

## Expand | Contract

A suspension to move. My allies support my movement. But can I actually move? Movement is been guided.

Activity and inactivity. Power and movement. Subjects and vitality. Life and death. Movement and stillness...(does stillness exist?) Expansion and contraction.

“(White) expansion(ism) and (economic) contraction<sup>1</sup>”. Slow people- fast capitalism. The capital had its’ time to make a fast neoliberal reconfiguration as confined bodies and voices felt their suspension.

Distance, Movement Restriction, no Touch. Control and surveillance. A political-kinetic social choreography, ending free movement.

Movement by who, when, how, and where. Who is the ally? Who is the enemy? Where is my shelter? A range of actions and movements based on fear and alert sensitivity. Freedom has transformed into individual free-guided movements. Individual free-guided movements inside my walls. Ready to log in and work. Locked in one place.

But is this suspended stillness have a secret power?

Movement moves in different bodies, in imagination, in ideas, in the necessity of collectiveness, in the reaction of another’s movement. Movement moves in witnessing the unfair movement towards trans\*people, women, children, indigenous populations, political refugees, climate refugees, entire species.

Movement always moves. It moves in the act. In the thought. In the justice. A movement flood is filling Athenian streets today. Contraction against the brutal kinetic management and policing. A movement of solidary collective care that is been activated in the affective distance.

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<sup>1</sup> Lepecki in Movement in the Pause. <https://contactos.tome.press/movement-in-the-pause/>