

TOUCHED BY A HEALING TOUCH

Have you ever experienced the healing touch?

I've been working with children in school since 2005. I'm an acrobat and I propose my work inside difficult social fabric of multiracial classes and every time I step in the school I feel touched by a healing touch.

I usually work on body language, dance and improvisation intertwined with my circus skills.

Everything in my work is based on touches.

Our body touch the ground every step we take, our body touch the air every glance, every moments.

Lesson after lesson I try to educate children to touch each other and the space around them like if they wanted to heal everything with their touch.

A healing touch is a soft touch, a conscious one, a touch that include the others and can help to overcome racism, sexism and hate.

I've fallen in love with human pyramids once when I saw the potential of this structures made of bodies that sustain others bodies so I've started to do this work at school.

I try to build, touch after touch, human pyramids made by children.

We usually start with a warm up in circle, the circle is a sacred form where everyone is touched by the gaze of others.

Then we work on trust.

Trust in others and in ourselves.

When trust is in the air we can experience the healing touch.

To build a pyramid children have to climb and reach a reliable point on others body and use it, without hurting them, to go higher.

If you want to be sustained you have to sustain. I think this is an important lesson in life to work together and to merge your ideas with others.

And here is the point where a touch became an healing touch: when you understand that the other's touch can help you to elevate yourselves.

This is why I say that every time, every lesson, every glance between me and the children at school leaves me feeling touched by a healing touch.

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