

## LIFE BECOMES US – Kaj-Mikael Schütt

A one person contemporary circus performance piece that investigates death and life in a cross artistic contemporary manner.

The performance uses and combines juggling, object manipulation, music, performance art, light design and minimal physical theatre in a creative way. The performance has been directed by Rauli Katajavuori. Further inspiration and artistic consulting by the poet and circus artist Miika Nuutinen.

The original inspiration for this piece has been the thoughts about ones life and death, failing, suicide, death of loved ones, accepting mortality, happiness, love and the ideas of a good death and a bad death. Outer inspiration has been searched from literature on death and from the poem books of Miika Nuutinen.

In the performance we are looking upon the relationship of ones own death and the death of loved ones. There is too little public talk about death these days. Death is being covered and hidden among our everyday lives. Death is a concept that is healthy to think about and go through as an idea no matter the age or culture even if it does not feel relevant to the moment.

The performance is not dark even though the theme is quite serious. More over it is a love letter to life where death just plays a very essential role and gives meaning to everything. The fear of death, lost loved ones, facing ones own end, ones lived life, the letting go of regret and the acceptance of not being. These ideas are all present in the performance almost as ghosts following the main theme.

"My first thoughts of this piece were born in 2017 after some revolting experiences in my own personal life. It felt relevant to take up this theme using my own skillset and try to create a performance of the atmospheres I went through during those times. Thoughts about death I have been having since I was a child and I believe the theme touches us all. I think one should not try to avoid or romanticize death as an idea. This is a common error in modern society and popular culture. Death is a part of everyones trip. The final destination. We will all have to face it and we will all have to grow to accept it in our surroundings when someone or something finishes their travel. That is why it is important for everybody to go through the idea of death and prepare themselves for the changes it will bring in ones life and everyday living."

- Kaj-Mikael Schütt