

Consciousness

Studies on animal consciousness, do they really dream?

Slowness

To be able to move between states/realities. Dream and awake.

To make a ritual for a tree is to work.

What is my dreaming body?

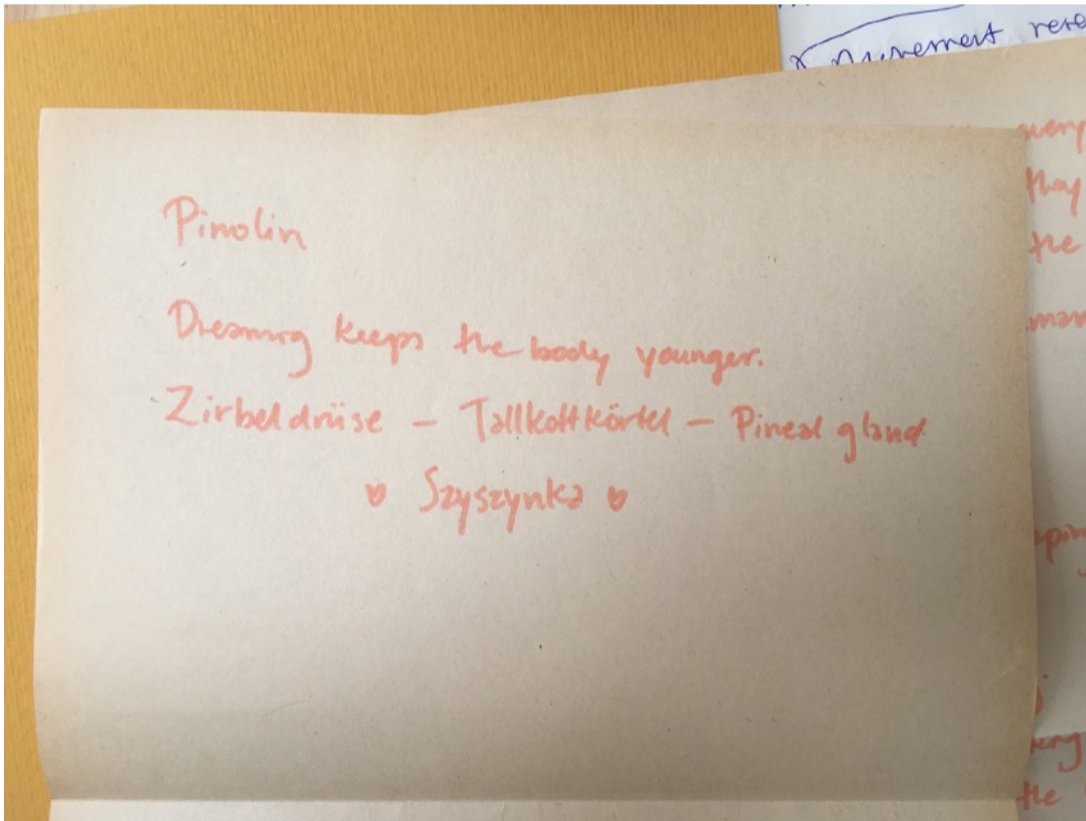
The Animal Kingdom

I asked the stone for support, because I'm being challenged by my role as a human to a dog.

(When Shusha is stressed and uneasy - look at myself, how do I feel? How does it affect her?)

First there is work, and then comes a break for my own time. But since I have Shusha this time has become Shusha time - it's time to finally care about her needs. We go for a walk. My time of lying on the sofa, belly up, has transformed to a walking time, I'm transforming to a sleep walker. So my brain is trying to rest while being on my way, one foot after the other, sometimes stop to look at Shusha who smells a spot. Maybe I'm just slowly transforming?

Into what?



Intuition

What does it mean to work intuitively?

Where does the intuition come from, or live in, the body? In the Tallkottskörteln maybe? In the belly?

To be aware of that it exists there, in the middle of my brain. That it was bigger before, and now it's full of toxic layers.

Dancing with the branches of the Birch tree

To ask for permission to enter into contact.

Reciprocity (ömsesidighet)

One of the branches said to me when I asked:

You have to ask the spiders

Ask the flies

Ask the moss

Ask the fungi

Ask the grass that you are standing on

Ask the dead ones,

and ask the ones that has not yet been born

Ask the earth

Responsibility - I become a more responsible artist from working in this way.

Honesty

To be passive in an active way

For me it means time of stillness and contemplation. Through the activities we do I finally get a chance to slow down and lean backwards. *Perhaps this is something I should take care of on my free time? Perhaps this is not something that I should do in our work?*

It is wonderful that what we do blurs the border between work and life, *and what is what anyway?* Everything that happens might be potent, something I can bring into my work. *All is (not) work.* Therefore I love our kind of work because it doesn't require me to push in the way I usually do, leaning forward, in front of myself, looking everywhere but not inside. Still trying to carve something out of myself, forcefully.

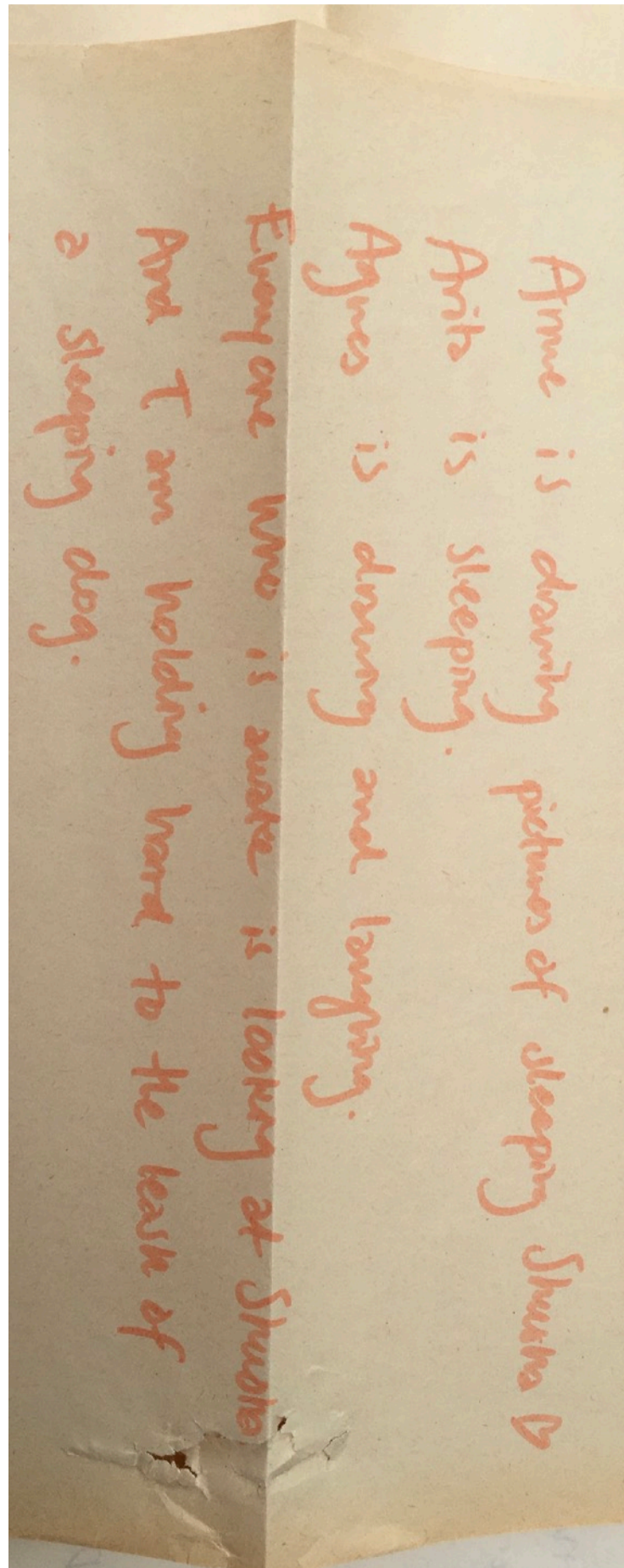
I wish all my work had our quality, at least from time to time. I love the moment of focus, like the end of that Norwegian movie, the moment of focus when you are just yourself, wholesome. Creating something that will be useful also for others.

Agnes talked about fluidity, Anita said that through movement the body fluids starts to flow. So this is something new - I don't feel like my body fluids really flow in the way they could. Playful bodily excessive.

The Stones

I connected for the first time to the stones.

I see even more clearly how the nature is suppressed, passing by industries with the train, going back to the city. How the water is hindered, and controlled. Not even the mountains are safe, but I thought so before. How much explosive do you need to take down a whole mountain. Can a mountain collapse due to human extraction?



Marta's Score

on a rainy summer day
place yourself under a pear tree.
choose a summer song.
sing it as slow as possible
on the breath out you keep each tone as
long as possible
every time a pear falls,
take a step
sing loud enough
for Agnes to hear

Bed Building

find and collect material from the
surrounding nature
and build a miniature bed
approximately 10 centimetres
choose a name for your bed
position the bed in a window
or next to the bed
or on the bed

Score for Evening

caress yourself
looking for ticks
watch each others backs
and caress Shusha
for ticks
if you find one
then call for Marta
she will pull it out gently and slow

Hornissen Poop

Sit down at the table outside
preferably between an old house and a
pear tree
put a white paper
infront of you on the table
and wait until the Hornissen
flies by and poops on the
paper

Stone Dance

place your naked foot
on a granit stone
and take your time

Anita's Score

choose a young tree
close your eyes
and place yourself with you belly
as close as possible to the trunk
and let your arms
grow along the branches
sense the skin on the tree
and let the movements of your dance
come out of this
see with your feet the structure of the
trunk
place your sacrum on the trunk
let the movement get inspired by the
tree
hang down a branch
place yourself on the grass
around the tree
in a sleep position