

## Manuela Macco - Nothing to be done

The performer, dressed in neutral clothing and in neutral colors (preferably gray), stands (arms at the sides), in front of a closed door (40-50 cm. from it), and waits motionless, looking straight ahead. It is preferable that it is the door of a private home, not a glass door (you must not be able to see inside from the outside), not the door of a commercial business (it is preferable that there is not too much passage).

The performer experiences a waiting that does not foresee a fixed end. The waiting should last as long as one has the strength to wait. When the performer has exhausted his/her energy, he/she can walk away and conclude the action. It is better if the performer chooses in advance (before starting) in front of which door(s) to perform the action.

If the door should open because someone has to enter or exit.

In this case the performer lets the person pass, taking a few steps back or to the side, calmly, in silence, and then slowly walks away, remaining focused. If someone speaks to him/her, he/she does not respond.

At this point he/she can decide whether to repeat the action in front of another door or to conclude.



*Photo Steef van Lent*

## Reports:

### **Sifra:**

When I read the description, I got a little scared. The first thing that came to mind was the colour of my skin and how afraid I was of posing a threat to the people in the house I was standing in front of. Also I take quite some space because I am sturdy and tall. So all that worried me. When I stood in front of the first door, I felt my heart beating faster and louder. What would the homeowner think? Would he get angry when he saw me, would he think I was crazy? As the minutes passed, my tension eased a little. Then I saw a Ring doorbell (with cameras) and my

tension skyrocketed. I stood there for about another minute and then walked on.

At the second door, I felt the same tension. But at the same time, I noticed that I was starting to feel quite relaxed. I hadn't expected anyone else to be there. A little later, a car parked behind me, which caused tension again. But it wasn't the homeowners, so I calmed down again. I tried to imagine that I was really waiting. That helped me get to a point where I really felt like I had waited long enough.

I tried a third door, but I didn't feel the same tension as before. I was able to go into 'waiting mode' right away. I noticed that I was looking down while waiting. I felt a little sad. When I looked up (at the top corner of the door), I felt that I was actively waiting. When I heard people stopping behind me, I sometimes felt a little stressed and my heart rate went up. But overall, I felt pretty relaxed. When I was done waiting and realised it would be weird to wait that long for someone, I stopped.

**Sandra:**

I am standing in front of a door. I feel a lot of tension throughout my body. I notice my tension and begin to relax. This door will always remain closed to me, and that is acceptable; it is not my door. Doors are open to me – doors are closed to me. I begin to feel neutral, without too many emotions. Flat as a cardboard doll, an object.

I'm fed up. Not exhausted, but I've had enough. Why should I stay? I want to be kind to myself so I end this experience.