

# CULTURED MONGREL DANCE THEATRE

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### The Solo Filter: Phase Two Post One

10/08/2014

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The awesome [Jasper Dzuki Jelen](#) has arrived. We have both tried to avoid talking about the work for the evening. Jasper tells me he has consciously had to try to avoid creatively planning for the week. This is me...



I have decided to have total faith in the James-Lange theory of emotion. Pretty much I want to believe that we invent our emotions after the event.

as [Rory Miller](#) puts it:

Not:

- 1) See the bear
- 2) Get scared
- 3) Run

More like:

- 1) See the bear
- 2) Run
- 3) Realize that you were scared

### Blog Dog

*Depending on what we are up to, our resident blogger could be artistic director EJP, one of our dancers, a collaborator, an audience member or even you?*

*Get in touch if you fancy it!*

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This is obviously not the case right now.

I'm scared... not at the thought of the solo being changed but my collaborator is GOOD.

I'm currently thinking about whether I am good enough!

“They all laughed when I said I'd become a comedian. Well, they're not laughing now.”

— [Bob Monkhouse](#),



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