

How to survive when stillness disappears from society?

Dance of stillness 1st act:

- Open 6 avocados and take the pits. Break them into pieces.
- Boil the chunks for 30 minutes
- Let them rest for 24h

Dance of stillness 2nd act:

- Remove the pieces of the seed from the mixture
- Put 250g of cornflour in the liquid and simmer while stirring until you have a semi-solid pink mixture.
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(Cooking with a wooden utensil)
- We wet our hair and we cut the dough into strands that we roll and group in pairs.
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(1 cm per strand).
- short hair version, smaller strands
- while the avocado dries on our head, we put 500g of linseed in a large pot with 1 litre of water on low heat.
- stir until it has the texture of jelly.
- We wait for the mixture to cool down a bit so as not to burn our skin and once it is finished we strain the seeds to have the jelly separated.

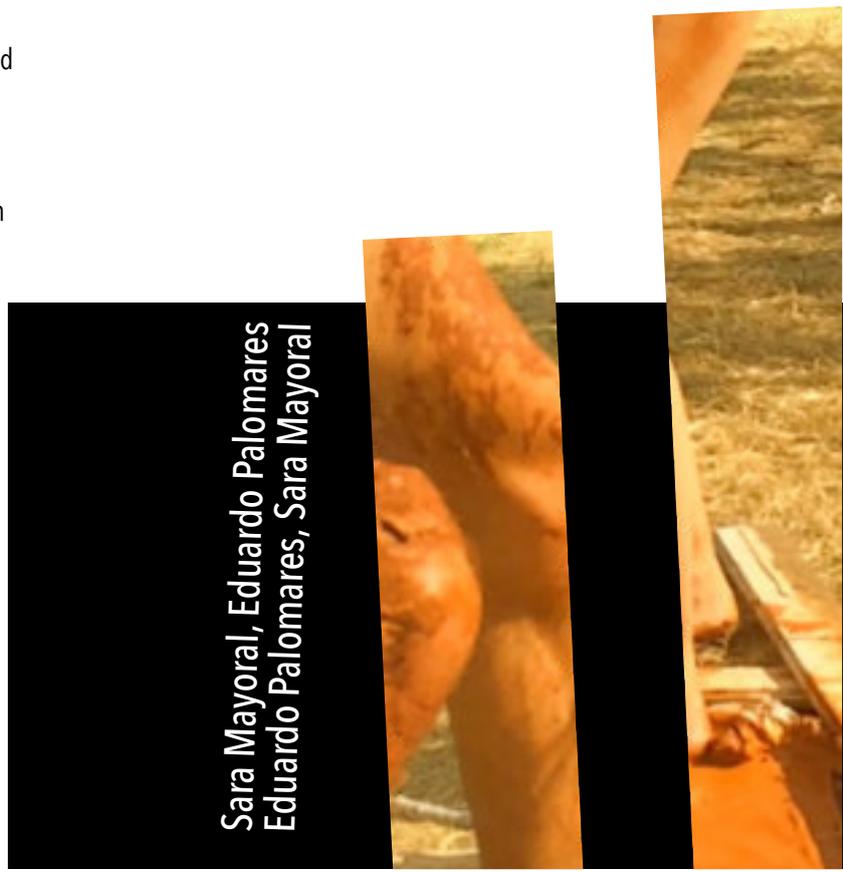
Dance of stillness 3rd act:

- spread the jelly on the body until it acquires a slippery texture, which could remind us of the skin of a dolphin.
- Now we are ready to stand up.

Dance of stillness 4th act:

- We place our feet parallel to each other, barefoot we feel the earth beneath us.
- We look for a posture that takes us upwards, we stretch our being and our body towards the sky.
- We feel every muscle searching for light and comfort.
- We begin to breathe, take a deep breath and release.
- With the right index finger we plug the left nostril and inhale through the right nostril.
- Covering the left nostril, we leave free the right nostril through which we exhale. Repeat this process 3 times.
- Start breathing gently, through the nose, never through the mouth. We count each inhalation and exhalation until we reach 10, we repeat the process 3 times.
- Our body is communicating with the earth, our mind with the sky, we seek energy in stillness.
- Even though we try to seek stillness, our body moves in search of light.

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Eduardo Palomares und Sara Mayoral, Eduardo Palomares and Sara Mayoral have been walking the same path for 10 years. With questions that sometimes find answers and sometimes not. They slip between their own creations to always arrive at the same common point, where space, identity and spirituality are communicated in their work. With the help of their instructions, we can begin the essential dialogue between the earth we walk on, its materials, us and the light.