

A Journey towards the NO-Body.

Body awareness and Ecology. 7 in 5.

7 questions... 7 levels of consciousness... 7 Chakras... 7 Sacramentos (Carolyn Bliss)... Seven Segments (W. Reich/Lowen)... 7 Bodies... 7 Identities

Towards the whole through segmentation.

One: Physical Identity. The Present-Rooted Body. A solid structure. *"Am I a doubt?"*

Two: Emotional Identity. The Inhabited Body. Home! *"Do you allow me?"*

Up and Forward

Three: Towards Ego Identity. The Dilated-Active Body. Spiralling-Walking. *"What should I do if there is nothing I am supposed to do?"*

Co-existence.

Four: Social Identity. The Expressive/Pre-Expressive Body. Intention and Pre-Meaning. *"What do I mean?"*

Five: Creative Identity: The Poetic Body-Body in Fiction. Fight/Dance/Play. *"What if?"*

Existence

Six: Archetypal Identity: The "Shapeless" Body. Wholeness. Completeness. *"How many water-falls in a drop?"*

Seven: Universal Identity: The NO Body. The Not Being. *"Am I?"*

A fictitious reality? A poetic reality? A fictitious body? A poetic body? Arts and Therapy / Expressing and Healing / Healing by expressing / Expressing by living, by being. Expressivity / Pre-Expressivity.

Wanting to be.../ We Are! despite ourselves / Life happens, despite us. What is behind our behaviour? What if we design our behaviour? What happens if we change our actions (movements) and the way we act them? Turning our daily way of moving into an extra-daily way of moving...? To let our movements to be made by a Poetic Body, by a Shapeless Body... by a NO Body...?