

CROSSING – Interview with Pompi Caputo, Buenos Aires

What comes to mind when you hear the expression “Crossing the Threshold”?

The first thing that appears in my mind is to leave the comfort zone and with this it comes to my mind Platon’s Cavern. The colours and others realities appear when I am able to get out.

Crossing the Threshold and some words come to me: fly, fear, obstacles, fly again and feel. Just feel.

Feeling is important for crossing the threshold?

I think it is one of the most important things. Using all the senses, the view is only one.

Could you describe what is feeling about? What actually is feeling?

It is hard to describe. During my first steps in this regard, I looked away and was just feeling. I was afraid, things happened that I could not explain. Something that is happening inside me, something that it vibrating, - it’s hot and it’s cold, there are no words just feelings.

It’s the body - not the mind?

It’s the body. It’s the body who is talking not the mind. In those moments when I am feeling without using my eyes, without using my mind, it is my body, my heart that guides me. I connect with my energy and the energy around me, I connect with the universe.

Do you make an inner correlation between fear and not feeling connected to others or the world?

Fear and lack of feeling go hand in hand. The more separated I am from the universe, the more fear I have. The more separated from my present, from every moment, the more fear I have. Mind or heart is what it is about.

It is about mind and heart and body. When I am in my body and in my heart, I am not afraid, I feel. When I am in my mind separated from my environment fear appears.

There is this special kind of fear, insecurity. When you start to feel – as you described it in the beginning - you are not sure about what is going on in yourself, there is also a kind of fear.

That fear is related to trust. When I open my heart, my body and I am the moment, I feel, vibrate with all, I trust, - the fear disappears.

And the tool to be able to go in this situation is to trust ?

Yes, yes yes to trust...

And maybe it is like having this experience you have had today, that you feel that there is something in nature or in the situation which is also connected to you and there is somebody...that nature cares for you?

When I feel that I am the nature, I am everything that is around me, when I feel that I am part of it, I feel all the parts that are around me, I am feeling... I connect with the parts through feeling, not with words, the connection is deep. I don't know how to describe it with words.

And is every part in nature saying “Welcome”? Or is there something struggling against the human coming in the forest? Does the forest like it if you come?

Depend how I come.

Aaah okay.

Depend how I come. When I come as a “power human being“, the forest does not like it.

Like a conqueror ?

Yes yes

Making their mark.

Yes, like “I have the power. I am not nature, I am human...”

I think that the darkness in the nature exists because of my fear not because of the nature.

Okay so we go to the forest tonight. (laugh)

What kind of relation exist between your inner human structure and the so-called “Digital World”?

In my relation with nature the mind opens, is transparent, the pores of the skin open, the body opens and the energy circulates.

With the nature. And if you go in the virtual reality, for example I experience lot of students playing games...

Virtual Reality closes everything that is possible in nature.

(Both lough)

Ah - this is a very good answer. Very easy. Actually it is something which hides the human being from the nature.

Absolutely. Absolutely. And in that case the gap is big.

Do you have the longing to heal a kind of rift between and in us and that you do not do it only for yourself?

The gap, no. I think a bridge it's a better image, links respecting the differences..

So you don't have to close the gap?

No, it's important to have gaps but not separated, linked by bridges.
Build bridges. Respecting the differences.