

# *Describe, by listing...*

An exercise to connect to a space

Welcome to the participatory performance: *Describe, by listing...* (An exercise to connect to the space around you),

*I want to invite you to follow my voice. My words will guide you into an awareness of this space. A reevaluation about this space around you and your relationship to it.*

*I will ask you to describe the space, yourself and the relationship of the two - from different perspectives. You are free to interpret my words in your own way.*

*There is no wrong description. There is no wrong perception. In this space; there is no being wrong.*

*Each instruction will ask you to describe the space, focussing on a different aspect.*

*Between every instruction I will give you time to describe.*

*Each new instruction will be preceded with the sound of this gong.*

*The descriptions shall be spoken out loudly, but with an awareness not to distract the others.*

*I ask you to not speak with the other participants. Only to you self, to the space and, if there is anything urgent comes up, to me.*

*If at any point you feel unwell, or uncomfortable; you are always free to stop. In any such a case, we all are here to help you work through these feelings.*

The descriptions, spoken out loudly, shall be recorded. *For this I ask you to take out your phones, start a voice memo and hold it to your mouth while you speak.*

Other than recording your voice, I ask you to not use your phones and put them into flight mode and on silent.

*I invite you now to spread loosely around the space.*

*You are free to move around as you wish, but I ask you to stay in listening distance to my voice.*

*Before we begin I invite you to close your eyes and go inwards for a moment.*

*Feel what is going on inside of you.*

*The state of your emotions.*

*The speed of your heartbeat.*

*The sensations that accompany your everyday life.*

*Capture these inner perceptions, acknowledge them and let them go.*

*Let your inner activities simply flow, like clouds in the sky you can watch them, without being caught up in them.*

*When you feel ready open your eyes. So we can begin:*

(\* =Gong)

\* \*

First, we explore the space around you, by describing it:

***Describe, by listing: What do you see?***

*What do you see?*

\*

You have now listed what you see, the visible, plain objects in the space.

Now it is time to understand them.

***Describe, by listing: What are the functions of the objects, in the space?***

*What are the functions of the objects, in the space?*

You have now elaborated upon the functions of the objects in the space.

Now it is time to understand the relationships in between them.

For this narrow yourself down on a couple of the objects that you have described, and:

***Describe, by listing: What are the interactions, in between the objects, in the space?***

***What is affecting what, and how?***

*What are the interactions, in between the objects, in the space?*

\* \*

You may have now explored the objects in the space around you, their functions and how they are affecting each other.

Now, we explore the space in its more subtle details. We will focus on your other senses: Smelling, touching, listening, uprising memories.

***Describe, by listing: What do you perceive?***

*What do you perceive?*

\*

What you were describing now, was probably quite broad. Sensations in the space, sounds, smells, feelings, memories. Still objects in the space, but less tactile than in the beginning. The subtle objects of the space: Air, Wind, Sound, Cold, Thoughts, and many more.

Now it is again time for exploring the relationships.  
For this narrow yourself down to a couple of these subtle objects that you were perceiving, and:

***Describe, by listing: What are the interactions between these subtle objects, that you have described?***

*What are the interactions between these subtle objects, that you have described?*

\*

You have now described the relationships in between the subtle objects of the space. Please don't worry if finding the direct interactions can be hard, or if you feel you cannot answer the questions. We are not here to find out the truth, we are just here to explore.

Now it is time to interpret these interactions.

***Describe, by listing: What meaning to you see in the interactions in between these subtle objects?***

*What does it mean, to have these objects interact with each other, in the space?*

\* \*

You have now explored the more subtle objects in the space - and by doing so explored your own projection of meaning in them.

Now we will explore your selves, in relationship to the space.  
How is the space affecting you?  
How are you affecting the space?

The space is affecting you, through your senses.  
You are affecting the space, through your actions.

***Describe, by listing: What are the interactions between you and the space?***

*What are the interactions between you and the space?*

\*

You have just described the points of interconnection in between you and the objects of the space. The points where you get into an exchange with the space.

Now it is, again, time to interpret:

***Describe, by listing: What is the function and meaning of your interaction with the space?***

*What is the function and meaning of your interaction with the space?*

\* \*

You have now explored: the points, mentally or physically, where an exchange is happening between you and the space. You may have also seen the borders of how far logic can explain the world around.

We are now finished with describing the space. I would invite you now to go out one last time, silently.

You are free to take as much time as you want. Whenever you are ready you can return to me, so we can end the exercise together.

\*

Now,

***Experience: You in the space***

*Experience: You in the space*

Thank you for taking part,

*Let us now come together again for another moment*

*I invite you to close your eyes once again.*

*Acknowledge again your inner activity*

*Acknowledge also the activity around you.*

*And by acknowledging inner and outer activity, let it pass, let it go, let it flow through you - without getting attached to it.*

*And by being aware of the activity in the space, slowly come back to me and the people here*

You are now welcome to stop the voice memo on your phone.

I would also be thankful if you agree of sharing the voice memo with me, for the purpose of documenting this exercise.

But of course you are all in your right, if you want to keep it to yourself.