

Myrte van der Molen: **Manual 4**

Done by 2 performers.

Two performers choose a street where they walk towards each other both from the opposite direction. When they see each other they come to a stand. One of the performers walks a circle around the other while looking at the other. When the performer who made the circle is done he or she will stand still. At this moment the other performer walks a circle around the other performer while looking at the other. When both have made the circle they continue to walk down the street. When at the end of the street they turn around and do it again. To be continued for as long as preferred.

Place: public space outside (with a preference for a place where enough people come that can see you)

Preferred time: during the day

Yvet (with lenke):

lenke on one side of the Nieuwstraat.

Me on the other side of the Nieuwstraat.

Somewhere in the middle we met, about five times.

Two times we were close to the crowded market.

It brought a smile to my face when I met her. We circled around each other and our eye-contact became more intense and deeper every time.

The entire performance made me feel intensely connected, in the presence of the moment, with the environment, the people in the street and with lenke herself. Everything seemed to fizz more.

A very simple walk, an encounter that involved a lot of being-intensity. Beautiful performance to do, very happy with it!

Naam performance: Manual 4, van Myrte van der Molen

Naam deelnemer: Yvette Teunwen

Tijd: 13.30 → samen met Senke, een half uur lang

Beschrijving

Start: Senke op einde nieuwstaat (Dordrecht)
Ik op andere einde nieuwstaat. (halverwege was ⁺
de markt met groentes etc, dus diezelfde publieke plek)

We ~~lopen~~ hebben ongeveer 5x elkaar ontmoet, en elke keer werd 't intenser. Als we elkaar zagen kreeg ik meteen een glimlach op mijn gezicht. → De eerste keer was dat nog vol 'lichte spanning' omdat 't een nieuwe performance is, maar daarna werd deze glimlach steeds meer een ontspannen grechtelge 'ontmoetings-glimlach'.

De performance ~~bouwde~~ heel mooi op: ik voelde alle-
steeds meer intersubjectiviteit verbanden kaken in Aanwezigheid:

Ik voelde zelf meer contact met mijn actie van wandelen, dat je werkelijk je voeten voelt lopen en bewegen over de straatstenen, meer contact met de mensen op straat (mensen keken me ook steeds meer heel direct in de ogen aan!), en het contact met Senke werd nog intenser en nog edler. Mensen leken zich ook steeds meer bewust van ons 'ontmoetings-moment v.d. ijsket om elkaar heen'; we namen echt 'plek' in, op de straat (niet op de stoep) dus mensen werden even uit hun automatische patroon 'van ergens gericht naar toe lopen of fietsen', gehaald. De actie was niet heel roek voor hen maar wel 'andergenoeg' om even in kleine verraste verboude beweging te komen; dat was erg mooi aan deze performance.

Kortom: prachtig hoe de straat, de beweging door de straat, het contact met Senke, het contact met voorbijgangers, intensiveren in het daglicht van Aanwezigheid alsof alles meer zijn stralen & glinsteren van 'presentie' stijgt met mee!!

lenke (with Yvet):

13.30

We briefly discussed our strategy and decided to walk up and down the Nieuwstraat – we did it for about half an hour – meeting each other in different places everytime.

Beforehand I thought of the performance as a meeting – and it was; during the performance my awareness of myself in space changed. My walking speed changed as well : as we were approaching I felt excited, walking faster and aware of my fellow performer. As we stood still and took turns in contouring each other I could only smile, from within. After that my walking away was very slow in the beginning, as I was walking further away it turned to a normal speed.

I felt like I was growing, becoming larger than life, connected to this place but also to other dimensions of space and time. Our concentration deepened as we went along – I lost any sense of time ; we could have continued for hours. It was a profound experience.

Naam performance: Matthew 4

Naam deelnemer: ienke kastelijn met yvet

Tijd: 13.30

Beschrijving

we discussed our strategy briefly and decided to choose walking up and down de Nieuwstraat. We did it for about half an hour - meeting each other in different places every-time.

Beforehand i thought of the performance as a meeting - during the performance my awareness of myself in space changed as my walking pace.

As we were approaching each other I felt excited, my pace became more consistent, as we stood still and walked around each other i couldn't help but smiling-smiling from within. In walking away i started walking slowly - the farther i walked away the faster I walked. I felt like i was growing, becoming larger than i normally am, connected to this place, but also to space and time in larger dimensions. I lost my sense of time, we could have continued for much longer. It was a profound experience