

Flaunstricht, 6 MAY 2019

1/2

Dear Joany,

I would like to share with you my first written reflection on my spine. How do I relate to my spine, how I perceive my spine, how I see it, how I feel it; what the spine does to my whole body and what I do as a person that would make the spine.

Having had this amazing discovery that we as human being would normally grow in the most womb of our mother upside down, with our back touching the inside of our mother's belly, was quite an epiphany. Immediately a strong sensation of protection and vulnerability took place. Rounding up, my head tilts downwards, my coccyx tugged in and my entire spine being rounded inwardly gives me that feeling of protection and vulnerability. In this posture my spine is like a single threaded shell around my whole physical being. I feel this healthy stretch at the top of my back; as a magnifying third eye right above the area in between my shoulder blades. Elongation and expansion would be follow from this curl of my spine.

My spine makes me stand and keeps me standing. My spine gives me that resilience needed in every moment and situation. I have the feeling that my spine guide me forwards, but also pulls me back when I need to withdraw. My spine gives me that capability to be anchored in the ground and travelling infinitely into the my zenith. My spine is my construct which survives my body, when my soul is already gone and dwelling elsewhere. My spine is the last concrete remain of who I am and has been the first system of holding me together upside down in my mother's womb. It seems so far away to think of that moment when I was floating in the water of my mother, upside down, yet it feels so natural and far away from feeling alien. Qualities, dualities...

Yes I feel my spine embodies dualities in all what

180°

Duality