

## Gust book summercamp– 2004

- It's not in words.

Butoh is not something you learn to comprehend.

- Anita, you have shared the magic to sense and open up awareness in the most unlikely places of the body – to realise different qualities, directions, speeds, disconnected from time. All food we got was excellent and my soul is well fed when I leave.

- Thank you for everything, and give your inspirations to many more people.

**Ingolf Kasper, Germany** (business man and dancer)

- Thank you for the journey into wonderland

Alice would be proud.

Your creativity is inspiring

**Mark, Australia** (actor, dance teacher art and design)

- Thank you so much for showing me what is Butoh.

I feel so much more aware of my body and its' relation to its' environment. I feel I have just touched the surface and I am looking forward to learning more.

- It has been a privilege to work with you.

All love in divine to you

**Michelle, Australia** (working for Red Cross and dancer)

- I find quite difficult to express myself at this moment. I feel so many different sensations, feelings, thoughts all mixed together. But one thing I know is that all this makes me feel very alive, full of LIFE like I have never felt before. I think I am starting to know the real me, and its amazing. I have been able to do that with the help of a beautiful group of people. I normally like to be alone, but I have never been alone and asking questions like I have been doing here.

- I really have looked insight of me through the movements and that has touched me very deeply. I have been born again, and I feel full of great and sincere energy. Thanks for all this passion and love

**Lulo, Spain** (stage- designer study/ London- dance)

- I am glad to have been here. In the beginning it took me a while to open up. I wanted to go immediately to the hart stuff. Looking back it was really good for me, your style of working. A very relaxed working atmosphere, light and with such a intense work that really toughed me something.

- In this week I came back to the ground again, the work, the nature. And the group did that.

- Thank you, I hope I will be able to learn from you in the future.

**Hinherk, Belgium** (circus artist and dance. Attends circus school in Brazil)

- The dance and the wind have opened up my body and with your help! Thank you Anita.

- This has been a journey, a travel in my body and in other bodies...It is getting deeper and deeper.

- Many hugs and squeezes from Mocca bønna

**Monica Stenslund, Norway** (studying dance)

- Dear Anita, woman of magic touch!

Imaginations... of my body, mind and soul – you have made them real. I feel alive, aware and enlightened.

I arrived without knowledge of Butoh to a place in an endless time bubble... Sand, grass, wind and intense energy united in the work of rainbow colours.

- I now have learned of full intuition, power of breath in movement so refined and strong.

- Most of all, thank you for your powerful grounding and bringing beautiful scent to the rose of my body.

Gratefully yours and see you next workshop

**Mette, Denmark** (dance and mountaineer)

- There is a door leading to the room so full of life and creativity. It has been closed for me for a while. Didn't know how to enter. But always seeing a small light from there-Calling me- Hearing the sound of the wind-Telling me to just walk in.

- You, Anita, together with the great sea, the spirit of this wonderful place, sand, grass and a bunch of beautiful people, pushed me close to that door, made a mess in me, that I feel can fly in the wind for a while before it settles in me as a strong, growing flower.

- You made me feel my feet again.

Thank you for your energy, humour and power

**Gunhild, Denmark** (School teacher and dance. )

- Somewhere, over the border is a place where non-consciousness is born in being state without identity. Thank you for new language of inspiration, Hijikatas faces and movements. Thank you for the sea, sun, water, meditation, breathing, and unforgettable morning in the sea when impossible things became so real. When I for the first time in my life felt my skin and flesh moving so different.

- Butoh gives me insight to my body and through the body – to the world around me.

I have never had such a summer time.

Thank you with all my heart.

**Anna Bralkovska, Polen** (skuespiller, danser og magister i skandinavisk sprog.)

- It has been so wonderful to be here, I am so happy now feel so much richer.

- All this beautiful nature, so wide and endless I feel so open and free in mind and body after these 10 days, and in many ways I have learned so much more in these 10 days than in many years.

- Amazing how much power and energy we could create as a group, and how open everyone was/is.

- When you looked at them performing they were so true and they really touched me inside.

- The mind and the body working as one. Feeling everything from the inside, looking differently at the world. The wind, the sand, the sea. So far from everything and so close. To be here, right now.

- Thank you for showing me all this.

Hope to see you all again.

**Marie-Louise, Salzburg/DK** (studying dance and performance at school in Salzburg)

- I watched my footsteps in the warm sand, upside down through a mirror, turned around and the footsteps began to run down to the sea and up the dunes, they were in motion as my foot created a slow moving circle. The footsteps belonged to our bodies. They were chatting, exchanging, giving, moving, jumping, open, closed, floating, touching, watching, bathing by night .  
- I didn't want to take the mirror. Of course I changed my walk through perception, but it made me dizzy too. I moved somebody just holding the mirror ( like ? in a Leonard Cohen song) to receive from your own source, the body... yeah, the body that is learning love, and finds it in yourself and the group. I put the mirror back to my eyes.

- Thank you for being together  
**Maik, Germany** /(*dancer in Bergen*)

- Butoh-dance has opened my creativity and my mind. I feel very connected, and Butoh-dance has even more made me connected and grounded.

**Renate Mostrau, Bergen** (*dance- kinesiologi*)

- Fascinating concentration on what it means to be a human being. Thank You.

-How we see each other, how I see my self.

Possibilities. Seriousness. Exploration

How we are together, how I can be ----

Beautiful people – deep seas

-Big, incomprehensible, fascinating world of energy that is here and in what we can experience and sense it.

-Butoh can be modelling energy. Opening energy.

Directing energy.

**Mette DK** (*gymnast, dance, design study*)

- Dear Anita Bandita!

Thank you for your guidance and unpredictable ways giving challenge and stimulating my curiosity in so many levels.

-Integrating profound experiences of nature and transforming them into true bodily expressions, captures me in a pocket of timeless time where what is, soon blossoms of, and gives birth to the new NOW.

**Diana DK** (*textile design and dance*)

- Life is more

My heart has been touched / moved.

Meetings, humour... Thanks!

We choose our lives... Thanks for reminding me. - ----

- Rhythm, pulse, deep sources and everywhere:in and around everything.

**Lone, DK** (*studerende afspændingspædagog*)

- Once again I have touched a corner of Butoh and continued the journey into my body.

A journey that rested a little too long.

- I like opening the dance to the nature and finding nature and universe inside of me.

- What will happen next? There is much more to experience and live. Butoh- way of meeting life is not done with me yet. Nice seeing all of your beautiful faces in the dance of life!

- Happy wishes for you all and thank you for your stories and teaching, *Hugs and see you*

**Aiva Susanne (DK/Sweden)** (*Billedkunstner- dance*)

- My body beyond time and personality opening into cosmic being and movement without thought creating beauty and a sense of being part of something bigger, something eternal, pure, native.

- Then seeing other bodies moving in this space is like seeing magic, touching my heart, my soul, my body.

Bridging from past and future into the moment of now.

- Wonderful experiences in body, mind, soul and feelings, intensity, meetings and people will stay with me in my memory from this week by the sea in the world of Butoh.

Thank you, Anita

**Susan Forsberg, Sweden** (*healing massage and dance*)

- Falling stars! Falling Bodies!

Your wish will come true!

Moments shared - Eyes with tears

But maybe no sorrow - I have been hollow

Also whole. A whole wind, a whole stone, a whole person.

-We have been here always. Danced together endlessly

- You open your soul and because of that we are now ready and open.

- Thank You Very, very much. And of course see you when that time comes

**Kristina, Finland** (*instructor, studying in Finland*)

- It has been a fantastic circle, that goes on forever and ever. And brings things together Body. Mind. Soul.

- And you did a great work with your awareness and open person- With your expectations and your tenderness. Love from Leina

**Leina, Denmark** (*dancer / actress*)

- It has been fantastic working with the body in new ways. To penetrate the body and through the physical, reach something very different, but very natural.

After ten days I feel completely rinsed and opened.

Receptive to the environment around us and the experience of natural body expressions: Crying.

Laughing. Not in a personal way, just as a human...

-I have seen so many beautiful images in the bodies, in the nature, in the faces. Performances such as: Mos on the arm, legs as dry branches, tunnel through legs, beard writing in the wind. Birds on the feet. And then their was the universe of the mirror.

- I have gained so much from working so intensively with the body. Also when it comes to the MB and basis training. An experience of immense energy and physical strength.

The meeting with other people in a new way, a knowledge far more profound than the knowledge of their everyday lives and past. I wish it will be possible to work together again.

- Dear Anita! thank you for showing us this world. I came up here with red hair. During our stay the sun and the sea bleached it blonder. I find this a delicate image of me leaving as a slightly different human being.

**Marianne, DK** (*Litteraturstuderende, writer, danser*)

- Bevægende aftagende trin nærmer mine blankslidte forbandelser vil viddet blot drage disse oprørte systemer ?

Enheds fuldt sidder de med åben mund og falder bagover af en udtalt tilfredsstillelse.

- Dear Anita, thank you for a body filled, thought-challenging and enriching journey.

*Natasha (DK) (studying astro physics, acting, dance)*

- Som et lille frø: Min krop blomstrede dag for dag. Et inspirerende liv i bølger der skyllede ind og ud af kroppen. Ansigtet åbnede sig, nu har jeg store himmeløjne. Er kommet til at elske mennesket i alle dets udgaver.

- Der har været meget udfordring og meget personlighed. Jeg er så meget krop lige nu, derfor ikke flere ord.

- Kærligst, En åben, levende glad krop

*Maria DK- stud magr litteraturvidenskab-dance*

- Tak til jer alle. Det har været et godt kursus for mig på mange punkter, men jeg har stadigvæk meget at lære. At nå ind til. Gruppen har været dejlig – arbejdet seriøst.

- Anita, du har været meget god til at vise mange dele af Butoh, som giver mig redskaber til at gå dybere.

- Butoh er for mig meget favnende, mere end jeg i første omgang var klar over. Det har en dybde, som jeg drages imod. Som jeg gerne vil lære og vide noget mere om. Mange hilsner

*Vibeke, DK ( jobkonsulent på Nationalmuseet)*