

Dedication	iii
Acknowledgements	iv
Table of Contents	viii
Introduction	1
Regarding Vulnerability and a Creative Process	4
1.1 Defining Vulnerability	4
1.2 Defining Body & Bodies	5
1.3 Development of the Investigative/Creative Process and the Tools Used	7
1.3.1 Butoh	7
1.3.2 Performance Practices	8
1.3.3 Use of Voice	9
1.3.4 Improvisation	9
1.3.5 Music	10
1.3.6 The Words of Other Artists	11
1.4 Vulnerability Within the Creative Process	13
Accessing Vulnerability	16
1. Monday January 18, 2010. Rehearsal No.1	20
1.1. Circle Meditation	20
1.2 Guided Visualization: De/Construction of the Body	20
1.3 Meditation 1: What is vulnerability for you?	23
2. Friday January 22, 2010. Rehearsal No.2	25
2.1 Plank 1	25
2.2 Blind Manipulations	25
2.3 Meditation 2: How much do I hold on to life?	26
3. Friday January 29, 2010. Rehearsal No.4	28
3.1 Meditation 3: Where I am is what I need / What is happening is what I need	28
3.2 Running between walls	29

3.3 Performance Practice: Pitiful Sensuality	30
3.4 Sculptures	32
4. Monday February 1, 2010. Rehearsal No.5	35
4.1 Performance Practice: Pleasure in Discomfort	35
5. Friday February 5, 2010. Rehearsal No.6	36
5.1 Visualization & Improvisation: The 75 trillion-celled body	36
6. Monday February 8, 2010. Rehearsal No.8	38
6.1 Performance Practice: Abject Virtuosity	38
6.2 Sensitizing: Observe & Touch	39
7. Friday February 22, 2010. Rehearsal No.9	40
7.1 Performance Practice: The Broken Body	40
8. Monday February 15, 2010. Rehearsal No.10	41
8.1 Reflecting upon a rash decision-making and a breakdown	41
9. Monday, February 22, 2010. Rehearsal No.11	43
9.1 Tight-Rope Walks	43
10. Monday March 1, 2010. Rehearsal No.14	44
10.1 Improvisation: The Hive	44
10.2 Blows & Pillows	44
11. Friday March 5, 2010. Rehearsal No.15	45
12. Friday March 19, 2010. Rehearsal No.18	46
12.1 The History of My Body's Scars	46
12.2 Tearing Fabric	46
13. Monday March 22, 2010. Rehearsal No.19	47
13.1 Leeches	47
14. Rehearsal No.20 – Rehearsal No.25	48
15. Reflections regarding the Methodology	49

Aquellos Silencios	51
1. Creating <i>Aquellos Silencios</i>	52
1.1 The process informs the creation/Outside inspiration	52
1.2 Music	54
1.3 Costume Design	56
1.4 Light Design	57
1.5 Use of other scenic elements (sand, fabric, umbrella, water)	57
2. Open Rehearsal/Showing for Advisors and Other Guests	58
2.1 First Showing	58
2.2. Second Showing	59
3. <i>Aquellos Silencios</i> as is	61
4. A Story about <i>Aquellos Silencios</i>	62
5. Post-Performance Reviews, Critiques and Other Comments	64
6. Reflections regarding <i>Aquellos Silencios</i>	69
Conclusions	70
Appendix	77
Accessing Vulnerability	77
Monday January 18, 2010. Rehearsal No.1	77
Friday January 22, 2010. Rehearsal No.2	78
Friday January 29, 2010. Rehearsal No.4	79
Monday February 1, 2010. Rehearsal No.5	81
Friday February 5, 2010. Rehearsal No.6	81
Aquellos Silencios	87
Light Design	87
Works Cited	88