

A mystery...

Am I moving through time?

Do I move my body and 'hear' time?

How do I experience the duration of time while I am moving?

While I was warming up my body, there was a moment that my attention effortlessly shifted to the above questions. I emphasized in experiencing the temporality and duration of each move, as I was activating and stretching my articulation. Exploring this task, I could understand where each one of my body parts was in relation to the space and to each other. I could also concentrate on the time I needed so as to allow the gravity act totally upon my body parts widening and 'opening' my limbs and my torso. Diving deeper into this experience, I could understand when each movement begins and ends negotiating with its duration: longer, shorter or being in-between the starting and the ending point of a move. As time was passing by, a thick/dense movement quality was 'shaped' that slowed down in turn my bodily speed. I committed to this quality until the end of my dance. I felt that it provided me with presentness and awareness. Parallel, I had a 'huge' urgency to close my eyes while I was moving.

I understand that when I 'opened' to time, I 'opened' to bodily perception and awareness. I was tuning in. Experiencing and negotiating with the duration of each move, I was in the present; as if I was in a meditative state- a state of silent focus- within which I could expand my perceptual consciousness.

Delving even deeper into my exploration, I could observe the thoughts and memories that arose at the moment. I had a sensation of entering into the infinite and endless world of memories and thoughts. I could feel and see that each world- each memory and thought- had its own temporality. I could subtly experience their duration.

.... And the body kept on moving, having its own brain and will...as if it was floating in the sphere of unconsciousness. I wasn't present at that moment concerning my moving body. I was conscious though and 'present' in my thoughts and past experiences.

Tuning out- 'opening' to my body or to the environment, my body was returning to the world of consciousness. I was entering again into bodily presentness; I was in the present again and I could see and feel that it had its own temporality and duration. And I was tuning in again...and this was an on-going process.

It was a mystery to see my body move on its own, while my mind was occupied by my thoughts and/or memories... and me? where was I? I was gradually absorbed by observing this experience. I understand that I was conscious of my experience of observation. I was in an in-between zone- in-between the world of consciousness and the world of unconsciousness. Maybe this is an in-between layer of perception.

When I am diving into time and duration,

I am floating into perception.

As time is more and more expanding

It gives to awareness a rise.

But how could I connect my body and mind while I am moving?