$H^0 w \, T^0 \, \mathrm{Sh}^0 w \, \mathrm{Up}$? is supported by \bigwedge fonds voor de . $www.sh^Owup.h^Ow$ 1 v TO Sh 0 v Up? is a performance pr 0 gramme that takes place in Amsterdam, and began as a nversation questi⁰ming the relati⁰mship between the spaces we ⁰ccupy, the characters we ay, and the w⁰rk we make. This questi⁰n presents an 0 pp 0 rtunity t⁰ w⁰rk al 0 ngiside artists the practices are entangled with ideas of self and abelonging, and whose w⁰rk takes the f⁰rm text and the live event. Since 2016 the programme has w⁰rked with artists and writers expl⁰re performance as a social arrangement and m⁰de ⁰f publishing. F⁰ll⁰wing w⁰rds itten and sp⁰ken al⁰ud, H⁰w t⁰ sh⁰w up? creates a space t⁰ test where the breath is headed.

spring 2018

This morning I woke up With that underwater feeling in one of my ears.

I hate that feeling.

It's the imbalance that's the worst, the feeling that one side is blocked while the other side is open.

In this way, sometimes a double repression is better.

At least there's an equilibrium.

So true.

I don't wear earbuds.

You shouldn't wear headphones so much. Especially ear buds. I think the ear responds to the presence of plastic near the ear canal with an overproduction of wax, as a prophylactic.

Or the persistent vibration of sound directly into the ear stimulates wax like a callous.

And what is the effect of all that time spent inside your own head

anyway

Closed off in your own world. It wouldn't surprise me if this explains everything. Your ear but also like, everything, you know?

What? Sorry.

No I use – bone-conduction headphones

I said – I said –

Sorry, no it felt like something had just closed over my ear hole, as if it was filled with wax, or water was trapped inside, pressing on the drum. I tried pulling on my earlobe, hoping to dislodge the obstacle, but the blockage was far too serious.

I walked to the bathroom still tugging on my ear, and retrieved a probe, just a small utensil, meant for something else, and guided it towards the ear of my reflection in the mirror.

But while adjusting the glass to get a direct line of sight into the depth of my canal,

I noticed another hole just behind the tragus.

A second orifice,

a double of the first, like two nostrils, separated by a thin septum marking an undiscovered symmetry; a symmetry internal to my symmetry, hidden in a fold. It is this hole, rather than my usually well-cleaned chasm, that is feeling the pressure.

What purpose could this second tunnel have? Is it meant for more occulted messages? More sacred intakes?