



Breath, pulse, wave

Preparation

1. Foot-breathing walk (see Green Fuse score.)

2. Stand upright, still. Balance. Breathe and release tension from every part. Pay attention to shoulders, elbows, wrists and hands, ribs and belly, knees, ankles, feet. Breathe into every cell of the body. Without moving, lengthen, widen and deepen shoulders and front of chest. Soften the belly. Your head is suspended softly from a thread. Your spine is a strong column in the centre of your torso. You need make no effort to hold yourself upright, this column will hold you. Imagine a soft string pulling gently from the elbows, releasing tension in the arms. Without moving or shifting allow your balance to centre over your pelvis. Feel your lumbar soften, and your breath come easier. Where are your knees facing? They should be in line with your feet. No need to force anything, it's all done by releasing muscles you don't need to be holding. Your feet widen and soften on the ground, welcoming the support of the earth. Your eyes are soft in your head, gaze lowered. Allow your head to tilt to follow the direction of your gaze and open an eye in the place where the neck joins the back of the head. Become conscious of how many muscles there are around your skull, and that they are all connected to every other muscle of your body. Breathe into the cells of these muscles and let them soften. Stay with this for some moments, breathing, effortless.

Exploration

Now, find an impulse to move in one part of the body. The movement will be a trembling, a quiver, a vibration. Explore this quiver. Get the hang of how you keep it going. Extend it further out from its starting point. From a hand to the arm, to both arms. From your face to the whole head, etc. Keep going, exploring as a technical thing. How do I keep this vibration going? Does it start to hurt? How can I be both trembling and in balance and not straining myself?

Improvisation

Begin to walk with this vibration. As you walk, find yourself moving through an imagined place that is bitterly cold. You are covered with freezing water and shivering. You must keep walking despite this terrible cold. After a while you are walking in a place filled with fear. Your shivering becomes trembling with fear. Now you are in shock, your trembling is a necessary release from the extreme fear. Continue walking and vibrating/trembling. You are a plant stalk quivering in a gentle breeze, a reed rooted in a riverbed, being vibrated by the current.

cont.

As you move, doing essentially the same movement minute after minute, but with different images and intentions, note how your intention can change the movement in the most subtle ways. If you film yourself, can you see the changes? How do you convey this while doing the same basic movement continuously?

With an object

Find a largish piece of light cloth— a sarong or large scarf maybe. Play with it in the wind. Find a continuous sustainable movement with it. Explore how you can continue repeating a similar movement but changing the intention of that movement over time. Let it build and die down. What does it become? Breath; the sea quietly lapping the shore; a storm; a wild dance? How many ways can it breathe? The gentle breath of sleep; panting and out of breath? At what point does it transform from a gently breathing creature to the rise and fall of the sea? The aim is to explore how to convey image and intention in movement through the most subtle changes.

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