

Maho Sumiji, Dance company Selenographica

After the the 2nd visit of workshop “Care for the Mind and Body ”

Friday, June 24th, 2011

Two weeks has passed since we visited Miyako city for the workshop. My memory of experiencing the trip only becomes clearer day by day. We had a broad range of participants from three years old to eighty-six at the workshops. We were literally “in touch” with them. We could feel their backs getting unstrain by rubbing them.

People who live around the Miyako station, an entrance and center of the city, can get the almost normal consumer life, but in a few minutes of driving from the station, there are people who live in the evacuation center and are forced the difficult and inconvenient evacuation life. We realized the gap.

Since the government rushes to build the temporary housing for those people, we became actually aware that this is the last good opportunity to visit them before they move in the housing. It is because I imagine they would suffer from a sense of desolation or futility after they get settled and regain better privacy. I cannot help but wonder how they could ease themselves. As they relieve a tension by the exercise, they started to tell us their stories. An elderly woman repeatedly told me the reason why her knees hurt. “My knees hurt because after tsunami I had to carry the rubble and the mud out of my house *seven times* with a wheelbarrow.” *Seven times* – how important this number is for her! I believe that the number is the word that she really needed to pour out to us. And in order to pour it out, she needed to relieve her tension.

We use a generic term “Affected area”, or “Evacuation center” for all devastated sites, but every single place is different and has different victims because all victims have their own individual body. What I wanted to tell the people whom I met in Miyako city is that your body likes to be taken good care of by you. I wish to share the feeling with them, and then may even want to dance together. Taken time for the rapid reconstruction is not as long as for the people’s recovery.

Our three days stay in Miyako city is just the beginning.