

can you feel outside of the space? What can you see in the space?
What parts of the body does this space connect to? Perhaps there is
a multitude of spaces at the same time

• Sense the time in the body: rhytmical, irregular, picking
reversing. Notice the space while focusing on the time.
Allow the Temporal sensation to be in the space. Inside-body
and outside-body. Is it only this tempo? What is this
memory telling you about the tempo in the body? What is the
internal sensation? Is there anything other than temporal?
Notice the sensation in the body. Is it only in one place? Is
it in the whole body?

Add a layer of sensation - feeling varying the sensations. There
might be 2 or 3. Notice how this all relates to the space around
you. Find the location sensation in the body and then amplify it
into the space. Amplify where the sensation lies in the body into
the space. If there are other sensations appearing, you have the
choice to amplify them. You can amplify them into the tempo.

• A round of checking ...

• We will do it again. Choose a different event if you want, but
concentrate on the event itself. We do this in order to detach
sensation from the pain, so that observation / being / naming
can arise.

The dancers move in a more varied way compared to last time.

The room dives in to each performer. The bodily manifestations
are more distinctly projected outward, felt and given. They move across
a range of levels and places. Both are present and attentive both
inwardly and outwardly. The group arranges around itself, the performers
are weaving paths. Enya directs them toward spatial shifts a few times.

• If there are multiple sensations, zoom in on one. Concentrate on the
thing letting else go. Zoom in on space, zoom out of things.
Zoom out of space, let sensation come. Finish.