

Jean Klein: Body Work in Hammamet (May 9, 1989)

[Jean Klein]: (Guided body work). Bring your attention... to a state of deep well-being. The right hand. Feel the sensation of "parting," the sensation of "detaching" (from the environment). Let's begin. The back of the hand. Feel the sensation... this immediately leads to a letting go. The sensation of touch. Listen to this! Attention! The grasping (prehensivity) that still inhabits the hand—give it up. Observe it.

Feel the space between the fingers. The wrist. The elbow joint. The arm. The shoulder joint. The space in the joints. Now, the global sensation of this entire limb.

Now the left hand. Reach for the sensation of touch. The palm. The very essence of it. The space. Shake it out. Listen. It is necessary... The shoulder joint. We're going to glide—to "plane"—through the body. One single piece. The arm... not left, not right. Is there uniformity in the sensation of both arms? The same sensation. My physical body remains... it is a tactile sensation.

Horizontal position... without amplification (over-extending). Bring the sensation forward. Feel the vertical position. A modification... the sensation of the platform. Direction: ceilings (reaching up). Keep the horizontal position. Now to the right. And forward. It descends. The left arm. Sensation in the horizontal position. Vertical position. Touching the ceiling.

And horizontal to the left. Forward. Feel the weight. You were in the horizontal. Push the walls. A circle in the opposite direction. Bring your sensation into the vertical position. Touching the ceiling. Right side. Quality of the sensation... always the same. Transparency.

(Returning to the oriental tradition/technique). Pay attention to the right arm. The sensation that brings us here. The horizontal position. Do not let go. I have the same sensation. No modification. No reaction. The limb always bathes in the sensation. Come back in front of you. Same quality. When you close your eyes, do not try to "see" the extensions (mentally), but feel them.

Horizontal position. Only when you look outside... a movement. There is no personal movement. It's always the same quality because there is no personal "departure." To the left. In front of you. Vertical position. The right side is not

affected by movement on the left.

(Refers to the arm). Inhabit it with the sensation. Ensure there isn't the slightest modification (tension). If there is a reaction—stop! Start again. Sensation again. Explore how far you can go. Is there a reaction? We'll see. Bathing in the sensation. The sensation does not change. Same quality.

Clavicle, shoulder blade... prolong the sensation. Left and right. Hold the sensation. Living. Pedagogical. The two limbs are always present. Come back with your head centered. Slowly move the head to the right. Both limbs stay present. It's solely in the sensation. Vertical scale.

Drop. Right arm... move it toward the left. Lift the right shoulder. Translatability. Right side, left side. Both shoulders. I was bathing totally in the sensation. Do not fall into old patterns. A few minutes of rest.

Attention! Come back to the sensation. The right foot, the toes. Listen to the sensation; it may not be as naturally developed as in the hands. Let it come. The knee joint, the posterior part. The hip joint. One single piece.

(Refers to the legs). Is there any "hole" (lack of sensation)? Is there really a hole? I am confident in the sensation. Lengthen the sensation. In front of you, draw a circle on the wall. If your leg goes to the left... but at the same time, it descends. Wake up. It happens in the joints. Posterior view. Sensitivity. One piece? Lengthen! Contact the wall in front of you. A circle. And a circle in the opposite direction. Same difficulties and facilitations. As with the right leg. Draw a triangle. Draw a square. Return.

(Refers to both legs). Mechanically conscious. Presence. "Individual and self-sufficient." Keep your eyes present. Simultaneously both arms. Both legs. Lower and upper extremities. Right arm in front. I'll reach for the wall in front of you. Trying to touch the right leg. A physical limb with us. No mechanical movement. The field... beautiful. Lengthen, take the physical limb with you. Feet slightly apart.

Return very slowly. Left arm. Right arm, right side. Inhabit the base of the palm. It's a sensation. See you tomorrow. Move the physical limbs with you. The sensation that everything is Presence. Stop again. Verify the sensation once more. Any part of the body that resists? Start again. Do not worry about breathing for now.

(Finished with the movement). Totally inhabited by the sensation. Inner quality is important. All good. You can go. Shoulders are truly inhabited by the sensation. If we stop, am I truly conscious of the totality? Am I capable of "drawing" (sensing/visualizing) the position I am in? Can I project it? Is there sensitivity? The

sensation of touch—it counts for everything. Physical moment.

I have integrated all the space around me. Space in front, left, right, behind, above, below. Being conscious of the variations. In the extension of my body, enter fully into the exhalation. Lengthen the exhalation. Let the inhalation come. Surrender totally to silence. After having exhaled, let the inhalation come. The emergence of silence. The exhalation dies into the silence. Abandon the intention. How does it feel now?