

Dear Joost,

07-04-19
Written in the
morning

Thankyou for the refreshing and beautiful day in Lisbon yesterday, I'm happy we went and spent some time away from all of what we have been doing and seeing, no studio walls or Torres Vedras for a day! Also thankyou for the talks of yesterday, it was important for me to reflect upon those last 3 days after the premiere and on what happened on friday. I'm extremely grateful for the entire process we have had, it shifted a lot in me. Yesterday you mentioned that in your work you peel off the skin of people, well I can definitely say that is what I experienced these weeks in many different ways. In these days after the premiere there was space to digest, but we did not really allow that space to exist, or at least me, I did not really allow that space to exist. But still it was created by nature, by finishing one part of the process there came a lot of questions, doubts, observations, emotions and reflections. What I learned from that is that trying to postpone those things and just keep on working like how we were working before is counterproductive and doesn't really make sense; it's dishonest and not true or honest to what the present moment is asking for. Since the process was supposed to have its premiere last friday this 2nd part of the process was unexpected and overwhelming. Yesterday you mentioned that the solo is still too overwhelming for me and I can understand why you say that. However I don't know if from the inside feels the same, for sure those last 3 days were overwhelming for me and doing the piece in that frame on friday was overwhelming yes, but before I did not experience it like that or at least that extreme. I got very lost and empty those last days but I felt that at the end of friday night and yesterday this emptiness was needed to fill up again and also to open