

force it or make it the target.

About feelings, maybe again it's an option, but it's not the aim. I can arrive there but I can let it go quickly as well, or it doesn't always have to simplify. Like using it just for a sentence rather than the entire chapter/book.

Also, if something is not working you can break and reform.

If someone walked in the door what would they think we were talking about? ...

- ROUND 4 -

A had a moment just in the end where it was very awkward for many of us. G1 had thought of hugging him but then didn't. Gws lets him know that it's ok to follow an impulse. There's a very touching moment between Gws and A where they both connect to an experience of death and loss.

A: I had a 'hole beautiful moment when I said "to my friends"

Gws: a couple of times today it's come up from about when A and G1 are approaching K or B. It's about how do we perceive men approaching women (we joke because of a gesture of beating eggs which in that context looked equivocal)

G1 + K had a few moments of joy. Especially in one moment Gws wonders how much there was a convergence of story due to using eyes.

Gws: it was such a clearly different presence in that moment and I think it's good to name it. It was just after a fall and G1+K were extra alert, wondering that they were both fine.

How was it to go with eyes only after establishing the sensory doing?

K: every time I was going to go there something happened that took me away from it.