter your eyes & vision like a gentle breeze.
- Let the word and the experience support the distillation of the sentences/notations from the whole process into something that can be shared.

SHARING (Materials for the folder)

Please prepare:

- The sentences that emerge from PART 2 (as one text/poem)
- At least one of the notations from the process of "verbing the sentence" from PART 3.
- The distillation from PART 5.

To share for our next meeting, please upload the above into the folder on the SWITCH drive:

<https://drive.switch.ch/index.php/s/B3qfHYsEsPQIWyz>

password: breathe