



Giving self: Receiving sight

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For nearly 500 consecutive days, I have filmed myself dancing to research how time and events in my life develop who I am as a dancer and a person. The daily improvisational scores that I conduct movement from are created around how I perceive myself and the world each day. This investigation has allowed me to understand the physiological norms about myself and has opened my awareness to other people's lives and all of the natural life that exist around me. Before I started spending time alone with movement every day, it seemed I was losing sight of my relationship to myself. In my journey of watching myself grow, I have begun to realize how much each and every day of my life contributes to where I am and who I am today. This image is a blending of a photo taken from my video on January 30th, 2018 with a photo from my video exactly one year later on January 30th, 2019. It brings to life the idea that each year I am the same person with the same body, but each day I am seeing the world and the way that I fit into it differently.