

it takes a more suffering turn / angry / sad feeling - Could one stay with the laughter and continue to explore ~~perceiving~~ that sensation?
A + J: A is running his hands over face, not looking at him directly. It turns comical when A pulls J to him and J puts his hands with something on one eye and pulls a face.

- HARVEST -

Everybody reports having been a bit lost. It became a bit vague. The couple who stayed longer were busy with exploring eye contact. When it becomes too present in the present we miss out on something. We need to find the edges.

Eyes: had a tendency of slipping out of the experience this time. Maybe it's not so much about finding someone else's eyes but more about using the eyes for offering and receiving.

* When you get to a feeling: go back to the body, find memory, sense and only then go back to feeling but through sensing. We're using our bodies but also through a specific performative state. It always cycles back to internal awareness.

Feelings: for now breaking means that whatever you're in, it cuts. So that it doesn't transpire the core of what we're busy with.

Triggers/references: most didn't quite do it. There was some wish-wash and a bit overload.

Session 2: A: from reading a second time I wasn't quite sure what I meant.

J: I felt less attached to the text and the score after the break.

A: I sometimes found myself forgetting my score or trying to recall what I had written.

- SESSION 3 -

We go through the feelings associated with being embarrassed.

- sinking into the floor - woudering - Retreating - hiding - tightness
- freeze - N/A in shell - hot ears / hot face / heat - haunting
- inward / inside-out - the body gulps - horror