

Experiencing a performance with Marilyn Arsem

I experience an intensive look from her
Asking if I am ready, and I am
A gentle approach, asking if I trust her, and I do
Then she asks me to close my eyes, and I do
I am told that she is going to place a cloth over my head
I feel the gentle touch of the cloth covering my face
Then she places something on my right temple
A sound is slowly appearing in my head
A tune – slowly becoming a melody
I can't really figure out the piece of music
Then I surrender, trying to perceive the cloth blocking out the outside world
We are standing in the middle of a crowded space
I do struggle – the vibration inside my head helps me to focus on the moment
Concentrating – listening to the tune
Then she asks me to open my mouth, and I do
Something is placed on my tongue and I chew
I can't really figure out the taste evolving
Cinnamon? – No
The taste grows, expanding in my mouth
Widening my airways
Peppering my tongue – still expanding, helping me to block out the outside world
The heightening of my senses, sound and taste places me in the moment
A gentle touch on the top of my head slowly caressing towards my shoulders
I feel safe
I am focused
I am asked to open my eyes, and I do
I look into her eyes
Asking what did I just ate
Cardamom

Beatrice Persson experiencing a performance with Marilyn Arsem in Gothenburg, Sweden 26
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