

08-05-19

Dear Joost,

A second letter on the spine; I'm very happy with the work we did yesterday and the things we found out about the spine. Plunging into the spine is very important at this point I believe and I think there is a lot to find.

The image of the spine becoming fascinates me; something that can only exist by coming outside and by revealing yourself to the ~~work~~ world.

A human being working its way from the inside to the outside allows the spine to get its form; the birth of a human being is the birth ? of the spine. In your work, in theatre, in Grotowski's

sayings it's all about letting something from the inside come outside, how can we show our inner world, how can we put this on stage and reveal ourselves to the world? When we talk about madness we talk about indwelling but if there is only indwelling there is no overcoming. So if it is possible to listen to the inner world, take a certain

distance from it and disattach, reflect upon this crazy overwhelming innerworld, is that a method to overcome madness? I believe so, however for this

we need a helping hand, someone who has more distance and the possibility to point out certain things, emphasize things and guide the process. Now having said this, in my head I make a link between the overcoming of madness and the use of the spine. Could a focus on and a use

of the spine help a person to express themselves and let things out, therefore let go of things and maybe by this not drawn in this state of indwelling but overcome it? What is the purpose of focussing on the spine? What is your urge or motivation to take the spine, research upon this and connect it to madness? If your aim is to overcome madness,