

The last time that I vomited was almost a year ago. I remember pretty well how it had happened. I was separated from my boyfriend since few months ago. And one evening, a friend called me because her boyfriend broke up with her. She was desperate and sad and asked me to be there for her. I was feeling very confident and I felt that I could help her. Even though as soon as I was with her, she has sent me a lot of bad vibes. She was suffering so strongly that I couldn't stop thinking about my own story. In a selfish way, I wasn't able to take a step back. I was obsessed about what I did to my boyfriend since I was the one who choose to break up. I told her that she was welcomed into my place and that she could stay to sleep there. I could hear her during the night coming back and forth to the bathroom, opening the window to smoke, crying and blowing. She wasn't able to sleep. Me neither.

The next morning, she woke up very early and I decided to bring her to a coffee shop. Then we had a long talk together about our respective relationship and how she was feeling. But I couldn't stop thinking that she was going through what my boyfriend went through before. Since few months before this episode, I felt very cold and unable to feel any emotions. I was kind of floating all the time. I didn't want to be connected to my feelings or even to anyone. I knew that it was too hard form me and I didn't want to face it. When my friend left, I came home full of emotions. I had drunk four or five cups of tea. I felt suddenly very bad and nauseous. Then I had to run to the restroom and I vomit all the drinks. I felt pretty weird after that because I didn't understand exactly what happened to me. But while we were preparing Luca's show: *Eternal digestion* at 67 steps, he told us something that strikes me strongly. In Italian, there is an expression saying that: « Vomit is to reveal your soul ». At some point, it is what happened to me. My body finally had expelled my emotions to reveal it to me. My body was the stronger one, the one that ring the alarm and warn me to wake up. It was a way to tell me: listen to yourself and come back to your emotions.

In one hand, I felt that throwing out something from your body could be very emotional. In other hand, the body can create other fluids expelled for different reasons. The semen and the vaginal discharges are created to have sexual encounters and to give birth. In a sense, every fluid that come from our body, are a way to survive and to extend our species. And it is also connecting to our emotions. All those fluids appear at a point where you feel something. You can create fluids when you are excited by someone, or eject inside someone when you come, or vomit because you can't face something directly. Your body is not only a vessel but also the original source of a lot of contradictory energies. In certain extreme situation, you can push your body over the edge and create too many fluids. When you are falling in love, when you kiss someone for the first time, when you have a sexual encounter, when you eat too much, when you run or do exercise, or in the case of Luca's show when you drink too much and get into a state of mind where you fell that your body is loosing control. To return to stability, your body needs to eject those fluids in order to be able to focus on something else. Those fluids can be the objects of fetishistic practice. For example in certain sexual practice the urine, the vomit or the shit that you have made can be spread on the body of your partner. Those fluids can turn into something that is ritualized in a pornographic or erotic sense. In any case, fluids can be something that helps you to face your emotions. You just need to learn to listen your body.