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Play Profound Reading Reflection

In the reading by Susan Rethorst titled “Play Profound” we encounter the concept of play and how ‘play’ could mean a multitude of things within our own understanding and work.

Rethorst explains her findings through growing up in dance and learning to relearn and rethink the methods of creating a dance piece. She struggles throughout her journey and finds that along her path she was always fixated on perfecting one idea behind a dance or concept. Rethorst further elaborates on how this confinement of sticking to “one idea” or one central mode of doing things is what artists need to break out from in order to fully express themselves creatively and enhance this concept of play.

I really enjoyed the reading and I think after taking a chance to interpret it in my own personal life it is a very good lesson for not just artists but anyone who is struggling to incorporate play in their typical day to day life. Just as Rethorst went through trials of testing and working against her own judgement, we too should learn to not rely so much on “what’s trendy”, or the perfect image of the product we are trying to make and instead focus on the beauty of the process and various outcomes that can be made. I personally really liked the idea when Rethorst described using beginnings and endings and not just focusing on using one or two concepts but meshing them all together to create something new and unique. This method is exciting to me and ensures the freedom in creating whatever you are trying to execute.