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Some thoughts after the Acting Craft in Polish Theatre class in 2012

When a newborn baby takes full breath for the very first time just after being born his/her lungs get filled with air. Later consecutive inhalations and exhalations pass through the human body without being noticed – we do not think about this process, all in all an average human makes 500 million inhalations during his/her lifetime. The breathing was the starting point for our class, the breathing was like the new beginning. Acting Craft in Polish Theatre is a class which transports us into another space, where our bodies are the foundation of all action, where we return to them, we learn about them anew, starting from the work on breathing; when we connect with others through breathing, in this natural action a certain level of understanding is created among the participants.

Although a space gathers young people who use different cultural categories in their thinking, who speak different languages, whose thoughts are formulated through different sign systems, our bodies communicate much more clearly and easily. This class leads us into a reality before logos, where the literal sense of words has less meaning than their emotional content hidden in the voice intonation, in stresses, in tempo of elocution. The body is approached on many levels: as a tool to express what is hidden within us, as a 'highway' for our emotions, experiences, sometimes words and music which travel through it freely. All in all *somma* is a vehicle itself, it transports us from a daily reality into a holy reality of communing with another human being. This is why we can build alive images with ourselves and this is why a space for alternative communication between us appears.

A place where we meet once a week ceases to be only a spatial frame. It becomes a partner for our actions and exercises. We interact with it, every time slightly differently, every time afresh. It seems that Acting Craft in Polish Theatre is above all a celebration. It is a time of encounter, a remarkable encounter since we land in a reality where we have an opportunity to enter into an intercultural dialogue, where we find an essence of a community, integrity, balance, being and acting together through a symbolic corporeality. This class has a nature of a training, a play, an encounter, as well as a ritual – a ritual of joy to commune with the other... And what surprised me most was the moment when I understood that English language which we use levels down senses and meanings, and that in fact we communicate much more clearly through our bodies (as children do).