



Masterclass

Language of Trust

March 16th 2021

Dorit Weintal is the initiator of the TRUST project, a one-year research (2019 – 2020). During a year Dorit has been collaborating with migrants, refugees, asylum seekers, migrants with no status together with her artistic team to create an experience that can open unexpected horizons of meaning; bringing contemporary dance, original poetry, voice, and cinematographic techniques together with live performances. She has a long-time experience as a dancer and choreographer working with people in extremely challenging situations.

Content

In this masterclass together with Dorit Weintal (choreographer/ dancer/multi-disciplinary artist) we explored how we can develop an attitude of trust. How can we walk when there is no ground (to continue in insecure situations) and to support one another in times of difficulty due to unforeseen circumstances? We explored trust as a process you encounter in yourself when you play.

In the masterclass (2020) with researcher and classic Indian dancer Janhavi Dhamankar we have explored the role of empathy and in the masterclass with philosopher and author Marjan Slob (2020) the existential dimension of loneliness and how to develop the courage to stay with someone else, knowing that they are lonely and to resonate with them. This time, together with Dorit we explored the language of trust and the role of trust to support somebody in difficult situations,

We started the masterclass by showing a trailer of one of her projects of TRUST, of different moments of performance of the participants together via Zoom from their homes. When Dorit had just started her project, the Covid-19 pandemic restricted travelling and meeting each other and it was hard to rehearse and perform

together with the participants. Despite the challenge, they stayed together and created a performance from their homes (which could also mean a room in an AZC).

The link for the full zoom concert created during the Covid-19 lockdown with the participants of TRUST is: <https://vimeo.com/438647618>, password 20969

Identity or In-Betweenness

Dorit explained that in her projects, she does not start from identity. She sees the talents and the colors in a person and they connect on a mutual task or wish to create something (play). Later in the process, people could start sharing more about their culture, package, history, etc. It is about feeling the (energy of) the other. Trust is a process that happens in-between people.

Building Trust or Stepping into it

For Dorit Trust is an ongoing process but at the same time, it is instant. It seems like a paradox, and this is its beauty: Trust is like an invisible space that you choose to step into at the moment, and when you step, you notice that something else happened: other people made a step, or the circumstances changed even slightly...I find it a wonder each time. It is the same feeling when you put attention to your physical support, beneath you, the ground is there. Somehow, I feel that the tactile body and the moving body always reaffirm that 'everything is fine'. Dorit shares a practice you can easily do to come back to the moment by breathing, by feeling your body where you are, putting your hands on your belly, closing your eyes and breathing deeply. We do it together.

She also shares an anecdote of her experience with dancers on wheels and the beautiful exchange she had with one of the dancers on wheels when she felt nervous entering the stage, but trust emerged in the process as soon as they started dancing and creating together.

Step into it.

We connect the experience of Dorit with the experience of Farzad, a multi-skilled volunteer is supporting different people. For him the process of trust starts by trusting yourself. For him, trust is what he is making every day with his environment as a new member in the society. He shares his experience of the family where he stays in The Netherlands and all the trust, they give him, by treating him like their son.

Break-out groups

Question 1: Describe a moment you jumped into the unknown. Break it down in small steps, what happened? It can feel beautiful scary, uncomfortable (embracing the discomfort), vulnerable and embracing this. It is also very powerful.

One of the participants also remarks that trust is a physical process happening when Oxytocin is created in the brain, which happens when you hug somebody:

https://www.ted.com/talks/paul_zak_trust_morality_and_oxytocin

We try a digital hug on Zoom and even that seems to have effect ☺

Question 2: How do you create a level of trust between yourself and your buddy?

This is a question from one of the volunteers who shares that she supports a person for whom it is challenging to trust people.

- by being a good listener
- being in the present without expectations, but with good intentions
- finding something in common and sharing experiences
- by being reliable

We end the masterclass with a small ritual in which we breath and use our voice together.

At the end of the masterclass some participants ask if they can do dance classes/body work with Dorit. For more info on her work: More info:

www.doritweintal.com

Reflection afterwards how we could use this in our work as volunteer or professional engaging with others to create a more inclusive city:

Trust is an ongoing process but at the same time, it is instant. It seems like a paradox, and this is its beauty: It is like an invisible space that you chose to step into, at the moment, and when you do the step, you notice, that something else happened: other people made a step, or the circumstances changed even slightly...I find it a wonder each time. It is the same feeling when you put attention to your physical support, beneath you, the ground is there. Somehow, I feel that the tactile body, and the moving body, always reaffirm that 'everything is fine' ☺