

During my Can Serrat Residency, I created a morning ritual. One hour of drinking coffee and gazing out of the window, 2 pages of a free write, a strengthening body warm-up, and 10 to 15 minutes of filmed movement improvisation. After I improvised, I would review the footage and select the moments in which I was truly free. Moments where my body and mind were one. Where I was not caught up in my head or trying to create a certain movement. I assembled these fleeting movements into a brief film: "Ora." The word "ora" in Hebrew means light in the word's feminine form. I chose this title to emphasize the notion that when I see myself as free, my inner light is at its brightest. I believe that intuition is also guided by that light and I am trying to cradle that small flame in my own evolving creative practice.

Aside from my daily ritual, I filmed and interviewed artists both at Can Serrat and in El Bruc. I asked interviewees about the rituals and practices in their lives as individuals and as artists. I also filmed them while they listened to their favorite song. I am still editing the footage from these interviews and deciding what the final project will become. At present, I am drawn to the footage of people listening to their favorite song. There is a warmth and intimacy in this quotidian scene and a youthful nostalgia or sense of pride is revealed in their faces. I will continue to collect interviews and footage for this project during future residencies this year.

Can Serrat provided me a place to reflect on the every day patterns we engage in. These rituals are how we spend our days. I began to realize that as we continue to craft our day-to-day lives, we are creating the fabric of our community, our sense of space, and our inner world.