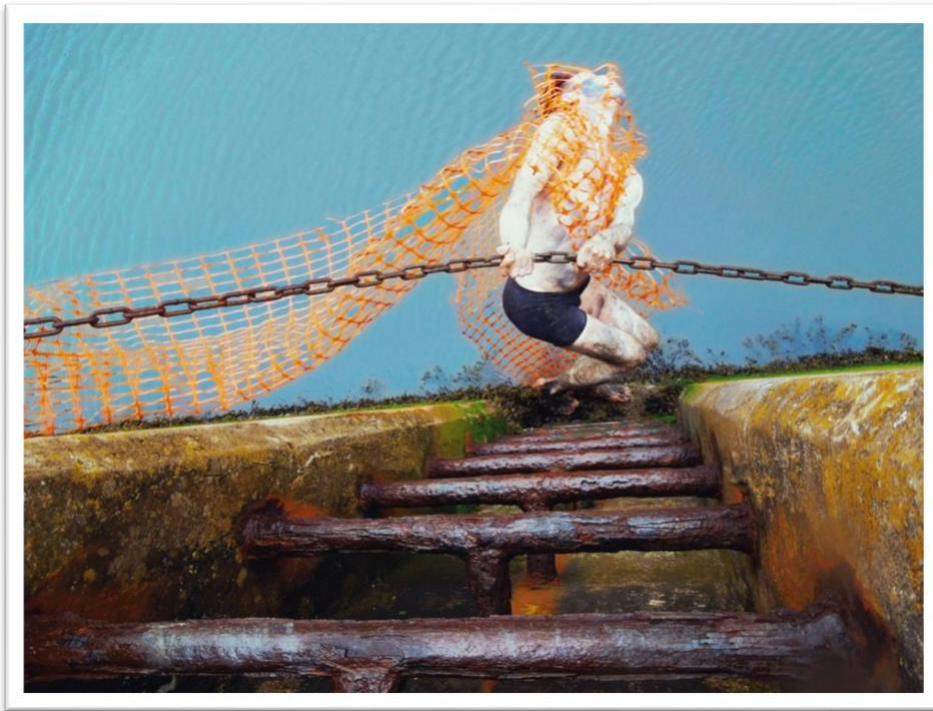


Excuse Me I am Expanding

Paul Michael Henry



Welcome.

Excuse Me I am Expanding is a Practice as Research project, and this is some guidance for how I intend you to encounter it. First of all, please download all files in the **Thesis and Appendices** and **Practice Works** folders. They comprise the following:

Thesis and Appendices

- * Thesis – Excuse Me I am Expanding.pdf
- * Appendices A-C – Analysis Coding.pdf
- * Appendix D – Butoh - Context and Positionality.pdf

Practice Works

- * Practice Journals.pdf
- * With Your Eyes Closed.mov
- * Shrimp Dance.mov
- * My Whole Face Sort of Fell Off.mov
- * Excuse Me I am Expanding.mp4

Some of the files in **Practice Works** are large – if you don't have enough disk space there are alternative YouTube versions you will be signposted towards, but to avoid buffering it's best if you have them downloaded onto your computer.

Once you have downloaded everything, please begin with the file named **Thesis – Excuse Me I am Expanding.pdf**, which includes further guidance on when to look at the rest. For video and audio files, please use good headphones, and please don't watch things on your phone.

Finally, please try to remember: you have a body!

Embodiment is the portal through which this project can be understood.



Thank you for reading.