

EMERGENCY HIDEOUT (for cases of sensitive overload)

Preparation

If you feel you need a time out of the hustle and bustle of your life; if the scent of a perfumed candle forbid you to concentrate on what you do; or if your clothes seem to weight like a ton; you might be in the need of an emergency hideout!

I recommend you to play the soundtrack underneath in order to embark with me in a treasure hunt. We will build a comfy space that will allow you to unpack your sensations and hopefully access your ultimate safe space: your imagination.

You don't need any specific preparation as it is an emergency after all!

But to ease a little bit the things: you can listen to me via a speaker or via anything that leaves your hands free.

IMPORTANT: note that you don't need to be on the verge of an existential crisis. This performance can be appreciated any time you feel like it.

When emerging from your hideout, if you want to share some impressions or pictures of your special place, please feel free to leave a comment in the section below. Alternatively, you can send an email to greta.gauhe@yahoo.de (notify in your email if you would prefer your answer to stay between us!)

Performance

Hello you! I'm Flavien. I don't know for you but I regularly find myself overwhelmed by my sensations. Sometimes the world seems too loud, any touch feels too heavy or rough, any smell feels overpowering and the world seems too full and too fast. I often wish for a space where the sound is muffled, where the view is limited and the light deemed. I crave for a SAFE and blank space that allows my imagination to transport me anywhere I fancy. I dream of a place where I can close my eyes and concentrate on tiny things like a soft breeze on my skin or the sensation of my feet rubbing against each other, a place somehow out of the world!

Shall we create such a space? Let's build a hut!

Look around you and find a space where you can be comfortable, far from people if you mind them but it can be in the middle of a family reunion if you feel like so.

And believe me: I often feel like it!! So now that you're looking around you in order to find such a space, I want you to consider all the sturdy objects. We need a bone structure for our hut! Think about it: your body is a formidable structure and your bones are its framework. We need the same thing for our retreat: a solid structure organised in an organic way, your way. Is there a table close by? Can you find a pair of chairs? Maybe a pile of books could do a good column! If your chosen space is very limited, could you use pens? A table lamp maybe, or a basket!? I leave you a moment to go around where you are, and to collect everything you think could help to raise a sturdy structure. You can leave your phone or your computer here: you need your hands free to knock, press, shake, study the solidity of the objects and carry everything!! I'll be there waiting for you. So press pause and come back when you're ready..

Have you found everything you needed? Perfect! Now let's concentrate on what we can find to drape over the skeleton of the hut. Once again, consider your own body. You probably already know what I am about to talk about....yeah! That's right! Your skin! Do you feel how it gently drapes around your bones? How it softens the hard structure of your bones? Think about how it creates a sensitive barrier that protects you from the outside world. Let's go back to the built! But this time we will do something a bit different: stay where you are and take a moment to travel mentally around the space you are in. I want you to flex your memory muscle and especially your bank of sensations, all your tactile memories that make you understand the composition and the flexibility of the objects. Travel in your space mentally and try to remember any object that would create a nice skin for our hut. Do you remember having seen any fabric when you were looking for sturdy objects? If you're at home, maybe you can think of your duvet or a bed sheet? Do you have access to a big coat or few t-shirts? Would you consider taking down the curtains from the windows? Yeah?! No!... Maybe... Is there a rug flexible enough to embrace a structure? If your space is limited, do you remember of an handkerchief? A kitchen towel? By now, you probably have few ideas. Go and fetch them but remember to keep your eyes peeled and your hands touchy for any opportunity on your way! Leave me here! It's alright! Just press pause!

Alright! As for now, we have everything necessary for the bone structure and for the skin of our retreat. Let's find things to make it special and comforting but we need to remind ourselves that the goal is to create a space free of too many sensitive informations. So we need to find things that would allow us to unpack our sensations in a soft way. When I was a kid I used to create those huts when I felt that life was too intense. I used to perceive them like a nest. I wanted them comfortable and comforting with just the bare minimum to allow me to dream. I

wonder if it was the same for you. Was it? So... at the moment where I am, I can see a nice pillow. There's actually few of them! I can remember seeing a plaid in the living room , that could be nice as well. Do you find anything interesting on your side? Oh magazines! What do I have? The ceramic magazine could be great. Shall we take a snack and something to drink? What do I have?... Just an apple actually and maybe a bottle of water. Yeah, let's take that! Why not! you never know how long you can stay in your special place. Do you think of anything that could transform your fortune tent into a nest? Let's gather everything.

Now that we got all we need, let's properly build the cabin together, shall we? So I'm gonna put you here and start to build on my side. You should leave me as well somewhere, not too far, but we got things to do!

First the sturdy materials.

Is it going well on your side?

Now the soft structure.

Don't forget to keep a door!

You can always readjust the sturdy structure if you feel it's not correct.

Don't worry too much about the end result, it's your special place after all.

Lay down your cushions and covers if you have some. How is it going on your side?

Well I think everything is ready now. I hope it's ready for you too. If you still have some modifications to do, feel free to press pause and come back when you're ready.

It will soon be time to get inside and to spend some time unloading all your sensations in excess. Remember that it should be a moment of nothingness, a bubble in space in time. Once you'll be in, allow yourself to do nothing for a while. Listen to your breath, concentrate on the sensation of the fabric of your clothes against your skin, maybe you can delicately feel with your finger tips the small duvet that covers your skin. Let your mind run free and see where it leads you, maybe you will find that the inside of your hut is much bigger than you thought because of your imagination. If you fall asleep, don't worry about it! And if you're bored, don't worry neither: you got few things to help you but you can also embrace that feeling, it's sometimes good to be bored!

Alright, it's time for me to leave you there. I will get into my hut and you should go into yours. I imagine that we are actually few of us doing it and that's a nice sensation that I will take with me inside! Spend as much time as you need for yourself and once you emerge you can take a picture of your retreat and leave it on our website but only if you feel like it!

Go in and leave me there! See you soon!!!