

*A Spine Swimming  
in Gravity*  
*material for the body-mind.*

expressions by Liesbeth de Jong



Awareness that falls on to something  
Allows it to be born.

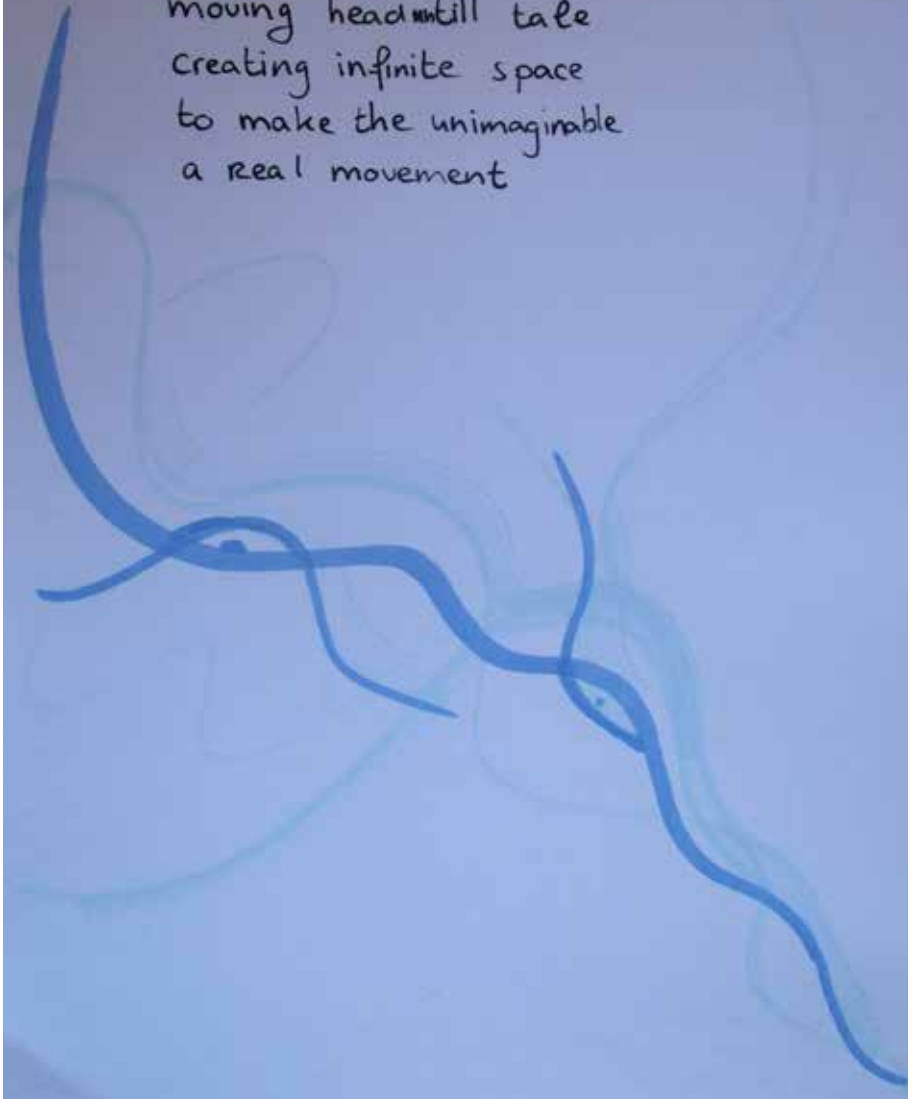


I wonder, is material for the spine  
an undiscovered reality?  
or a new religion?



When I fall, I get up  
in spiraling helixes  
and when I breath out  
I don't die  
But space is created  
and my spine grows longer

Eyes changing perspective  
moving head till tale  
creating infinite space  
to make the unimaginable  
a real movement





I am undecided if I fell on  
a damn convincing proof of hope,  
of life and evolution.  
Or a story that soothes my mind asleep  
avoiding to face reality



Practicing material for the spine  
without the heart  
Is like making hove  
as material for the pelvic floor.



Point both thumbs up  
move them outwards  
let radius, humerus and clavicle follow  
move upward to the throat to the atlas  
where your spine meets your head  
ribcage is open.

Rain falling  
from shoulders into belly  
organs dripping from despair  
of what our world is facing  
but earths cry  
remained echoing  
in its belly.



It is material for the spine, not for the heart.

Ok, feet bony backside of the spine  
little finger, to scapula, to sits bones  
sits bones pointing to heels  
as if it is their fault that earth gets trashed.

So heels pointing inward via trochanter,  
to sits bones, to scapula, to little finger.  
And so the pointing continues,  
who is to blame?





What the earth is going on?

A raw despair  
organs flying around  
we choked in our own tongue  
of desire for more



And it has something to do with  
the world that is not ours  
and a hidden longing for care

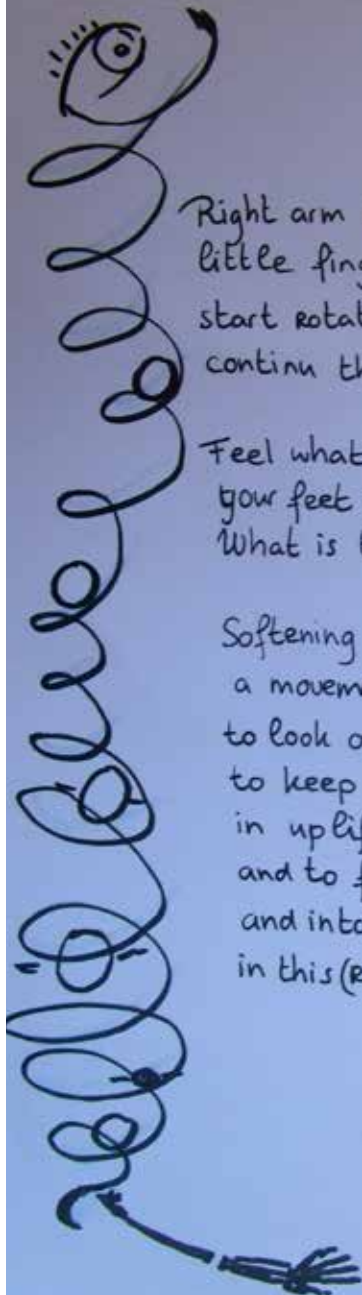
*When the soft belly side  
of the spine cracks open,  
the heart pours into the world*

Plastic increases the viscosity  
of our bodies  
= until it becomes stiff and immobile  
Unable to handle the shear load of humanity  
Earth cracked open  
and spit volcanic fires.

The question is:  
to suicide or not to suicide?

While humanity is getting stiff from their  
industrial habitual reflexes,  
the only faith I put is in falling.

Falling into gravity  
while reaching out for the world  
Before my mind can grab my attention  
to stay upright.

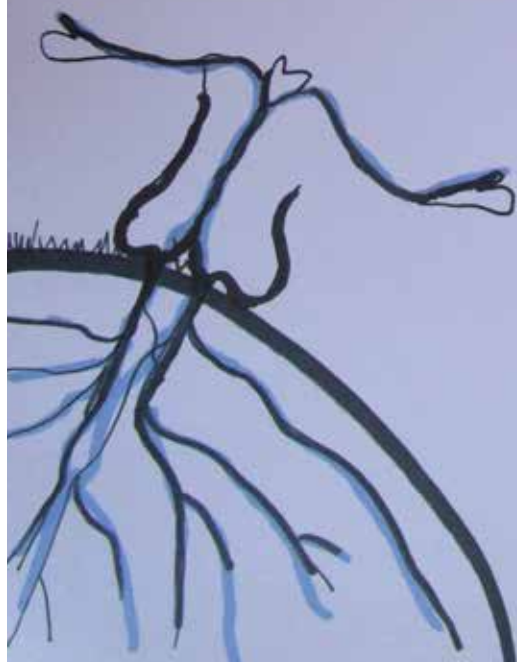


Right arm up, left arm round  
little finger pointing around your chest  
start rotating your head on your atlas  
continue this spiral

Feel what is left behind  
your feet softly gliding on the floor  
What is the trace you leave behind?

Softening the form that is a process  
a movement unfolding around a single <sup>intention</sup>  
to look over your scapula (shoulder) and  
to keep looking around you  
in uplifting spirals.  
and to feel softly into your back  
and into the traces you leave behind  
in this (right) moment.

Time to rest and digest  
allowing gently my sits bones  
to lean into the hand of the earth  
listening to its messages  
to open up my heart.



## Expressing my gratitude

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And last, but not least, a lot of gratitude for all the fellow-explorers that dove with me in gravity and the work of the spine.

## **Event Swimming in Gravity**

March 2019 - Belgium - Brussels

Organised by Contredanse

A week of workshops around the work of Steve Paxton:

Material for the Spine and Contact Improvisation.

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