

heart

The plot and some thoughts

The show is born with a red heart of translucent plastic moving on stage as if it were a real pulsing heart.

The heart has become, as is natural, a muscle capable of creating and looking for love in both the big and small things of everyday life.

Nonetheless it is not enough. Therefore at some point we pose a question: can you try living without the heart? From that precise moment everything changes.

This is the place from where the meaning of the show, the drama and the storytelling starts to develop....

In a pretty and cosy house there lived alone a man who decided to take out his heart and place it in the drawer of a closet in order to stop thinking about it.

“Yes...sometimes it happens we suffer because the heart connects us directly to our emotions and not only to those which bring happiness. Removing the heart might seem like a solution to suffering, and a protection against discomfort and misery”

The man experiences an initial sense of lightness in living without a heart, a sort of impermeability to the emotional turbulence of life.

For a time everything seems well amongst the ceaseless ringing of the phone and the online world of his personal computer. However the days for the man all start to become the same.

All feelings are missing, either good or bad.

The life of the man becomes grey, drab and tedious and he himself becomes smaller, shrunken, unenthusiastic and extremely tired.

“Perhaps it was not a good idea to try living without heart but nonetheless it is not easy to go back. It is never so easy to change an idea especially when the idea is ours. There is need of great courage to admit that the choice has not been so good. The heart is a muscle like others in the body, but also memory and intelligence are like muscles that lose their strength and quality if they are not kept trained”.

Then, from the drawer where he placed it, the man with care and enormous effort decides to take the heart back, to return it to its place, inside.

"It is important to consider that if you want to live without a heart you have to take the consequences for better or worse".

The man has not been touched by such considerations and when he finds his heart he has a horrifying surprise. Terrifying. His heart has turned into ice.

A piece of ice, cold and hard. No matter how he tries to warm it up, to revitalize it with the fire and then with the heat of a hairdryer it remains cold and lifeless. All seems lost and the immense sadness of his misdeed overcomes the man. There is nothing more he can do except hold tight an old and large teddy bear

What tenderness! It will be the teddy bear who suggests a solution to the man: warm the heart with the love which is left to you and then wait, wait for tomorrow. No sooner said than done. The heart is put in a glass. In the morning the heart of ice is no longer there. The ice has gone, and it has melted into water.. . Fear. At this point - there is only one way to take the heart back inside yourself – says the big teddy bear.

*Trembling the man raises the glass to his mouth and drinks his melted heart
What happens from here you must imagine...and it is the end of the show.*

Author's note

We return to explore emotions, feelings or simply sensations.

Yes, perhaps it is only a sensation that we have investigated through the show: absence. The sense of lack, the feeling that something is either entirely absent or there is not enough. The absence in our case is that of the heart which is the point of connection between the interior and exterior worlds.

This connection is what allows us to experience reality as ours; unique and personally true. In this work the heart is considered as the natural place of (the act of) feeling.

Our story is simple, a short tale with which we propose an original pedagogy of feeling and sentiment for a possible dialogue on the theme of affectivity, in particular relation to our own emotions.

These are delicate themes to capture, where cognitive skills and affective response are held up to one another. Here, the theatre is just a trembling bridge to reach/find snapshots? Or glimpses? of meaning. There is no educational or moral purpose in the presentation of our story, rather the attempt to set aside distraction and absent minded listening in favour of a natural and deeper personal attention to life.

"It is important to have our heart always with us because it helps us to communicate our thoughts and to discover what is really happening in our days, hours and in every second. It is required also to learn how to communicate to others what we feel and to perceive what they feel. In this way, despite our differences, we can learn to understand each other a little better".

We must remember to always pass by the heart even only for a greeting, a word or a silence. For this sometimes all we need to do is simply put a hand on the heart and listen to its beat.