

your sensations are your score

no intention

breathing

listening to the present and local conditions

touch is the mother of all senses

moving the body , moving the attention

to perceive

to disarm

skin bones organs blood persons light objects smell colors walls sounds flies
windows clouds houses

your sensations are your score

tasting sensations emotion thoughts and desires

emerging from the interaction with the world

tasting silence, tasting space

following your interest

moving or not moving according to what you perceive of the global situation

organizing and disorganizing yourself to support what the moment asks for

paying attention to details

revisiting patterns, recycling experiences

forgetting about knowledge, forgetting about time

a possible score that will be transformed by the present conditions.