

Gw: What were the (new) sensations?

Gi: I was stuck in the images and sensations but there were not really new ones. When I was with K it felt almost intensified, but not changed.

K: I started with a memory about someone and then I was reminded of more sides of it when I had the meeting. It evolved through its different sides, softness for example. With some interactions it's easier to stay in my own, being different but together.

Gw: The word I'm thinking of is yield: how much do we yield into the situations? How much of it is a conscious choice or held back from what's going on.

Gi: Sometimes it was more a reaction, a response, not conscious.

K: I was trying to make a conscious choice not to drift too much.

Gw: I think it is clear when that happens. When there's a complete yielding it becomes a bit mushy. If it becomes permeable and mushy can we transform it into something useful? To not reject it but use it for what it's potentially capable of doing for us.

A: I was drifting. I had been, I was on the beach. I tried to stick to it as long as was needed. It was really very permeable to feel the touch of another so I stayed a bit away from it. (?) I didn't feel the need to be with someone else.

Gw: How do we make a conscious drift into another's world? How do we make that shift in the body?

When you commit to the shift there's an acknowledgement and the potential comes out of what the meeting is.

Fully commit, what is that shift for us? How do we feel about that and what does it generate for us?

Gi: It felt easier when you were directing us from outside.

A: It feels like you're just making a change, making it happen