

Falling asleep with a video of police brutality against a family in the city center of Athens. Waking up after a dream of murdering animals with a fork.

International women's day finds me wondering how I fight today for women's rights and equality.

Work. sketches - allies and alienation.-

What do these words mean to me? Who do I have as an ally? With what role should I answer? As a human, as a container of electrons, a woman, a man, as a Greek, as a dancer, as an alien of this planet?

Who makes feel alienated? is it myself? Is it society? Is it a transformation, which I do not fear towards the unknown?

International women's day- is it about feminism or is it about equality?



I raise a kid, a son, and every day I struggle to devoid of clichés and repetitions of society's and my own performativity. When I feel alienated from the social (with the negative understanding of the term), I am reading again and again "Argonauts" by Maggie Nelson. What readjustment and care are being required, to exist as an "alienated" body and parent within the society? To understand my kid and raise them without pre-assumed

expectations? To allow to perceive the body as an alienating force, working in multiple processes for symbiosis and care.

A state of care against individualistic self-care, but applying shared care for the differently-abled body, for the elder, for the refugee, for the plant. Care for the collective human body.

I Attend to the fragility of the different bonds around me. A touch. A gesture that reminds us that we are made of organic matter. A touch that makes us stop and listen.

Consent. Hugs and kisses.

I try to embrace the entangled forces of mind and body, nature and culture, human and animal, male and female.

O. is around, me I invite him to embody the difference, to listen, to caress, to care about all life as equal. Sometimes he does follow. Other times go against it.

I wonder if he feels alienated in this process.

Change Is a difficult task but very important for me. Care for the differently abled body, the poor, the refugee, the elder. Care for a collective human body.

no static, fixed belongings.

Permit "crip" time

Be "creatures".

Respect the difference,

Listen.

Cry,

Hug.

Touch.

Embrace with sensitivity the female, the planetary, the animalistic, the social within you.