

Mónica Muntaner (2012)

4 sessions in which the same principles were worked with different attending experiences and different topics.

Skeleton

Organs

Sense (touch view)

objects

Bodying. The verb manifests the experience. Weight. Warm up what is happening. Weight. Weigh the position. Weighing up. Weight and weight. Weigh the position, not form. Experiential non-figurative. Be nowhere or in all places. Bring the gaze here and now. Disregard one self. The architecture weighs me. Be next to what is happening. Associate the idea of shifting moving weight. It is not about producing. Weighing the positions. To exist. The truth is when it happens. Prior to . No search, no figuring out, it is already.

The form contains and sustains. The invisible becomes visible. How to cancel the category. Everything is relevant and irrelevant. Relax the senses. Accept the dispersion. To create other spaces to be able to be otherwise. The eyes of the skin. Release the joints. Release. Shake. No direction with the joints. The synovial fluid of the joints. It starts anywhere at any time.

Traverse the figure. Pre warm up. PRE. Traversed body. Being on the surface. It is part of what is happening. There is nothing to do because it is already happening. The weight is not only of the body but of the walls, of the floor, ceiling...etc.

The feeling is not static, I do it verb. Boding. Weigh the form. Be where you are and not where you want to be. Sensation of canceling the self. Active meditation. Organs. Before everything. Practicality. Trans, through, to the side. To cross the mountain. Elapse.

Generate three possibilities: Turn, go up and down, move. Exercise: enter and exit those positions. Potentiality. I can do it, but I don't want to do it. Random. Accidental. Intuition. The feeling is pure intuition. Shift the weight of what is happening. The weight all the time is being

distributed from one side to another. Moving the weight is very simple. Practicality. Being on the surface. Travel. Surf on nothing. Desire. Elapse. The part and the whole. One part infects the whole. From the local to the global. The part infects the whole. Frequency 0. I can exist effortlessly. Tactic. Objective strategy, result.

Senses. Gaze, touch. To look is to do. Do not take over the look of what we see. sequence shot. Blind eyes. Eyes dropped to the body. Peripheral gaze. Eyes of the skin. Anonymous. Unedited documentary. Work on scales. Anonymity, delegate outside, outside can be entered. I weight then I exist. We are part of the circumstances of what already exists. There is no plan because we are in touch with what is happening. Relate to the language of things: texture shape, smell. Warm up, working the doing of language. Incorporate and use the feeling of what we are doing.

What's happening?; How is it happening?; Where is it happening?

De-hierarchy the subject of the object. Give relevance to things rather than to us. Become something. What is the object giving me?. The body as an extension of the thing. Sensation. Des-identify. It's not about merging with the object. Do not stay in anything for a long time. The distrust of the body. I would prefer not to. Bloom is the average citizen. Existential weakness. The crisis of presence. Smoothness. Not finished, diagram, sketch. Dance sleeping. Gerry. Gerrying.