

Naceira, 28/03/2019

written in the
morning.

Dear Joany,

What a gift yesterday that we have been walking outside towards the lost village, and this time the real lost village. It is remarkable that everytime I find myself walking in nature and that I say to ~~me~~ myself how much joy and peace it gives me to be surrounded by trees, water, plants, flowers and no cars, people, buildings and such. Like I said yesterday nothing beats nature, it is completely true for me. We had a strong ~~rehearsal~~ yesterday and productive rehearsal yesterday, we looked on the work from different angles, tried new things out, jumped into an image, we shared with two people from outside. You learned how to make a paper boat, I have been discovering some new musical elements and you had the great opportunity to ~~be~~ feel some frustration 😊.

~~But~~ It is super normal to be bit frustrated Joany, with your desire, talent and love for the work, frustration can slip into the dynamic of the work on the floor. I can see it when it comes and I try to facilitate the moment to allow the both of us to work with it and that it can disappear. I thought actually that we can run things when we are ready for it. Maybe yesterday we ran too quick too many things and that placed you in a position to 'remember' what and how to do, instead of being in the position to feel better what to do. Hmmm, while I write and reflect upon this I feel indeed that the rehearsal in that sense was a bit disbalanced in that sense. I think I am also desiring to see longer lines of the work, ~~see~~ otherwise ~~as~~ I keep on working on meticulous details in one specific section. ~~to be~~ ~~so~~ Well, I would say to that 'we keep a conscious eye on when to do what, so we know from which place you can propose from the inside, and that we both know what you do in which matter and NOT be frustrated by it, and rather be neutral about moments that need attention later on, instead of 'doing it good' in the moment. Yeah, please Joany,