



One way to retrain our frizzled senses is to do all soma-feedback with an RF adaptor and interact with our image as we are generating it. The connection between you and the screen is so startling, so clear, if you watch your movement as you are doing it, than you cannot fail to respond to yourself.

You can do this with a static camera or you can work with someone close to you who will hold the camera, a slow examination of your body on video is a good way to start. The idea is for the camera to pick up on your cues. You may begin by telling—"show me my breast and my arm". With practice, you will be able to work together without words.

You might get into it by having the camera pick up a section of your body—say, arm and side. Look at the monitor (the cameraman will be getting his feedback through the viewfinder). The screen is the canvas on which you paint with your body. Move your arm against your side, twist your body, move your hand up to touch along your side, study and sculpt with other parts of you. Dance, shake, make graphic shapes, make rhythms, watch the screen—the screen is part of you, an empathic projection.

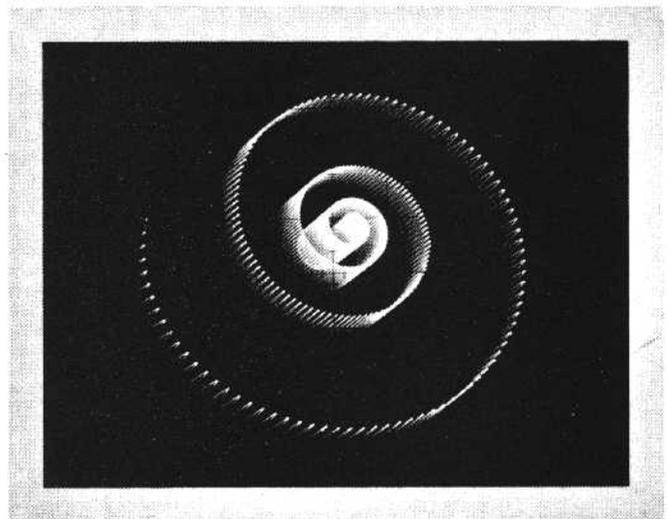
Each feedback trip is different. Some are yoga-like. Some are pulsing and physical. Some are playful. Some never happen, never get off the ego and into the interaction.

When you know you, do the soma-feedback with someone else. I have never done couple-soma-feedback with a static camera but if you can't find someone you trust to work the camera, start that way. If you have someone close to work the camera and *if both partners accept the qualification* of exploring the feedback possibilities and not imitating porno format, you will share a beautiful erotic experience—long, sensual and stimulating. For some it is difficult to relate to the video and also to each other. I saw a tape with one solution to the problem. A man and a woman were in separate rooms,

each with a camera and monitor. They were connected by a control room. They related to each other a split screen, in superimpositions, in various wipes and cuddling, kissing, licking, posturing, *long distance*—they built to a crescendo of lust until they broke into each other's rooms. The video connection allowed them to act out fantasies and interact sexually in ways that they would have been inhibited to do face to face.

Soma-feedback is fun not only in couples, but with friends and kids. With friends, you touch, play, make some forms, enjoy a creative time together. With kids, you will romp through the feedback trip—nudge, wrestle, stack up on each other, back to back, arm to arm, compare shapes, make sculptures of arms and legs.

Video interaction with other people is a tactic for avoiding both servomechanistic closure and desensitization in using videotape. It is best to avoid inhibiting word labels on what you are doing. Forget my headings. "Exuberance is Beauty . . . the cistern contains, the fountain overflows." To overflow one need be infolding. The process of infolding cannot be frozen in words. Let go the formulations and take another trip where your inside is out and your outside is in.



78 More Chances to Survive

From a media savage on the primitive island of Pittsburgh located near 3 rivers in the middle of the steel waste land of Pennsylvania. Also reprint of old scroll found in an abandon coal mine once rumored to be Andrew Carnegie's next rip-off stunt. Note: nothing is mentioned of media evolution suspect capitalist are taking advantage of good thing. Urgent . . . supplies for the winter are running out must get "feedback" for survival in media space. Local stations are rotting local villagers minds. Becoming increasingly difficult to maintain contact. Must leave now going back to my media cave and plan more subversive activities.

Piltdown media culture
Willard Van De Bogart
Media Man