

Active body-lazy mind
by Anette Friedrich Johannessen

Number of participants- 1-10 people.

All participants can move in their own pattern, preferably on a large open area (city centre or rural).

Timeline- 60-120 minutes.

Material- Whatever fits you inside your hand (to be kept in your pocket during first half of the performance)

The concept of landscape, by contrast, puts the emphasis on form, in just the same way that the concept of the body emphasises the form rather than the function of a living creature. If the body is the form in which a creature is present as being-in-the-world, then the world of its being-in presents itself in the form of landscape. *(The temporarily of the landscape)*

When we make the choice to walk and follow a path, there is the possibility of entering into another rhythm, where action and consciousness merge. There is a special kind of intensity and existence both in the body in motion and in terms of the actual experience of the environment, the path, the landscape. Attention is concentrated on specific parts of you, there is no rational benefit or reward, one is driven by an inner motivation. You let go of the concept of time, and there is no hours and no minutes.

Part 1.

Take off your shoes and socks. Place your feet firmly in the ground. Stand so for 5 minutes with your eyes closed. Visualize the path you are going to walk and the rhythm you will be moving in.

Part 2.

Start walking; find the speed you need to keep your body active, while your head remains empty for big thoughts. Notice how things stretch and become more condensed as the action (the walk) evolves into a symbolic act of being present, inside the space.

Part 3.

Repeat the route. Try it once; try it 4 times, then 10 times and perhaps 50 times. What changes along the way? What do you meet, see, and feel? What does your body tell you, your mind and your heart? How do you respond in your meeting with your co-participants or your audience? Moreover, how is your rhythm?

Part 4.

Take the item you have with you in your pocket and place it inside your hand. Find a place to stand still. Observe the space, observe your material and place it by your feet. This is now your space, but keep in mind that others might feel the same. Accept the fact that all public spaces, rural or inside a city centre, should be democratic and shared spaces.