

## An Appreciation of Effort

Dzieci demands effort, in an essential way. Not any particular kind of effort, but the simple *fact* of effort. I am continuously reminded of the idea of working from my own individual place of effort. That in any given spectrum of ability, as long as I seek to engage those abilities, I am in the work. But I'm not alone. Here we all work together combining our efforts, and in our meeting we seem to touch something paradoxically effortless, a glowing sublimity.

Having grazed this sublimity, I am irresistibly drawn to it again. It's white-hot and vast and hard to stay in contact with. I have not been able to find it through laziness or inaction. The path to it is one of effort.

This effort, in our unique formal structure, takes many forms, from eating with our non-dominant hands, or feeding each other, to being still before taking action. It takes the form of cultivating an awareness of our physical, emotional, and spiritual pathways and relationships through practical exercises, song, and work on acting. By practicing these techniques, by putting our effort in these directions, together, we burst through individual physical and spiritual boundaries to occupy, for a time, a frictionless and transcendental communal experience.

I am challenged by Dzieci to seek this path in every moment, within the group and without. I am challenged to expand my sight and my sensation. I am challenged to challenge others. I am challenged to fly. In facing these challenges I brush against a massive unknowingness, a space of breath and light and electric connectivity. Of flow and action. And I keep coming back, because to me that space is irresistible, the challenge unavoidable.

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