

Conversations around 'Being In Touch'

by Jan-Ming Lee & Laura Moy

...

...

This is how we get into things, we go slowly.

-Yeah

-Like, we don't dive in

-Like, filtering in -

-Yeah like, dipping our toes in -

Dispersing -

-Dispersing?

-What's that?

-Dissolving?

-Dissolving...

The space above, the space between bodies,

between body and wall...

...the light, the shadow...

Arriving... there's the solid space

...there's the space, and then there's the structures

You need to let the space become alive...

Because you know what's already there, somehow
there are already things there,
there is already a feeling there
... it just wants to be acknowledged

...For me, dance is a practice where I can open up again,
and where I can also find my own resilience and choice in how to
be in the messiness of things...

But if I only know how to say **NO**,
I don't have a future, I'm stuck in the past, on repeat...

...like a 'YES AND...'
So you're saying yes
but you also offer something else,
which is the unknown. Or you can say 'NO AND THIS'...
-Or just a completely different conversation!
But then, maybe that's a no,
is that a no?

I think we need to learn how to meet each other,
drop back into our bodies, learn how to feel the messiness,
learn how to adapt and stay in relationship, as a species.

A YES
A future together

Where do I think I am going?

-I don't know!

-Where are you going?

-Am I going with you? Where are you taking me, where am I taking you?

-Are we going somewhere?

-Can you guess where we are going, together?

Are we sharing anything right now?

The earth, I guess.

The air

The sky

The ground

There can be 'being in touch' from a distance,

conversation from a distance,

play from a distance,

and then proximity, closer, closer,

and then eventually,

yeah,

being in touch,

without ... touching.

Where is down?

-Uh....

well if you go down enough,

it will be up!

Can you guess my future?

Can there be a YES
at the centre of what we do together?

Can I guess your future?

So I was just wondering...
Do I know where we're going,
where do we think we're going?
What are we not aware of?

Jan-Ming Lee & Laura Moy, March 2023

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Our thoughts are very much inspired by:

Pleasure Activism - Adrienne Maree Brown; [Contact Improvisation A Question](#) - Daniel Lepkoff; Harriet Roberts/Joaquín Alfei; Matters of Care - Maria Puig de la Bellacasa; a podcast on ['Ancestors, Parcon Resilience and Racism'](#) by Andrew Suseno. Much gratitude to these inspirational artists for feeding our soul; and thanks to Diverse Artist Network & Movema and the warm audience who received us.