

15

Every exit is an entrance^a

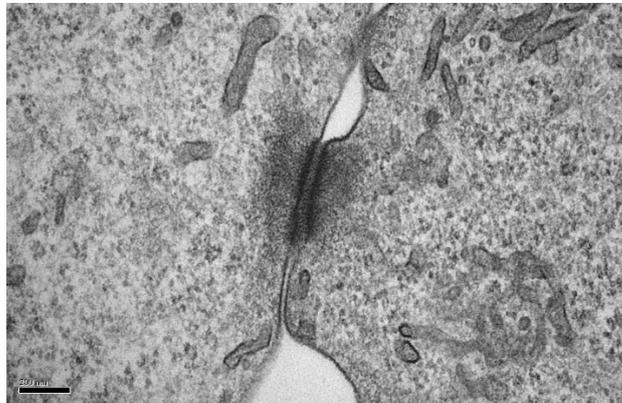
1

Spiritualists in the nineteenth century spoke of the “borderland”, a shadow threshold where the living communed with the dead, and where those in the material realm could receive comfort or counsel from another world^b

2

Even though a membrane such as the human skin delimits every living thing, this boundary is not an unchanging wall. It is a semipermeable, self-maintained barrier that constantly changes^c

3



img src= “cellular communication: cell junction.
credit: Anne Weston, Francis Crick Institute. CC
BY-NC”. alt= “a black & white microscopic
photograph of two cells, cropped in the area in
which the two cells touch. These connections
allow for cell-to-cell communication via cell
signalling, which coordinates the action of
cells.”

4

Ektos-out / Plasma-shapeable matter

5

The ectoplasm in a cell is a limit that it is not a limit but that which allows a cell to be in a relation (of motion) with another cell.

6

Ectoplasm is also the material manifestation of a spirit that leaks through the holes of the body of a medium. A mucus or a viscous smoke that sometimes takes shape in the light of a photographic film.

7

Marshmallow flowers work as a mucilage, producing a thick sticky substance that coats membranes. Because of this, marshmallow flowers have a soothing effect on inflamed membranes in the mouth and throat when ingested orally.

8

Ektos-out / Plasma-shapeable matter. Think of a limit, which is not a limit, but something that allows a cell to be in a relation (of motion) with another cell. Something like a mucus or a viscous smoke that covers the medium's body, they say. A limit that is not a limit, but what allows a body to be in relation with another body. That is, with a body that is gone. A limit, which is not a limit, that is out *Ektos-out*. Matter that is outside, *shapeable-Plasma*. *Ektos-out Plasma-shapeable matter*. That gets (the material being shaped) out. An external viscous region, that is close to the membrane. A boundary, which is not a

boundary, which is out *Ektos-out*, *viscous-Plasma*, viscous outer matter, near the membrane, that helps a body to be in a relation (of motion) with another body, with a body that is no longer there.

9

They believed, in Medieval and Renaissance Europe, that the health of the body depended on the balance of the four humours: black bile, yellow bile, phlegm and blood. Within this framework skin was understood as a fisherman's net. Its porosity facilitated body excretions such as sweat, tears and hairs. But this very nature also left skin susceptible to penetration^d

10

Human beings become human through accessing all the holes in the body: ears, nose, the hole in the front of the penis, vagina, anus, underarms... all kinds of holes. In other words, what they actually sense is the permeability of the body^e

11

She ingested sage so she could sustain herself. To sustain herself meant to let go, to release, to set (whatever that was) free. They say that the first border we know of is the one inside the uterus. It is on this border that we first meet another body. Yet this is not the limit of life but what allows us to live. The internal conversation between the tissues and cells of the two bodies, the pregnant body and the embryo, is what co-constitutes us. We are not without the other. Inside the uterus, and thanks to the placenta, the immunological logic of self-preservation is broken. It is only from the relationship with one another, with that that is different to us, that we begin to exist.^f She was later accused of murder, she was burnt in the square, and so it goes, as you all know.

12

Women's phlegmatic complexions were believed to render them moist and cold. Activity was crucial to disperse the natural excess of moisture which was thought to be at the root of female inactivity and clumsiness. Yet, vigorous action brought women dangerously close to the "hot" behaviours of a male complexion. Internal distempers also challenged fluid physiological boundaries since sexuality in this period was considered fluid and could constantly shift according to humoral changes. The increase in heat generated by corporeal exercise was thought to trigger such changes and generate a radical mutation of sex⁹

13

A sponge has a body full of pores and channels allowing water to circulate through them. (It must be so pleasurable, *that* water, the feeling of it running through you.) They say that the sponge is our common ancestor, of us, humans. That the sponge is the sister group of all animals. The sponge.

14

A ghost enters her body in a year that repeats itself. (Spain, 1888.) She sits at a circular table full of male anarchists. The ghost stays there for a while, in her. It makes her say things no one believed she could say. Her, a medium like any other, moves her mouth and talks like a parrot, talks like a ventriloquist. They say that she is good because she is like an empty vase, they say, they say, they say, while she says. She says. She says yes, she gives permission to a ghost to enter. In exchange she enters to where she couldn't access before. The medium, her body, a porous body, a sensitive body, an open body, a sponge (she must feel so

much pleasure with *that* water) a multiple, all genders, a voice that runs along the throat from outside within, from inside out, a medium that says, she says, she says. She says.

Performance text by Ariadna Guiteras

Read at The Bower “Spring Break! counter-planning from the park” while drinking infused spirits with herbs collected at the Secret Garden of D’Eynsfor provided by Urban Canopy

Curated by Carole Wright, Eva Rowson and Louise Shelley

24th April 2019, London

^a Anne Carson, *Every exit is an entrance (A praise of sleep)*

^b Amy Lehman, *Victorian women and the theatre of trance*

^c Margulis, Lynn; Guerrero, Ricardo; Rico, Luis; Sagan, Dorion. *Proprioception: When the Environment Becomes the Body*

^d Evelyn Welch, *Skin Deep*

^e Gayatri Chakravorty Spivak, *Interview at Berliner Gazette*

^f Anna Penalva. *All the bodies within a body*

^g Female Exercise. *Renaissance Skin* - Wellcome Trust