



## Spontaneity

Spontaneity is often disregarded as acting on the good, as the fruit of the accidental, 'le hasard' which is sometimes created by mere coincidence, but everything happens beyond the will or merit of the person in question.

None of this is reflected in the spontaneity as the fruit of years long sustained effort. Without the discipline of exercise and of continual repetition by which technical and other skills are enriched, the latter remain an obstacle and spontaneity cannot arise. Only when the skills are fully incorporated, then things happen' without saying'.

The mind is no longer busy during the creation with solving problems. Instead, it moves freely in the hand. With this exercise in letting go, I become a spectator of my creation and it is as if something creates itself in me. The repetitive act is a help not to achieve a goal, but rather to free oneself from it.

It is not a mere repetition but rather a dynamic meditative process, from ever-beginning to releasing what has already been acquired.

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