

## *How do I negotiate with the duration of a memory in the present moment?*

As usual I did my warm-up routine and I moved to free improvisational movement focusing on how I experience time and duration while I am moving. Following my previous try-out in regards to the ways memories and past experiences emerge in the present, I concentrated more on how I negotiate with the duration of a memory while I was improvising.

I mainly observed what was my reaction concerning moves and positions, sensations and temporalities that were coming from past dance pieces. Whenever my attention was focused on my moving body, I was gradually and organically integrating those past 'archives'. into the present. They were in a way absorbed by the duration and temporality of what I was doing at the moment. On the other hand, whenever I was bringing their 'original' duration into the duration of the present time, I understand that that choice was full of intention. I was stopping the action. There was a cut. I could say that I was more into the past experience at that moment than in the present time: like tuning into the past and bringing it as it is in the present. Thus, it was more an 'illustration' of the memory; a representation or reproduction of past moves or 'feelings'.

Nonetheless, I once again observed that through an on-going process of tuning in and tuning out- moving from the 'realm' of thoughts or memories to bodily presence and reversed- I was 'connecting' diverse 'realities' and durations in the 'now'. Still I had this 'wide-now' experience as a perception and sensation: the present was expanding so that it could enclose a huge variety of worlds.