

Roles help to be **readable** and to structure situations, but they also reduce the self. They can also be completed by parts that may not really be me, but that meet expectations. Like this, they help to be safe.

I think about a very inner aspect of being, who one is when one is not playing a role. I question whether such a state even exists. Can I be anyone without being in relation to others?

I imagine who I want to be today.

Through carefully choosing my outfit, I can lead myself, my attitude, my way of talking and dancing,; my way of feeling.

Stand out?
Background?
Seriousness?
Fun?

High or flat shoes?
Trousers or dress?
Dark or rainbow?

Meaning is created through seeing. How people understand it is a matter of **readability** and their literacy of visual content. Visible things are ingrained with prejudices and connotations and can't simply get rid of them.

Readability is reduced if a person tries to remain neutral and hide their background, experiences, and feelings.

As soon as personal experiences and feelings enter in a social encounter, people make themselves vulnerable.

The body has an affective language. I can choose how my body is seen, in contrast to how it is perceived in everyday life. This goes hand in hand with the **responsibility** of how I see bodies.

This can easily be misused, with serious consequences. Olave Nduwanje writes that this makes her run out of her body.

Trust makes one open to showing one's embodied self.

Each small action is a decision I make, most of the time automatically and unconsciously, because it is pre-trained. This is what shapes my behavior. I believe that it would make a change to awake more consciousness about my actions.

EXPLORING BALANCE IN DIALOGUE

bis ich aus allem
ich fliesse ineinander
nichts mehr sehe
all together

at the same time
ich fliesse ineinander
at the same time
ich fliesse ineinander
at the same time
much messy
all together

at the same time
fear

automatizms
distance
slippery sidewalks
power
insecurity
unconsciousness
1000 mares
sin piel

overthinking

*dreams die
in amor.*

Balance and **space** are closely intertwined. To maintain **balance**, a specific amount of **space** is required. To give that **space** and to show that you need it requires clear action; I have to be **readable**. And for that **readability**, I have to perform my role as a whole.

If we start to dream it is easy to imagine the humanity in harmony

diferente

sensitivity
ampathy
trust
as a gift

authenticity
awareness
creation
of my selves

playfulness
honesty
in relation
to others

