

## **Feedback on The Voice in Your Head**

25 June – 5 July, 2020

(3 dress rehearsals + 11 shows at the Virtual National Arts Festival)

That was a very engaging, entertaining, and quite emotional experience, especially at the end, the absolute power of the spoken word and music. For most of it I felt, not disconnected, but the last bit was very 'connecting'....The zoom experience feels quite 'safe' emotionally, so well done for creating space where real connection was experienced.

Alex McClachlan (Tingdzin)

I really enjoyed yesterday. Very eye opening.

Thanks

Emma Mills

Yay Anton, and well done with embracing this whole new form of theatre....it was engaging and exploratory.

Alexandra Johnson

...that was so incredibly beautiful. thank you. I find myself not wanting to leave the computer or re-enter the world again.

David Krueger

I felt a sense of kindness for myself which I haven't felt for a while...

Jill Nudelman

That was AWESOME! Thanks Anton :)

Jami Selikow

Please pass on my feedback to Anton Krueger regarding his show.

Dear Anton

Thank you for the care and thought that you put into the performance and experience. I think you combined a performance and an interactive audience experience exquisitely. I love the way you explored the medium of zoom with us with such creativity, playfulness and awareness.

It felt good (and provided a welcome relief and refuge from daily stresses) to immerse myself in the experience and have a direct encounter with my own being, while connecting with the performance and the others in the room. I loved the way you invited us to experience ourselves and each other. Usually meditation is an experience of deep solitude for me, which is beautiful - but this was remarkable: to

look at each other and be together in that tender wordless moment after connecting within.

Although I do have community experiences of meditation, mostly through conscious dance, (through expressive movement and movement medicine) which enables the interplay between self and other in a deeply meditative space. Yet what I loved about your offering is that it brought that deeply intimate meditative space into a public zoom format. This provided an extraordinary way of breaking down the concrete wall between the serious pulled together public self and the tender aspect of self. I loved the visual representation of the voice in our heads. It will stay with me. You also portrayed performance anxiety so powerfully - it's something I struggle with and you depicted in such a way that I felt "seen".

I experienced a fresh and tangible moment of witnessing my own self consciousness and how it holds me back - literally like a tight band around my chest; and being able to lightly drop into allowing myself to be present.

The show was deeply moving as a performance and a direct experience - from seeing the visuals, listening to the music, your performances, seeing each other, as well as listening to your voice (which is quite an extraordinary performance piece in itself). Thank you for sharing your self with us and inviting us to share a little of our selves.

With appreciation  
Liesl Orr

Hi Anton,

Thanks for the show yesterday, it was an enjoyable experience and good to feel a spontaneous community develop around a zoom conversation.

In terms of feedback, and in no particular order but I suppose trying to follow the sequence in which the content was presented:

.1 the contextualisation of the zoom experience I thought was useful. It felt like turning the attention back onto the mechanics of what we are doing when we speak with others in this format. I was particularly liked the reference to know head which I presume is the Douglas hiding inspired. I was also thinking that in a sense the zoom window is also a mirror, with all that that might imply so for example the comparison of consciousness with a mirror simply reflecting but not marked by the contents of consciousness.

.2 with regards to the mindfulness content I really enjoyed the way in which you brought this into the performance in a natural and conversational way but also putting it across in a faithful way to how it should be most helpfully conceived, in my opinion. So possibly one could make more of the being versus doing in that we as the audience are primarily being or at least not doing performance wise for the bulk of the show whereas you are mostly doing but then there are also times when you are simply being such as the closing meditation. I'm not sure how you might further play

off this contrast but just something that you might want to consider for future performances.

.3 the breakout room. I thought this was a good initiative and I liked the way in which it made me, and it seemed also the conversational partner that I was allocated, feel a bit nervous and apprehensive. We ended up connecting in quite a spontaneous way and so I thought this was a nice touch, especially in these times when we are so often disconnected and, when things go back to not normal but us being released back into the wild, it will be useful to have kept up the social skills of talking to strangers and approaching people. So it's good to keep these social muscles exercised on zoom and I think also then it would bring people a bit closer even though there is no real substitute for human contact.

.4 the section about performance in general for me was the highlight, both your discussion of the nature of performance and then the great piece where there was a toss up as to whether one of us would unmute ourselves and do an impromptu performance. I must say I nearly did press unmute but then my nerves got the better of me.

.5 just as a side note I think that we have quite similar tastes in literature as Borges and Pessoa are also some of my favourites and Ionesco is a touchstone. Just a small point, you said that the Pessoa Statue is in Madrid but I thought perhaps it might be in Lisbon as I remember one of several statues looking quite similar to that when I visited a couple of years ago and also went to a museum in what was his house, which was really well done.

.6 the ending. I enjoy the way that you closed the performance and the final meditation was also very censoring and helpful in terms of tying the whole thing together. So I think that is a piece it has a great coherence and I wish you all the very best of luck with it at the festival and hope that you can also develop it into perhaps a beer series of performances which in a way might be able to lay the ground work for a mindfulness/performance program.

As a separate consideration you might think about employing this in a corporate space or as some kind of online team building in a zoom world. I know Johann is attending the performance today and wonder whether, if it is something that you would want to take further, it would be worth having a chat to him and see if there is some link up between your work and his work on conversation, especially in the context of online workshops and discussions.

Otherwise hope you and yours are well and thank you again for your wonderful work.

all best, Claudio Rossi

So, it was very professional and you seemed mostly comfortable in performance while still being yourself. it was truly great, Anton. Another feather in your cap, if you were to wear one.

Aman Bloom

Thanks Anton, there was a lot in this – I was glad to be a part of that.

All the best to you, Jaya

Hey Anton,

Thanks so much for today. I thought the show was great. It has a far more personal feel than you would get at a normal show.

I loved the Mindfulness content.

Hope that the show is a success.

Ash

**Alette Schoon**

Tue, 23 Jun, 14:13 (4 days ago)

Thanks so much for the show, Anton, it was quite a special experience. I really liked the solar edge bit, it reminded me of Victor Gama's show. It was also an interesting experience to connect with Ashley, as it made me quite aware of how I assumed my problems were bigger than his (3 broken ribs after bicycle accident! ) until he casually mentioned that he had lost his job. It was a very kind space you created, I hope all the audiences are so compassionate.

Overall very thoughtful and uplifting.  
Thanks again for this reflective space  
Alette

Wow Anton!

That was intense, interesting, exhausting, exhilarating, thought provoking - all that a drama production should be.

Congratulations! Incredible production you have created.

Xxxx  
Janet

Hello Anton. Thank you for this morning. I loved how you put that all together ... zoom music, grounding and all. :). I use that 2min listening exercise a lot in the workshops and peer support sessions I run. In these groups people usually know or know of each other. Today was so interesting as we engaged with a TOTAL stranger and yet after essentially 10 minutes of mutual listening / being heard I feel

like I really know my partner. Very powerful connection. Thank

you. Roseanne



Roseanne TURNER

Hey, Anton. Thanks for including me in the last tech rehearsal for your show. It was very cool. Thought-provoking, entertaining, unique and even moving at times.

I had this weird experience talking to the lady (whose name I can't remember now). We had a nice chat and, perhaps because of the limited social contact I've been having over the last few months, I really appreciated chatting with this random person. She looked so distant in her little box on the screen, but when we started chatting she opened up and seemed really nice. When the time was up it felt a bit like our small connection had been abruptly discontinued, so I felt the need to thank her for the chat.

By the way, what is the name of the woman who did the research around that type of communication? It would be interesting to read more about it.

There was a large amount of interesting content, on a subject which you have clearly thought a lot about. I also particularly enjoyed the way you interacted with the images and videos behind you. I wondered how you managed to get the timing so well-synchronised on that?


And you handled the whole situation so naturally, bringing the audience into it, rolling with the moment, and seamlessly switching between prepared sections and spontaneous chit-chat.

OK, I'll stop giving you complements now. Anyway, I enjoyed it a lot.

"When you are aware of a sound, it's always now" - I like that :-)

Wishing you all the best for the shows!

Robert

Hey Bro, BRILLIANT Show.. Yes, on my list of best shows EVER SO FAR  Although I knew the plot, it was even better than I had expected. So BRAVO! Have recommended to others, assuming the show is not booked out for the week.

Sukh

**Nadia Struwig <classicleopatra@gmail.com>**

Mon, 29 Jun, 13:22  
(1 day ago)

Good day Anton

I attended the virtual performance at 11am today and would like to let you know that it has had a great calming effect on me.

I am in the process of completing my masters research on burnout and coping strategies, and I have done some reading on the topic of mindfulness (especially how it has been proven to be a treatment modality for coping with job burnout) so I was curious/keen to attend the performance when I read about it in the festival programme.

Thank you for providing this very valuable experience and beautiful performance, especially during these very anxiety-provoking times.

Kind regards

Nadia

Hi Anton

Thanks so much for the “show” this morning I really enjoyed it ; it was a great introduction to the realities and potentialities of the Zoom World . Intriguing the discombobulation of the self in that digital discourse that you articulated along with many other things. I loved the literary references as well as your very own human anecdotes . It all comes together to connect people- I was left wondering whether in some way you’re pioneering a “medium” for getting people to connect.

Ciao

Niall

Hi Anton,

It was really wonderful. I enjoyed it very much.

I have often wondered if it’s possible to communicate dharma in a different way.

Now I know.

Well done.

Dónal

Many thanks for the link – and the event, including our interaction!

My fascination is with how we are being forced to reinvent/reimagine ourselves digitally – and I am looking forward to repeating today's session after the conclusion and hearing so many different points of view. The digital luxury of being able to repeat, to listen again from different perspectives as the event was so content rich.

I look forward to future events – including, I hope, one of your writing retreats at Groot Marico?

Thanks again and kind regards  
Margie

082 787 9837

**Jennifer Steyn**

Wed, 1 Jul,  
11:47

Hi Anton,

Those were wonderful minutes spent under your guidance.  
Thank you for sharing your insights and passion.  
I have been doing Sunday Butoh because of builders but enjoyed your energy there too. Hope you continue to do fantastically well over the vNAF.

Warm Regards, Jennifer

thanks anton. good to hear these words and perspectives, and to reflect on them. you present them clearly.

Brett Bailey (Whatsapp):

**Kobus Burger**

14:21 (3  
hours  
ago)

to me

Hi there Anton

Thank you for the beautiful, inspiring and meditative journey today. You took me completely by surprise.

Your “event” (for lack of a better word) was multi-layered and well-researched for some hearty interaction. I enjoyed the breakout rooms!

It is such a wholesome and genre-bending experience that you actually inspired me.

I’m already having visions of things one can do via Zoom. Wow. I am so grateful.

Hope it has a second and even a third life. More people deserve to experience it.

Warm wishes,

Kobus

**jen schneeberger <jen.schneeberger@gmail.com>**

13:48 (3  
hours  
ago)

Hi Anton,

I just wanted to say thank you again for the gathering this morning. It was the most grounding experience I have managed to have in this time of virtual madness.

Have a wonderful day!

Jen

**Amelia-Jane Baird <ajdbaird@gmail.com>**

12:33 (4  
hours  
ago)

Hi,

Thank you for an amazing session, it's great to see the use of the arts virtually and how you are still able to translate to an audience and be engaging.

Goodluck with your last session tomorrow!

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Kind regards,

**Amelia Baird**

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[www.menti.com](http://www.menti.com)

**Nomusa**

18:41 (2 hours ago)

**Ramushu <nramushu@icloud.com>**

to me

Hi Anton

Thanks a million for the session this morning. I am just starting the mindfulness journey so it was very interesting and thought provoking for me.

Best Regards

Nomusa



**7 June, 2020**

- **Avril Cummins**01:51:35  
Thank you! That was very special!
- **Mamela Nyamza**01:52:13  
thank you, that was so therapeutic
- **Palesa Sibiya**01:53:06  
Siyabonga makwande the spirit of healing and sharing
- **Margie Edwards**01:53:30  
Thank you – a great group, and look forward to the download!

**1 July, 2020**

From vivien connell to Everyone: 12:23 PM

thank you so much. So gentle. Wonderful.

From Larry Kaufmann to Everyone: 12:23 PM

Thanks, all, for time and space shared

From Catherine Berghahn to Everyone: 12:24 PM

Thank you for this special time.

From Alexander Higgins to Everyone: 12:24 PM

That was great Anton. Thanks

From Gillian van Niekerk to Everyone: 12:24 PM

Thanks Larry - I second that thanks everyone

From Marjolein Bench to Everyone: 12:24 PM

Thanks Anton and to everybody, an interesting and calming experience

From Rina King to Everyone: 12:24 PM

Thank you very much Anton on others, lovely

From Lisa Overy to Everyone: 12:26 PM

Thank you everyone, lovely to share the space!

From Larry Kaufmann to Everyone: 12:28 PM

ciao all

**3 July, 2020**

From Geoliane Arab to Everyone: 12:24 PM

Thank you and stay safe everyone!

From Paul Sturrock to Everyone: 12:24 PM

Thanks, Anton. Wonderfully creative mindful experience. Great fun!

From Lalu Mokuku to Everyone: 12:24 PM

Thank you so much

From Illka Louw to Everyone: 12:25 PM

Thank you everyone! Totsiens Kobus

From Paul Abrams to Everyone: 12:25 PM

thank you everyone

From Hilda Havran to Everyone: 12:25 PM

What an awesome experience. Anton a fantastic journey that you've taken me on!

You've taken zoom to a new level! Wonderful insights and prods.

Great to met everyone

From Kobus Burger to Everyone: 12:26 PM

Thank you Anton. What a precious journey. Much appreciated. Wow. Lots to nurture.

From Julian Yeates to Everyone: 12:27 PM

Thank you for the great immersive experience! Loved the creative slideshows

From Lalu Mokuku to Everyone: 12:27 PM

Thank you and goodbye

**5 July, 2020**

From Heather Massie to Everyone: 12:28 PM

I had a wonderful time with all of you!!!

From Heike Gehring to Everyone: 12:28 PM

Dear Anton. Thank you for this lovely show!! I need to go.

From Kanwaldeep Singh to Everyone: 12:30 PM

Thank you Anton...Thank you all... Lovely

From Weili Ring to Everyone: 12:31 PM

Wunderbar

Vielen dank

From Renos Spanoudes to Everyone: 12:33 PM

Bless you Anton - bless you all. Enriching, inspiring gift and journey; thank you and stay safe!

(WHATSAPP)

Dipanwita: Wow.. Thanks Anton for an amazing flight n landing 🙏❤️👉

[12:44, 7/5/2020] Weili Ring: Wonderful experience 👍👍👍👍

[12:45, 7/5/2020] Weili Ring: Knowing what is happening while it is happening no matter it is 🤔

Selloane Mokuku:

Thank you so much-

Thank was awesome-

I am writing a play about language using water as a metaphor-

So it was incredible to be part of your process-



## Heather Massie

18:56 (4  
minutes  
ago)

to me

Anton,

Thank you so much!

It was wonderful to be there!!!

And worth getting up in the middle of the night!

You blended media so well for this program, and I appreciated being included as the audience in a common experience.

This is why we all produce and attend theatre in the first place!

Thanks for kindly dealing with my slow computer, and sound....

Many days it is better, or I switch devices.

And info on my show is here: [www.HeatherMassie.com/Hedy](http://www.HeatherMassie.com/Hedy)



Heather

## Amy Jensen

Mon, 6 Jul,  
15:27 (23  
hours ago)

to me

Dear Anton,

Thank you so much for the thought provoking show and the information. I have completed two of Tara Brach's mindfulness courses on Udemy - she does RAIN meditations. I am currently also doing Ziva Meditation. It is really cool how this tool is getting "out there".

Unfortunately, the 6 hour time difference means that it will be midnight here when you have mindfulness meetups :( So I will decline the very kind invitation. BUT when I do go back to SA, I will contact you again, if that is OK, and I would love to join a meditation. I think the festival is finished so your performances are done, but BRAVO! A very cool show!

Take care and thanks again!

Warm regards,  
Amy

Thank you for Saturday, I really loved it. It was so nice to get insights into the history and philosophy of mindfulness while being invited in to exploring it in different ways.

All best  
Alex Halligay

**Pauline Memelink <memeltje@gmail.com>**

28 Jun 2020,  
10:05

Hi Anton,

I thoroughly enjoyed that 1,5 hour on Zoom yesterday. It was by far my best Zoom experience so far. :-) Thanks for that!!

Enjoy your shows! XX Pauline

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[www.movingthemind.nl](http://www.movingthemind.nl) | Stille- en Verwonderwandelingen en Mindful Bewegen:  
'Move your body, calm your mind'

**Stephen Eppel**

Sat, 25 Jul,  
08:21 (4  
days ago)

to me

Hi Anton,

I have been meaning to write and thank you for the wonderful show. The authentic and innovative way in which you presented the concepts around "The Voice in Your

Head" was exciting and inspirational. The question of 'Where is your mind' reminded me of that amazing performance by Simon McBurney/Complicite - "Encounter" (Amazon people - their mind in the forest !)

I was introduced to the term "Mindfulness" and Jon Kabat-Zinn several years ago and have since appreciated that modern philosophies (Eckhart Tolle, Pema Chodren, Byon Katie, Bernie Seagal....many others) and ancient wisdoms and religions incorporate similar concepts of being present.

I am particularly involved in the Mind - Body relationship as it relates to chronic pain, especially chronic pelvic pain (I'm a urologist - 'an' urologist - never been certain !). Interestingly Kabat-Zinn's early work with MBSR was with folks with chronic pain. My approach is summarized on our website [www.urologycapetown.co.za](http://www.urologycapetown.co.za) - click on "Special Expertise - Pelvic organ pain and dysfunction" if you're interested.

Again - thanks again for a fun and excellent show

Warm regards

Steve Eppel

### **TRC LONGER WORKSHOP (2.5 hours)**

**Steph Salomo** Thanks for the lovely session! You facilitated our team effort seamlessly with a sense of wonderful flow - I love the combo of break out sessions, presentation/performance and group interaction. Having these engaging virtual workshops to look forward to breaks up the corona virus lock down monotony. I'm sure it will resonate for quite a while.

Best wishes and greetings from Joburg 🙏

1 August, 2020, on FB

### **AFDA WORKSHOP (2 HOURS)**

**mark** <[mark@theymademedoit.co.za](mailto:mark@theymademedoit.co.za)>

13 Aug 2020, 12:07 (22 hours ago)

to me

Hello Anton

Thanks again.. a really enjoyable session. I'm busy downloading the recordings now.

I think the students were entranced. No mean feat to turn the Zoomspace into joy. There are definitely potential upsides to the way they construct presentations.. which are a big part of AFDA's process, and so this should have seeded more enthusiasm. It's been a difficult process to bring them back from an initial sense of sudden deprivation, and into finding and accepting the positives. Thanks for your help along the way.

And other gems in there too (listening to Heliopause as I write).

All the best

Mark..

Dear Anton

I cannot tell you what joy and encouragement the entire workshop brought to me and all the rest. Thank you again. Was great way to get out term going.

Kind Regards,  
**Robert Haxton**