

*from inside the house : opening score*

*[Rub hands together to generate energy. We will use it to float the skull, to find space for what is (for our purposes) the first room in the house. Find the ridge at the base of the skull; place your thumbs there to support it. The other four fingers will grip the sides of the skull. By applying pressure through all five fingers, we can lift the skull up and away from the rest of the spine, encouraging to float on the atlas. Find space at the atlas.*

*Allow the neck, also, to open and prepare (its) space. Same for the jaw, in its time. When delivering this text, allow speaking to begin only when this space has been made.]*

Hi. Hello.

Welcome.

Let's begin.

We begin by making space.

We make space by breathing.

*[Each space-making should, in fact, be followed—at least initially—by a breath that forms a sphere around the entity in question, surrounding it gently. Perhaps the action gains momentum such that space-making will begin to happen on its own, by more subtle means.]*

We breathe to make space for our breath.

We breathe to make space for our tongue.

We breathe to make space for our teeth and jaw.

We breathe to make space for our eyes, and behind our eyes.

We breathe to make space for our skull, and within our skull.

We breathe to make space for our throat, and inside our throat.

We breathe to make space for our lungs and our heart and all our vital organs.

We make space in our tissues, so they can soften.

We make space in our tendons, so they can respond.

We make space in our joints, so they can be ready.

We make space in our bones.

We make space in our muscles.

We make space in our skin, and hair.

We make space for our weight, and our lightness.

We make space all around us, for our width and our height.

We make space our bodies.

We make space for ourselves.

I make space for me, and you, and space for the space in between.

I make space for relation.

I make space for this group.

I make space for this space, in this space.

I make space for this experience.

I make space for whatever happens.

I make space for whatever comes.

I make space, knowing I can rest in it.

I make space to prepare.

I make space to expand.

I make space to suspend myself in sound,

to suspend myself in silence,

to suspend myself in Now,

in Just-Before.

in No-Time.