

Thank you for the generous support from Independent Dance for providing the Gill Clarke Resource Fund. Here are some quotes that I would like to share from the books, *The Poetics of Space*, and *How Life Moves: Explorations in meaning and body awareness*.

These beautiful words have guided and accompanied me in my journey of life and dance...

**From *How Life Moves*, by Caryn McHose and Kevin Frank**

'We refer always to our ability to establish ourselves, have a boundary, a sense of weight, and to find the complementary perception – a sense of spatial orientation. This balance of awareness, inside and outside, up and down, is a constant for life on our planet and for our movement curriculum.'

'The details of proprioceptive information, the feeling of a flesh-and-blood self that is dealing with its context, is the keystone that lends meaning to the emergence of body movement and, consequently, to the establishment of an identity. It is here that we measure the fragility of any educational action. The awareness of the options we chose in the twists and turns of emerging sensation involve not only the material progression of body movement, but also, in the background, our position with regard to others and the security of a constant self, despite the fact that the next body movement is still unknown.'

From *The Poetics of Space* by Gaston Bachelard

'after the original reverberation, we are able to experience resonances, sentimental repercussions, reminders of our past. But the image has touched the depths before it stirs the surface.'

'Thus we cover the universe with drawings we have lived. These drawings need not be exact. They need only to be tonalized on the mode of our inner space...

Space calls for action, and before action, the imagination is at work.'

'All the spaces of intimacy are designated by an attraction. Their being is well-being.'

'but who will tell us the daydreams of closed, half-closed or even wide-open eyes? How much of the world must one retain in order to be accessible to transcendency?

