

**Innehalten
(be still)**

performances for audiences of a single person by Marilyn Arsem
as part of the festival Vogelfrei V: TransitARTen
in Darmstadt, Germany, September 2003

One audience member's response:

One main reason for my decision to visit Vogelfrei this year was to get ideas for how to dissolve emotionally from a former friend.

Your Performance was the essential answer. For me it was a Winter-performance. Three branches were already without leaves. The fourth one lost his dry leaves during the Performance.

- I have to feel this cold, concentrated winter-feeling first. Only after this period the new spring will come. It is not so comfortable, but its the way the world is going on.

As I understood this during the Performance, I laughed at the end. That's it.-Thank you very much! Psychologists, as I am one, get a lot of support from artists, as you are one.