

## Vladimir Bovt: **Greetings**

Sit down somewhere in public space where other people that are passing you by can notice you. Make sure that your body language is open during the whole performance, so do not sit cross-legged or with your gaze downwards for instance. Do what you would normally do while sitting in public space, as long as you keep an open body language.

Observe all the pedestrians that are walking by - how do they notice you? Do they greet you verbally or nonverbally or do they (choose to) not greet you? If you feel like greeting a pedestrian yourself first, verbally or nonverbally, then do it, as long as you do not force this greeting, keep it natural. Do this performance for as long as this can go on in a natural way or as long as you feel it's needed.

Do not document during the performance. All the documentation, in your preferable form, happens after this performance is finished. In your documentation, think back of your encounters with the pedestrians and focus on the following questions:

Was there a greeting? Who greeted whom first? How did this greeting happen? And how did this encounter affect your presence?

### **Emmy:**

People looked at me, almost everyone passing by made eye contact. As time passed by it almost seemed as if there was an increase in connection - all of it was non verbally. I made eye contact when I felt like doing so (which was a lot), many people smiled and had an open (curious?) Gaze towards me. It's a beautiful thing how contact with strangers can bring up so many feelings - I felt warmer and had butterflies in my stomach sometimes. When I walked back a man in the street smiled at me and greeted me enthusiastic.

Naam performance: *Greetings*  
Naam deelnemer: *Emmy*

Tijd: 11:30

Beschrijving *Sitting in public space, observe and sit with open attitude. greet people when it comes naturally, observe when <sup>and if</sup> people greet verbally or non verbally, do as song as needed and can go on in a natural way*

### Notes

*People looked at me, almost everyone passing by made eye contact. As time passed by it almost seemed as if there was an increase in contact - all of it was non verbally. I made eyecontact when I felt like doing so, many people smiled at me and had an open (curious?) gaze towards me. It's a beautiful thing how this contact with strangers can bring up so many feelings - I felt warmer, had ~~some~~ butterflies in my stomach. When I walked back a man in the street smiled at me and greeted me enthusiastic.*

### **Sandra:**

13.30-14.10 uur

When I started it was hard to feel permission to just be there. I was nervous. After a while I relaxed and made contact with the pedestrians. I waited for them to greet me, I felt vulnerable and not in ease. I became more active in greeting them.

I tried to feel aware and be in the middle of greeting and be greeted.

Younger people and especially children felt more open towards me. After a while I felt an inner permission to take my space and that was enjoyable. Many people greeted me, that was remarkable for me. This was a very interesting experience for me, as a gestalt therapist.

Naam performance: *greetings*

Naam deelnemer: *Sandra Postuma*

Tijd: *13.30 - 14.10*

#### Beschrijving

When I started, I sat again with Willem van Oranje. I felt nervous. I couldn't feel a real permission to sit and just be there.

I felt my breath ~~was~~ very high in my body. Then I started to feel my bottom on the stone bench.

~~In the meantime I was sitting on the bench~~

After a while I felt more comfortable and made contact with pedestrians.

- I waited for them to greet me. I felt vulnerable and not in easy.
- I became more active in greeting them.
- I tried to feel aware and in the middle

Younger people and children felt more open and made contact with me.

I felt complete permission ~~in~~ to take room and that was very enjoyable. I was in ease to greet and ~~it~~ be greeted.

That was an interesting experience!

Vera:

Naam performance:

Greetings

Naam deelnemer:

Vera Whistler

Tijd:

11.30.

Beschrijving

In een open houding zittend met een tafel en een stoel voor mij. De passanten erover heen en weer. Ik ben daardoor achter een barrière. Dat voelt ~~zich~~ veilig maar ook op afstand van de mensen die langs lopen. Ik ben open en observeer voor mijn gedachten en gevoelens. Er is rust door de open houding in mij. Ik zie meer en voel meer. Ik voel me vrij om te vragen en te antwoorden. Mijn blik gaat verder de ruimte in als een verrekijker. Mijn valt op: de manieren van voortbewegen, d.w.z. snelheid, gespannenheid, houdingen in lichaam, zelfstraling v.d. persoon die voorbij gaat. Mijn eigen ademhaling, mijn irritaties b.v. de ander. Door de open houding is dit laatste minder van kracht en duurt het korter. Ik heb het gevoel dat ik een rechte sfeer om mijzelf creëer.