

# The Truth

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*“...knowledge births (precedes) understanding.”*

– Audre Lorde, *Poetry is not a Luxury*

*“What does the one who seeks the truth want?*

*What is [their] type? What is [their] will to power?”*

– Gilles Deleuze, *Nietzsche and Philosophy*

## 1.

I’ve been looking for a way to dance and a new way of thinking my way into dancing. I’ve tried not thinking as a way to get free in dance. For me, working on dancing seems to involve working toward and through degrees of freedom, which comes hand in hand with power and the unconscious. But this not thinking has only led me to representations of freedom. I am looking for a sledgehammer to break through the veneer of fake representation and allow representation to become representation — or a ridiculous way of saying “good art.”

The frame, the thinking or the sledgehammer, is the process of entry into what I’d call a “real dance,” and what I mean is a dance that dissolves and creates at the same time. So I am testing out the truth to see if it might be a temporary pass to a break/make dance.

## 2.

Here's how to dance the truth:

Dance all the weird shapes you enjoy, plus dance normal shapes, plus Make Big Symbols (like be a hawk). The truth passes through transmutations of sense: to be with what is familiar, made unfamiliar, then remade familiar. It is about attitude: nothing is weird and nothing is different because sometimes you are an authority.

Dance a series of actualized forms and actualized meanings. They are the truth. These forms have forgotten what would constitute “good” or “bad” (this is “the how”). Take time. It is not only a flow: everything takes form, is repeatable, is as if repeated but isn't, and is transmittable. You want everything to be visible. You are already there. The truth is accomplished with sensation but not inflated emotion, unless the inflation is deflated. Make spontaneous choices. These happen out of the necessity of chance and the chance of necessity. You are active, never reactive.

Think of what you have left out: intensities, in-between spots, distances, etc. Do them. The truth will lead you to the unified field. Here there are no surprises and no failures. The truth is cool because it's not surprised at being everything and it's hot because it's activated.

## 3.

Preacher's words to repeat: You are the truth.

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I write and dance at the same time because I gain insight. I've shared “The Truth” as a performance and as a workshop. The text was performed in the context of ATTABLER, a research-practice performance and co-creation with Nadège Grebmeier Forget, Emma-Kate Guimond, Véronique Hudon, and Katya Montaignac; it was also activated as a workshop for the schizo-somatic series organized by Diego Gil and Csenge Kolozsvári at the SenseLab, Concordia University. In both situations the “how to” portion of the text guided people and myself into dancing. — Hanako Hoshimi-Caines