PART III

LIVED RELIGION—CONCEPTUAL PERSPECTIVES
As I tried to find a symbol dealing with the issue of religious bodily communication, the word ‘snapshot’ occurred to me. If a photographer takes a surprising picture of you, he or she gets a glimpse of one particular moment of your life: a very short precise moment, a twinkle of an eye. ‘Snapshot’ is a metaphor for a concentrated impression of a situation; it assigns that writing some pages of a book are at most one detail on a way of shooting a film, of developing and unfolding things and thoughts.

It is astonishing that we don’t have words for hearing sudden sounds. Reading the word “snapshot” in an onomatopoeic way, it brings me to remember hearing snapshot. Then I imagine somebody holding his gun on another person or realizing the moment of a soccer player kicking the final goal. ‘Snapshot’ is an expression for a coincidental detail of a possibly very coincidental moment that may have more or less influences on my life. Watching that single particular picture or listening to that echoes and resonances of it, sometimes has more effects, affecting and challenges me more or less to be perceived and in a way “handled”.

At the same time I remembered a snapshot-experience with music that gave me reason for specifying notes on religious communication, being aware of the linked ongoing processes. Or in other words, a metaphor is the trigger and starting point for my shortcut way of describing and reflecting the relation of religion, communication and the body, and it leads to an Aha-experience of connected phenomena. How is that “occurring to me” and “remembering” like?

A body-oriented way of perceiving the situated other

There is a practical kind of behaving to the world through the felt body called “Focusing”. Focusing is a way to be aware of bodily feeling in