

I became interested in freeing body language, in letting reactions happen.

I'm aware that certain reactions can cause harm to others. Since I'm fantasizing about a dream world with this idea, I prefer to imagine that these harmful aspects wouldn't even occur if we were in such deep connection with our whole selves — body, mind, and soul — that we could allow truly free body language.

I imagine a faculty in universities dedicated to *reaction practitioners*. People would spend their days practicing reactions — scared, surprised, unsure, excited, etc. Not to find one perfect reaction for each specific feeling, but to have a million for everything and more. Whoever takes this class would wander around the streets having conversations in total gibberish, and within one minute, they could feel an incredible range of emotions — and yet already have let them go. Because allowing the reaction gives freedom to momentary emotions.

What stays then? What would we talk about then? I wonder. ***

+ A random and vague thought on body language:

It's nice to feel okay, because then your body is calm — as if it were at 0.

To be at 0 is cool, because it's easy to go anywhere, to minus or to plus.

Therefore, being okay is good only because it allows you to feel both “negative” and “positive” emotions easily. To feel something “negative” is equal, in its aliveness, to feeling something “positive.” They are both just experiences — neither truly negative nor positive. Of course, many people have reached this realization, that “there is no good or bad,” and naturally, like most things, this is as true as it is not

Questions that stayed with me after this week: At what point does my experience — when it splashes into space — become harmful to another? What practices help free body language, not as an illustration of words, but on its own?