

The body as **palimpsest** - a manuscript, a piece of writing, something bearing visible traces of its earlier form, traces remain; we carry, we are records of time and experience,

palimpsestic - origin of 'again' (palin) and (psestos) 'rubbed smooth',

-again rubbed smooth, we practice (a repeated action, polishing, cleansing, clearing)

We **practice** (a repeated physical activity, giving attention to, attending to, devoting a period of time

-We practice ourselves ourselves into presence.

We **dig** - "break up and move earth with a tool or machine, or with hands, paws, snout;" "make (a hole, grave, pit, etc.) by breaking up and moving earth;" "excavate;" "unearth;" "search or rummage in a specified place;" "engage in research; conduct an investigation;" "bring out or discover something after a search or investigation;" "appreciate, or understand;" "an activity"

The risky act of creative collaboration in the moment

In this creative process, an archeological dig into the palimpsest of our bodies, we dig into the space, ourselves and the collective through movement and sound with activity and intention. We turn the world, the dirt, the substance, the self. We unearth into presence using discovered and repeated sound and movement.

Locating ourselves in SPACE (above, below, before, behind, and 360 degrees around), between SKY (**expanding, sky, imagination, space, future**) and EARTH (**unearthing, substance, body, past**) and in TIME, through PRACTICE (**intention, attention, work and repetition**) and WITNESS, we bring ourselves into PRESENCE.

We are meaning makers in a creative process right before our very eyes.

Embodiment allows imagination, memory, image, to become present through this channel of ours.

Locating ourselves in this precarious spot of the present
 unearthing imagery, experience, memory lodged in the heart
 we pay attention, attend to and tend our ground through our activity / physicality
 we practice, polish, pray, clear away, uncover and discover
 through the senses and repetition (look, listen, move, tone)
 into presence and embodiment.
 we do this together

This is a container for beauty, and by that I mean truth, theatricality, movement, a bringing of animal and nature into our conference practice, our communal dialogue.

The investigation is open: the topic of digging — into what? for what?

-self; expression; identity, history, past; what one is carrying; what one wants to release, let go of; that which keeps one shrouded / hidden / muted / smaller than the truth; that which veils the truth of life force, joy; desire; the search for freedom and release into whole presence

This is spiritual practice because it is physical, intentional, related to desire for freedom, life, expression, expansion, connection and fulfillment of the birthright of joy.

Quotations:

“The Chinese spoke of the ‘four dignities’ - standing, lying, sitting and walking. They are ‘dignities’ in that they are ways of being fully ourselves, at home in our bodies, in their fundamental modes.” -Gary Snyder

Simple Actions that any one can practice and attend to

*“History is not the past, it is the present. We carry our history with us. We are our history.”
-James Baldwin*

Our bodies are receptacles of time and experience. We can be in contact with this

*“Nothing can save the soul but the senses”
- Oscar Wilde*

The senses are a way in

*“In one drop of water are found all the secrets of all the ocean.”
- Kahlil Gibran*

Meaning is right here, right now, in each grain, each action; the giant is in the specific

*“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.
-Anais Nin*

Something in our birthright is about blossoming, opening, expanding

*“To me, all dance is a discourse on freedom, . . . but in black dance, for obvious reasons, this discourse has been as much literal as figurative. “
- Zadie Smith*

Transformative and liberatory process is located in the body,

*“If you just set people in motion they'll heal themselves”.
– Gabrielle Roth*

We make our world, our bodies are capable, we are fundamentally connected to transformative process