

## Communion

From Omer Keinan with Erika Kooki Filia, Lena Klink (Mythologies, 07.09.2023)

Three practitioners.

Stand in a circle, or rather a triangle, eyes closed.

Take a moment to return to your body.

Attend to your breath, the contact between your body and the ground, the space.

The alignment of your skeleton, the distribution of tension and release in the flesh, the joints.

Invite a gentle shifting of weight through your feet, rippling and articulating skywards.

Imagine the two other bodies, far and near, swaying along with you.

Your bodies becoming aware and available, charging the space.

Gently open your eyes,

making contact with each other and the space between you –

the communal fire.

Attend to your six feet...

three heads...

three pelvises...

thirty fingertips...

three spines...

three crowns...

three hearts...

As your collective and individual responsibility grows,  
so does the communal fire, becoming brighter, roaring.

Attend to the weight shifts and articulations passing through the other bodies,  
reverberating and flickering through the flame.

Invite them to permeate your breath, your contact with the ground and the space, you.

Invite the shifting of weight and articulation to grow, increasing in breadth and effort.

Gradually, bit by bit, allow your bodies to shift through the space,  
moving farther and nearer to the fire, realigning so to maintain contact with communion.

Gradually, bit by bit, allow the fire to shift through space,  
in coordination and collaboration with the movement of bodies.

As the potential for playing expands, allow your bodies to be reactive,  
attending to the fire, the bodies, the space, the ground.

As the bodies and the fire shift, more and more wildly,  
allow them to engulf the space – everything becomes part of the communion.

Desire, fantasies, actions, meanings, intentions –  
They are ours.