

# The Skin is the Most External Layer of the Brain

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## Introduction

*The skin is the most external layer of the brain* is the video document of a collective and live editing of two of my contributions for *Mind the Dance: Stewardship* and *Warming up the Attention Scores as Doors to Poetic Documentation*. We edited these texts with the *Reflex Research Team*, through a practice that I call *the breathing archive*, developed in the frame of my artistic research about poetic dance documentation. *The breathing archive*<sup>1</sup> sends us back to the basic life's movement that is an oscillation between concentration and expansion, like the movement of cells breathing and heart beating. The practice invites people to edit collectively a poetic and ephemeral document that is contingent to the present conditions. Players get involved with the materiality of printed pages, stacked on a table, by crumpling and un-crumpling them. Their attention, at first placed on tactile and visual sensations, gradually gets involved with the text. They read it in silence before voicing out fragments. As the emphasis is placed on listening to oneself and others, a poetic experience that articulates matter and thoughts is composed. A video camera placed on the table registers what the hands are doing and the voices are saying. A second camera on a tripod gives a global perspective of the situation. The editing sets in dialogue the 'internal' and 'external' perspectives.

## Score of the Breathing Archive

0. Silence.
1. Close your eyes – Pay attention to your breath and what touches your skin.
2. Keep your eyes shut and crumple pages with your attention on how the paper is touching you.
3. Continue crumpling or un-crumpling with your eyes open.
4. Take your time with the materiality of the pages before you start reading the printed words in silence.

5. Choose fragments of text to read out loud. Keep in mind that you edit/compose a unique and polyphonic document with the other players.
6. If you find a written movement score on a page, you are invited to play it.
7. There is a video camera on the table that records what enters its visual field and the sounds produced by the practice. You can let it be moved by what is happening on the table, orientate it, and take it in your hand to film what interests you.

#### NOTES

1. The breathing archive has been applied to other contents with other players. See: *The breathing archive with Mila*: [youtube.com/watch?v=l-WnxmiamJ\\_s](https://youtube.com/watch?v=l-WnxmiamJ_s)