

to share with the others, not hide it from them.

Next is K, year 2005. She was 18 then. She stays pretty much on the spot, shakes shimmies the shoulders, rotates the wrists swirling. Small quick pumps. After a while it goes down to the legs, changes directionality while still maintaining small fiery explosive dynamic in the upper body especially. The movement looks initially more descriptive compared to the previous two.

Next is A, year 2000. He was 33 then. He covers his eyes thinking for some time, looking slightly troubled, puzzled. He takes a deep breath in and out through the nose while biting his lower lip. The breathing continues, less accentuated, as he begins to move. He bends his knees, rests his hands on them moving the weight forward. Suddenly it loosens up the body wiggles loosely. He emits a sound, like an A, and a giggle. He comes back to stillness, appears to struggle, almost embarrassed. The guesses end up being quite close to his chosen memory.

Gw: I wonder what it would be like to start from the posture. That could also be a way in. I read this morning about the difference between every day memory and other memory to which we have more attachment. By amplification I get a better idea of how it was for you and I can get closer to it. How much we can be super-clear about the specifics of the task. When it gets very emotionally intense, always go back to locating it in the body. It's the emotion, but what will always help is going into the sensation, so that when we touch upon these things we ask about the body's experience of it.

When observing (in the "cherade" game) try it and find different things as it evolves for the dancer. Try to figure out how the dancer gets to that transformation.

B goes, year 2020, she's 19. The chest rotates, arms bent at elbows pull forward. Curious peering in the space upwardly. It develops into rhythmic pattern, some light stomping, bubbling, still looking around. The whole body loosens up moves quicker for a