

Echo/sensing and togetherness < Dead body Being < Silence < Screaming

Over the last couple years, I have been waking up in the morning, thinking about a person. This person would be someone who I have stored in my memory or real life in some way. I have noticed that this was a big and involuntary change from the years before when I had woken up thinking about my days ahead. I have assumed that this unexpected shift of pattern initiated from a deep longing in an unknown place of the body. We neglect often the witnessing of the complex body or we simply do not notice. The body intakes everyday many different things without filter. I made this simple observation and asked myself, 'what does the change mean?'

In the beginning of my studies, I was in an emotionally unstable state, due to big life events. At this time, I have noticed for the first time that I hold one's breath abnormally in natural way, no feeling of moving and out of my control. I started my practice by simply being with the breathing and my body.

During these practices, I decided not to use any pre-established methods(such as a dance practice). Instead, I simply met my body as it was. Breathing quietly into deep inside of body. I found that delicate feelings, such as vulnerability, fear, fragility arose as I spent blank open times alone with my body. Rather than distracting myself from these feelings, which we so easily and unconsciously do when encompassed by the busy cycle of modern life, I met these emotions as resources. I stayed with them with full attention. Breathing expand time and space. This process proved that honest emotions could be a place of power and creativity when acknowledged wholly.

I started my practice with questions such as:

Have you lain down on the floor and touched your heart with your fingertips *for a while*? Listened silence and reacted your body, you may ask yourself, 'Could I touch my heart? Could I notice one's breath, the place of the breathing, the temperature and the emotions of my body? Could I listen to what the breathing means? Could I feel the movement of the breathing? Could I follow what the breathing was leading or was I distracted from how it was moving?' Could I play the breathing further and let it in absence?

It is not to fetishize about feelings or emotions, but is to post a question on one's true relationship with one's breathing and life. In the contemporary world, we've lost the ability to fully realize and respond to our natural breathing within various emotional states and physical situations. Our senses are often numbed or habitually accelerated by the constant bombardment of new informations on ears, eyes, heart, brain and so on. This causes loss of the natural timing of the body itself as well as

our ability to listen to our bodies.

Breathing is also a literal movement produced in our body. In addition, breathing transfers metaphorical space&time and meaning of aliveness status in social contexts. For example, there are sayings such as 'To steal one's breath,' 'To lose breath,' 'Give me a chance to breath' 'with breathless breath..' ' catch one's breath', 'a breathless voice...', 'the world we breathe together', and so on. Moreover, 'I can feel even your small breath/sum-gyol/숨결', 'I can feel the breath of my father in the book'. In this way, breathing reveals both presence and absence as a social body.

\* A korean word 'sum-gyol/숨결'(sum/숨=breath/결=grain), in a dictionary sense it means 'a state of breathing'.

Constantly moving with breathing in the time of an absence. The world hits us, meaning that the world throws towards us constant stimuli ('the hits') in varying degrees, to which we are prompted to react. The body produces another kind of hits, the breathing, in response to the outside world. Breathing is the 'in-out' movement originated from our body. As I honed my sensibilities to my inner breath, I came closely in contact with the subtleties of my inner tones. I experienced my voice changing, my status changing, perception changing, timing changing without conscious desire. Moreover, the stretch of time in receiving the breath allowed me a chance to face my vulnerabilities, fears and fragilities and then over my calmness. I found that this emotional sharpening and opening within myself expanding into recognizing the details of emotions in others.

After hit came a silence, the silence is keeping tension and at the same time creating some sound without sound.

This absence and sensitivity create a mood of care and holding together of various feelings in society. We can learn in this process that our bodies can be transformed through practice to not only receive one's own emotion, but also that of the others. I found a graceful power in this practice that can gently, slowly but surely permeate through oneself, others and the society to make a change of mindfulness.

Noticing and staying of an absence and honesty could in this way turn into resources to promote care.

[Echoing - an alive experience in absence]