



**Proto-Battery © R\_H:** ... in December 2013, two performers (Elke Van Campenhout and Veridiana Zurita) will spend three weeks inside a 1.40m x 1.40m box. They define the poor but still supportable conditions, under which they want to live. We want to develop a sort of fitness-programme that helps them to keep themselves 'in shape' during their period in the box during which they automatically move much less than usual.

BATTERY - Bureau d'Espoir / Elke Van Campenhout

### **Collecting and spreading**

Physical/ physiological situation:

A confined space in which the body cannot stand tall, but move freely throughout a volume of 1.40 by 1.40. At night it is possible to lay down in full length, along the diagonal of the space (for people not taller than 1:75).

Under this condition a person's physical energy is automatically 'very collected'. The Battery is interested in a constructive use of this 'collected energy', defying depression, laziness, physical as well as mental collapse. The Battery - by definition charging things - wants to spread what is collected?

What can be the daily routine, assuring that this aim is being reached ... that this promise is being fulfilled?

## **Consecration vs resignation**

---> hunting the kairos (The Neutral / Barthes)

The Battery as an occasion for an ARTE POVERA?

Proportion / relation between degree of poverty and 'what gets consecrated'.

What is recognized as situation/condition gives rise to what gets recognised as difference / change as 'the thing' that is welcomed, called for ... that is appreciated.

---> a bigger house, new car, more free time, more action, better feeling, more aloneness, more relatedness, the noise of the wind, the cars, the kids today, the voice of the trees, the fresh milk, coffee, bread, lobsters, wine, etc. ...

[OH! surprise, recognition, wonder, appreciation, love ...

"Oh house,

Oh! car, oh! free time, oh! action, oh! better feeling, oh! me alone, oh! others, oh! wind, cars, kids, oh! voice of the tree, oh! milk, oh! coffee, oh! lobsters, oh! wine, oh! etc., ... oh! what I recognise as OH!.

Oh! my god!

Oh! my battery!]

## **Use of time & pleasure**

---> monastic rules and form-of-life (The Highest Poverty - Giorgio Agamben)

monastery rules / strict scheduling as a means for living in pleasure?

what does pleasure - a term corruptible in all directions - mean in the context of The Battery?

According to what I researched pleasure, in the sense of peace and heaven, - as opposed to pain and hell -, is defined by being DIRECTED in a certain way (rule, schedule, duty, ethics ...), as opposed to UNDIRECTED (whenever, whatever, no rules, no morals ...). Being supporting, charging and handling the spirit, - as opposed to neglecting, loosing the grip, wasting it.

## **Being *well spirited* as duty**

... the fitness-aim in the box:

find an understanding of what the rule and measure can give to the bodily (including mental) health ... a sort of body mind centering but than with a yogic approach, via physical principles, put in praxis while moving: rooting, breathing, alignment (no difference / no change/ no collapsing of joints and breathing cavities), through the maximum use of hands, feet, vayus/breath.

As the term *well-spirited* suggests it knows of extremes in both directions, towards high-spirit (overconfidence, floatyness, sillyness) as well as towards low-spirit (depression, laziness, collapsing). Since these extremes are a natural tendency of a body and mind

without purpose, they will always call for us 'giving in'. A fitness-aim can be to save the body from letting go ... as good as we can.

A first rule could be *being dedicated* to the actions that we choose for reaching this aim.

What actions do we choose?

### **Sequencing (rule)**

... means to give an order to parts of a whole in space and time.

Working with a sequence means trying to master a sequence.

Mastering a sequence means having 'learned' it and knowing it 'by heart'.

Knowing by heart means having gone through it and going through it again and again ... having practiced it and practicing it ... again and again.

A second rule could be *working with beginners mind*, in order to not lose well tempered interest in the daily practice.

---> Zen Mind, Beginners Mind (Shunryu Suzuki)

### **Mutations**

Once a sequence is mastered interesting mutations can appear. Before that (mastering) state all exceptions to the rule are based on not yet knowing, experimenting in order to find out, learning etc. ... which is totally fine, but means at least sticking to some selected movement principles.

What principles do we choose?

A third rule than could be *researching this selected principles and tools*, which could be

- \* *rooting (concentration on physical intention: stand stable on hands and feet (not shakey) which find support of the surface we work on = 6 planes of the 1.40 x 1.40 battery-box)*
- \* *use of breath (application of the vayus/beath )*
- \* *alignment (continuous use of hands and feet and breath)*