

JAN V. EYK, MAASTRICHT, 8 MAY 2019

Dear Soany,

Wow, I am doing it: standing still, zooming out, re-reflecting, re-reflecting, reaching, writing and re-writing! 😊 It feels good and I am happy I could make this decision to do so.

So well, what's at stake? THE SPINE! And not just the first time, it is going on and this letter will be the second letter solely dedicated to the spine.

A structure that make my body stand, live and survive in all situations. Since it has become so explicit, I am more aware of this magnificent complex, but also simple thing that is so deep rooted inside of my body. From the top of my head: knowing that my nervous system is residing and moving throughout it, right in the centre of that 33 bricked structure fascinates me much. The spine is that safe haven for all my nervous electricity. The spine needs to be strong ~~and healthy~~ and flexible, it is crucial it stays healthy. I would fight for the spine being healthy able to move ~~and~~ as much as possible, being able to adapt in all situations. **GROTOWSKI**

AXIS-SPINE!
The spine as the inner anatomical road where all movements of my being take place; and actually from there, it will go into the rest of my body and into the world. So - AGAIN - the spine as my inner axis mundi as an axe into the world. The spine rotates, bends, flexes, rides, travels, turns, all we need to make movement happen. I fit like that the spine is a construct that we ALL possess as human beings, even animals have similar structure as the human spine. However: ~~we~~ our movements manifest differently and every spine in it's shape differs from one to another. The thought of the spine being becoming what it fully shaped after the birth of an individual touches me strikingly! In the womb of the mother we are so curved around ourselves, upside down and only after the event of entering into the daylight of