

Fourteen Times In Touch

by

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Score

Instructions

The work contains fourteen instructions to be followed by the reader. This score supposes that the reader is reading this score sitting from a computer.

1. Relax, breath steadily but do not concentrate on it, don't close your eyes. Slowly start feeling the tip of your toes on both legs, and move up your shins, legs, sides, arms, hands, shoulders neck, temples and top of the head, then come down through the face, the chest and back, buttocks, thighs, calves, soles of your feet back to the tip of your toes.

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2. Repeat this with your eyes closed.

3. Relax, breath steadily and do not close your eyes. Feel the points of skin that are touching different materials. Feel the weight of the body, feel the contact of skin, of a nail, of your trousers, or shirt, how does it effect your skin..

4. Repeat, but categorize the touches and compare different touches: weight, sharpness, roundness, hardness, softness, temperature, transfer of heat, size of area, texture.

5. Touch a material, wait until you recognize that material, feel its hardness, weight, texture, its edges, and temperature, then touch another material. Do this with all the parts and all the skin of the body.

6. Touch one material, wait until you recognize that, feel the weight of your body, feel your skin heating that material,

7. Touch two different materials and do the same.

8. Touch three different materials and do the same.

9. How many materials can you touch and recognize at the same time?

10. Touch a material and stay in the touch. Feel the minute and subtle changes in the touch that lasts until contact is cut.

11. Touch a material and stay in the touch for a while until you feel what it is, then think about touching the rest of your body with that material.

13. Hit something so that the hand bounces off the object and listen to the sound resonating in the space, once it stops, hit it again so that the hand remains on the object and feel the touch as it changes, finally hit something and remain touching only until the resonating echo of the space – stops.

14. Stop what you are doing and close your eyes. Start by feeling the surface of the keyboard with both of your hands. Concentrate on the heat differences between the padded zones in your hands. Always simultaneously, start pushing that heat towards the top of the feet, what in shoes is called the vamp. As you push follow the heat as it builds up your arms and stops at your biceps. Curl your toes so that their nails are pressed by your weight against the floor. Starting from your elbows feel the whole of your back up to your ears and continue to feel your armpits and insides of the arms then chest and let the heat fall towards your crotch and fill out the rest of your legs. Let the tongue take up spit and feel its heat move towards the tip of your tongue then feel the top of your mouth. From the top of your ears the heat drifts up and over the top of the head. There let the feeling touch itself and dissipate back to the top of the eyelids. Open your eyes and feel the moisture in your eyeballs.