

S H A R O N K A G A N

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I Am You; You Are Me

a new community sourced performance/video project by Sharon Kagan 2022

ARE YOU A PALESTINIAN OR ISRAELI WHO HAS BEEN ABLE TO FORGIVE YOUR “ENEMY”?

[please accept my invitation to be a part of this project](#)

Participants in *I Am You; You Are Me* will create a 3-minute audio recording sharing a story about being able to forgive an “enemy”? and how they were affected. These important stories will be included in a video/performance of the artist’s hands knitting the finest gold thread symbolizing healing and unity. The gold thread represents the preciousness, difficulty and fragility of this process. As the artist knits, she will repeatedly recite a silent loving-kindness Buddhist Metta meditation “may you be happy, may you be well, may you be safe, may you be peaceful and at ease. May you be free of all pain and suffering.”

The invitation to participate will be extended to a diverse community. Kagan will curate no more than nine audio recordings for the final video/performance. All participants will be anonymous and all recordings may be used in production and promoting of the video performance. If you are Israeli or Palestinian and have a story of forgiveness, please consider helping others to heal.

Please share this with anyone you think might be interested.

Instructions for making your recorded story:

1. Write out the memory or create bullet points about the memory
2. Select a quiet location where you will be free of interruptions and mind chatter
3. Practice reading or telling your story aloud
4. Keep each recording to a maximum of 3 minutes
5. Take a series of three deep breaths
 - Use your phone to record your story - if you make a video, I will use only the audio
 - Record the memory several times, choosing the one you feel is best
 - When you finish your story recite these words, “I release this gladly. I am free of this memory.”
 - Email your recordings to ForgivenessSubmit@gmail.com or use WeTransfer.com to send files if they are too large

The first video performance *The Undoing: Forgiveness* can be viewed at: www.sharonkagan.com

Thank you for being a part of *I Am You; You Are Me!* Please email if you have any questions.