

Sharon Kagan

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### ***Never Will I Ever***

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

***Is there someone or something that you can proudly say, I will never forgive that person or event?***

please accept my invitation to be a part of this project

Participants for ***Never Will I Ever*** will create a 3-minute audio recording sharing a story where they would not consider forgiving or forgetting, and how that empowers them.

These powerful stories will be included in a 30-minute video/performance of the artist's hands knitting Habu raw silk and stainless-steel yarn. This yarn symbolizes a raw, tenderness that is matched with a strong, unyielding core. While the artist's hands knit, she will repeatedly recite a silent loving-kindness Buddhist Metta meditation, "may you be happy, may you know peace, may you be free from all harm and suffering."

The invitation to participate will be extended to a diverse community of participants. The final recordings will be curated into no more than nine audio recordings for the performance. All participants will be anonymous and all recordings submitted may be used in production and promotion of the video performance.

If you have a story, please consider recording your experience to help others on a path of healing. Please share this with anyone you think might be interested.

Instructions for making your recorded story about a wrong done that should never be forgiven:

1. Write out the memory or create bullet points about the memory. Explain why you will never forgive and what you gain by not forgiving.
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
  - When you finish your story recite these words, "I am free of this experience."
  - Record the memory several times, choosing the one you feel is best
  - Email your recordings to [ForgivenessSubmit@gmail.com](mailto:ForgivenessSubmit@gmail.com) or use WeTransfer.com to send files if they are too large

Kagan's first video performance *The Undoing: Forgiveness* can be viewed at: [www.sharonkagan.com](http://www.sharonkagan.com)

Thank you for being a part of ***Never will I Ever***. Please email if you have any questions.