

## Themes



1. Aa saying in Latvian "with bone face", "holding the face" - inspired from a man in the swimming pool showing off for his son with taking a strong massage jet into his face after a phrase "now I will test how strong my face is"
2. Finding peace, silence, encompassing presence and getting back into action from there
3. Words are narrow
4. Losing ego in cocreation - in practice and as a metaphor for how society works
5. Being in movement transforms the heart
6. The sense of how clearly one can see when fully present. When the mind is inside the space of the body, it is aware of it and sees the space of the world as the flow.
7. Human contact - nothing before that, nothing after
8. Mirrorless living in the mirrorless world
9. Honest acknowledgement of various privileges I have
10. On the political - is there anything apolitical? Old subject, new answers?
11. Everyone dances as they can
12. What is the meaning of being indigenous? Do I as white person living in my ancestors land and having a country have rights to be indigenous?