

Hi, I am pleased to meet you.

Who am I?

I am the card you are reading that has been given voice by Steinunn, the artists that brought us together.

Me and my fellows will be guiding you through the piece.

You will be invited to bring this work alive by accepting a series of invitations. You can accept the invitations literally or reflect on them internally. When you have finished, we ask you to return the box as you got it.

Enjoy your experience.

You are invited to the President Room on the second floor.

Take time to observe your surroundings on the way upstairs.

Pay attention to individual things. Greet objects and phenomena that you meet on the way as they were beings like yourself. As an example, to me you could say, "Hello, card", to the doorknob "Hello, doorknob" or "Hello, you". You can use your own language, your outer or inner voice. The thing might answer back in their own language, with their outer or inner voice. When you have found the room, enter, and close the door behind you. Sit down by the table and read the next card.

Role

Let me introduce you to the Lamp. This lamp belongs to the President Room.

Iðnó used to be the home of Reykjavík Theatre Company, the first professional theatre in Iceland.

When the president of Iceland came to opening nights at the Theatre, this would be the place for him to have drinks and mingle. The role of our friend was to light up the moment.

Invitation to observe the lamp

Pay attention to its form and colour.

Pay attention to its complex structure and features.

Pay attention to the quality of the light it provides.

Invitation to interact with the lamp

Introduce yourself by name to the lamp and share with it what you see as your role in life.

Invitation to contemplate

What do you think the lamp has witnessed here in the president room?

What future prospects do you see for the lamp?

Does the lamp please you?

Transformation

Our lamp is an assemblage of materials that together make up an aesthetic object to please the human eye. The different materials of the lamp are made up of the same materials as you. Like 97% of all matter on earth you are both made of stardust.

The materials in the lamp have gone through transformational processes manipulated by men to become this object in front of you.

It is made to serve you.

Invitation to sense

Move next to the lamp.

Close your eyes and breath deeply.

Touch the lamp, stroke it.

Feel the textures and temperature.

Try to tap into its energy.

Invitation to change perspective

Imagine being the lamp.

Imagine what it has been through.

Invitation to contemplate

What is the lifespan of this lamp?

How does sense of time in a lamp's universe manifest?

How have you been transformed during your lifetime?

Connection

Like you the lamp depends on connection.

To light up the room, the lamp must connect to a complex web that provides electricity created by boiling geothermal water or rivers and waterfalls in the highlands, to be transformed into light.

Invitation to connect to the source

Turn off the lamp.

Pay attention to the shift in energy.

Pay attention to your own body, and how vital energy is pumped from your heart through the complex web of your veins to your limbs and head.

Turn the light back on.

Imagine the web of electricity in this city, that pumps raw natural power from the heart of the highlands or the centre of the earth through organic network of veins into the lamp.

Invitation to contemplate

What do you connect to for power.

Does anyone have the power to turn you off?

How different are you from the lamp?

Dialogue

You are now invited to enter a dialogue with the lamp on your own terms.

You are free to use your own language. You can use words, sounds, movements, or telepathic communication. Listen carefully to the language of the lamp and feel free to interpret what you perceive.

When you have finished your dialogue, you are invited to share highlights of your conversation in the dialogue book. After finishing, please return the box as you got it.

Enjoy.

Here are a few prompt lines to get the conversation going.

You: I want to thank you for...

Lamp: In my existence I depend on...

You: I cannot live without...

Lamp: I never forget...

You: Tell me about your struggle...

Lamp: I remember...

You: My wish for the future is ...

Lamp: Tell me about empathy...