

the body.

Q1: need to break down the movement first in order to find the possibilities for amplification. There are more possibilities than you think. You need shut off the brain.

- Zone in - amplify - stop exercise. Each time with the same memory and naming / sensation again to go to amplification, but finding different possibilities. So it's the same doing with different amplifications. Amplify sensation vs movement.
  - New thing. Find a new memory / doing if you want. Zone in and amplify. How much can you stay with the memory while busy with the amplification?
  - Action game round
  - Open space: Stay with the trouble. Think attention to composition, relation. Keep coming at it from the body. Have your notebooks & pens to write 10 minutes at the end.
- WRITING 10 MINUTES:

Wriggle wavy hummer nap cloud whisper trashcan plumpish  
kneepack is a wouty mix of chittinessy brumbum. It spills  
over and under wearing it on and inside. Blue perfection is  
the sour truth of quality over cyanide. Quantum snippets  
melt in the mouth, they fizz and buzz in question marks.  
A hole in the middle of nothingness. It quells the curvy  
nights with the sweet smell of seared liver. Dorbell rings  
in the ears, smashed rounds.

A got some place quite emotional this time. I go out for a moment  
because of sneezing and when I get back I feel like in just