

Permission to:

rest ^{play}
^{release/}undo expectations
not think

exclaim with delight
(even with husky voice)

permission to go deep
with yourself

^{wrap up} permission to open wide and
receive others/the room

Have a secret dance!
Dancing with someone with our team
knowing...

witness ~~observe~~ + be ^{witnessed} ~~observed~~

To be/feel safe
To open up
close your eyes

be silly

be choreographic

I don't know right now
but going with it
whatever it is

↑ wait, no, actually, nevermind. I ↑
do know...

smile, laugh, play

permission to move based on the
feeling

permission to be
contrary

WAITING IN A PHASE

PASSING PHASE
NEW PHASE TO START

permission to be dischordant

permission to...

REFLECT

INSTANCES DIFFERENT
TEXTURES WITHIN
THE MOVEMENT.

EMOTIONS
ANGER
PLAY
PLEASURE
UNKNOWN

If I don't like
the sound, can I
get underneath
it and dance to
my own song? Can
I turn up my
internal music louder?

← this can
volume of c

What always can
enbody vibrat
pass sounds etc
vibrating out

The sound artist
has a particular palate
and can sustain a particular
intensity for a long time.
This can feel a bit like a
monotonal mood. I check in
with my own eyes, impulses,
emotions and I give myself
permission to be contrary or
contrary. I treat and occupy
things as they ~~are~~ also encourage
myself and others to have range
available to them at all times.

In the silence,
the space between
sound, I can suddenly
hear myself. I often
relish this moment
and pour into the
pleasure of dancing
with it.

As
sour
- still
- mo
- no
- a
- b
- h

WHAT DOES IT MEAN FOR YOU TO DO THAT?
 EAT IT! ∇
 But you don't have to eat it!
 clean, spit, bite
 swallow, pour,

Permission to make no sense!
 Permission to return an offer.
 Permission to watch
 what you hope
 that you hope
 unapologetically flock
 so you can dance
 with someone
 Permission to make no sense!
 Permission to make
 eyes at someone
 Permission to dance
 to the beat
 Permission to sigh
 to smile
 to laugh
 to flirt
 to wander off in
 your imagination
 Permission to attend
 to tiny details
 Permission to dream and
 mood around a while
 Permission to keep shifting
 Permission to be obvious
 Permission to be seen by self & others
 Permission to fall
 Permission to love fully
 Permission to connect to something or you
 Permission to respond to my drawing again
 Permission to be absurd
 Permission to be in the unknown
 Permission to manipulate
 of shape

COME!
 WRITING IN A PAPER
 PASSING PHASE
 NEW PHASE TO START
 permission to be disconnected
 permission to make noises
 use voice
 permission to be noisy
 what you hope
 that you hope
 unapologetically flock
 so you can dance
 with someone
 Permission to make
 eyes at someone
 Permission to dance
 to the beat
 Permission to sigh
 to smile
 to laugh
 to flirt
 to wander