

**Mind, Body and Everything in Between: Implementing mindfulness in public performance**

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**It is a where**  
Week 1

This work describes my personal relation with space and its definition.

Space is where we live.  
It is where I interact with animated and inanimate beings and things.  
It is where I move.  
Space is a medium for the body, for opportunities and activities to happen.  
Space is essential. Without it I feel repressed.  
Like a little room where you cannot move.

### SPACE IS A WHERE

It is a container that enables something.  
Movement, Life, Creation, Change, Congestion are in the space.

### SPACE IS OPENED BUT ALSO CLOSED

Space is vital  
I asked you for space, for my space  
Where is it?  
There, it is a there too.



**Walk with me**  
Week 4

It is an exercise in which I translate sounds to drawings and drawings into movement.  
The final result is a video that compiles the outcomes of the process.







**Vomiting Bird**  
Week 4

In this time I translate sounds to words and words into movement.  
The final result is a video that compiles the outcomes of the process.







**The act of dwelling**  
Week 5

Personal reflection of the text “Building, Dwelling, Thinking”  
by Martin Heidegger. Through photography I outsource  
my opinion and understanding of the text.

When I read the first lines of the essay I translated the verb to dwell as dwelling on or upon. I couldn't help myself to wonder if what Heidegger wanted to enounce, was the capacity of the human being to be in a constant grieve state (even though states always change). I couldn't accept that it was the objective of the lecture. Then I look into the dictionary and discover a new meaning of dwelling. In this way, I could verify and support Heidegger's idea, that language is the master of man and not the other way around.

Now, what is the real meaning of dwelling? Heidegger exposes that dwelling is related to building, but not building houses or malls. It is through building that the human being dwells. Dwells is not to be at home or feel safe or comfortable at work, it transcends to a mental state. This mental state, in my point of view, is also linked to another concept that he addresses in his writing, the Freie, to let something be in peace, to let something be in its natural state.

The maintenance of the planet is the perfect example to understand better this idea of dwelling and to free. The best way to dwell and protect the mother earth is to let it be free, not trying to contain it or mold it. This last point shows a nuance that building has in contemporary society. One can build something but this doesn't mean that one is dwelling; the mere fact of building doesn't imply preservation.

In this order of ideas, the term of the fourfold (sky, earth, divinities and mortal) is introduced. Under Heidegger's eyes, these four elements are all united in one. The preservation of them implies the creation of the awareness of being. Furthermore, to dwell is to be in a natural and freedom state. The question that appears to me now is: how do we achieve all this?



**How to prepare and drink Cacao**  
Week 7

Performance of a little part of mt morning routine.

I wash the dishes in the morning  
While I wash them I hit the oat milk  
Always oat mil  
Once I am done with the dishes I put the cacao in and stir it with a metal teaspoon  
I stir it until the milk and the cacao are totally incorporated  
When the milk is boiling I turn the heat off  
I put it in a big mug and take it in my right hand  
Always right hand  
I feel the warm on my fingers and feel the cold on my bare feet  
When I enter my room everything is warmer  
One foot in front of the other  
Always watching that I have a good balance on my right hand  
I put the mug on the bottom left corner, where the stain is  
Always bottom left corner  
Then I push the sit back  
I hear the sound of the chair being dragged  
I sit  
I feel the stiffness of the chair; it is not comfortable or cozy.  
Anyway I make it work.  
Once I feel a bit better in this robust wooden chair I cross my legs under the chair  
I prepare myself to have the first sip.  
My left hand grabs the cup  
Little waves are produced  
I watch them  
I take the first sip,  
I savor the flavor,  
I feel the warm in my mouth  
I swallow it  
One sip after the other  
Until I only have one left  
I look to the bottom of the cup and I see little clumps of cacao  
The best sip comes  
But first I stir it doing circular movements with my right hand  
When the color of the milk has change it is time to take that last sip  
I do it  
Now the mug is empty  
I put it aside and begin the day.

**In Exprectations**  
Week 7

Exploration of one of my social roles.

## Expectations

Have you felt them? It is like an invisible burden on your shoulders, like heavy luggage that doesn't belong to you, but you need to carry it anyway.

I feel them.

I feel the expectation of being a young adult.

They say this is the best stage of your life.

It is the moment to live to your fullest, do all the things you want to do, go out, travel, learn, party, have tons of friends, have boyfriends, girlfriends and everything in between.

The expectations don't stop there. They also expect you to have a great future. To be successful, to have a stable life, so they don't have to take care of you later. So it is now the time to begin building this life.

But hey! Don't forget meanwhile to change the world.

If I am not doing all the things that a young adult is supposed to do, am I not living? Am I wasting THE time of my life. What if my definition of success is different from theirs?

So yes, with every expectation comes the disappointment from you, from they and me.











