Marie lives in a spiritual community in Denmark. For more than 30 years, she has been dedicated to integrating the Tibetan Buddhist practices that are being taught here, so they become reflected in her everyday life and embodied through her work as a dancer.

Before entering the multimodal project HEART openings, where we explore how spiritual practices might influence experiences of love, I was already attending meditation workshops in the same spiritual community. I therefore share some of the same aspirations as Marie, although our embeddedness in the teaching and the community differs significantly. Our collaboration therefore incorporates a shared understanding, relating to both the spiritual practices and the importance ascribed to them.

In the process of exploring her spiritual life and practices, she revealed the struggle related to opening the heart. The camera and I witness the beauty and the despair of having to accept the boundaries of the heart. It felt crucial, also for the understanding generated through the project.

When wanting to share the filmic material with others, certain considerations came forth. Then my struggle began with accepting what boundaries could occur, when wanting to unfold the heart and its associated qualities in an academic setting.