

Pleased to Meet You

A Manual for a Performative
Encounter with the More-than-human

By Steinunn Knúts Önnudóttir

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Malmö 2024

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Prologue

What is the language of bacteria, minerals, plants, the sky, a brick wall? Have you heard the voice of your home? Did you ever thank the grass for its services to you? What does a tree have to say to you about sadness? What do you have to say to the tree about love?

Pleased to meet you is a relation specific performance that deals with how humans relate to their environment. The piece is the fourth and the concluding part of my artistic research project How Little is Enough? at Malmö Theatre Academy/ Lund University as a part of Agenda 2030 transdisciplinary research school. In this last work of the series the performative encounter is between a human guest and a non-human host. The piece is an experiment in posthuman performance approach, testing ways for humans to engage with the more-than-human dimension, plants, animals, manmade objects, and other non-human phenomena, in a performative setting. The work provides a format for a performative encounter between human guests and their more-than-human hosts. It is a do-it-yourself performance, that comes in a box with prompt cards and objects. The cards hold the dramaturgical format and contain guidance for tasks; observations, contemplations and actions, to be performed during the performance. The objects are to be used to perform some of the tasks. The piece is relations specific and aspires to facilitate

relations between human and more-than-human agents present during the performance by awareness, listening and mirroring. The work was performed in two editions in Reykjavík Iceland and Malmö Sweden. In the first edition of the work, performed in Reykjavík in November 2022, as a part of RDF and Lokal performance festivals I chose to create performative encounters with three agents that were in a proximity to the festival base in central Reykjavík by the city pond. They are, Tjörnin, the pond itself, the community of birds that belonged to the pond and a lamp inside Iðnó, the cultural centre that hosted the festivals, a historical building, that used to host the oldest professional theatre in Iceland.

The boxes were second hand tin boxes that came with a character that set a tone for the work and went hand in hand with the atmosphere of the historic building and the history of Reykjavík. The guests would go the festival desk and get a box that they would open in the foyer and from there the piece started.



The second edition was performed at Inter Arts Centre in Malmö, Lund University's centre for artistic research and was presented as a part of my intermediate seminar in March 2023. In Malmö the more-than-human hosts were a projector at IAC, Långa Dammen, a pond in Folkets Park (The Peoples Park) close to IAC and community of birds at Möllvångstorget, a busy market square in the neighbourhood. I decided to make a few changes to the setup and refine the aesthetic elements.






The boxes were specially designed for the piece from black paper with compartments for each item. It made the functionality of the piece

simpler, and it collected the three encounters together into a clear aesthetic framework.

Another change in Malmö were the conversation cards that guests could fill in with their name, to collect stamps.

Conversation Card
Steinunn Knúts Ónnud.

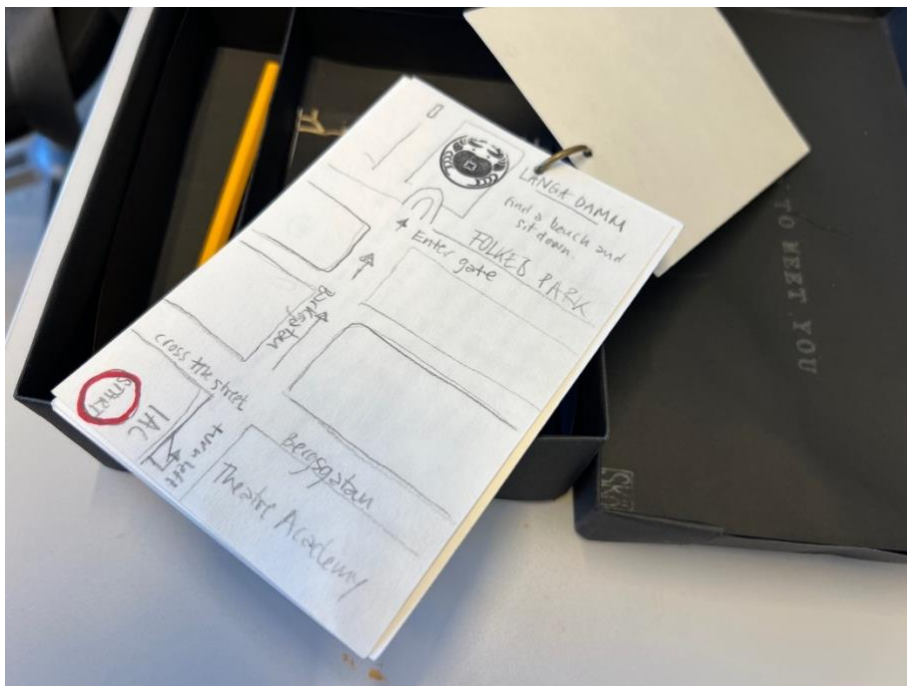
has had a dialogue with

The Sony VPL-HW15 projector	3/3/23	
Långa Dammen in Folkets Park	6/3/23	
Möllan's community of birds	9/3/23	

Pleased to Meet you - A performative meeting with the More-than-Human
By Steinunn Knúts Ónnudóttir in collaboration with Charlotte Østergaard

The names of the guests become a part of the work and after the experience the guest walked away with the cards as a reminder of the

work. Another addition to the kit was a map to guide guests to the site of the encounters that were in the city landscape.



The connection I made to the more-than-human agents that participated in the performance I will treasure. My encounters with each and one of them became truly meaningful for me, and I hope that they have in their own way benefited from these few moments of genuine attempts to make contact and create connection. The manual I share in this book is from two editions of the work and can be used

as a template for encounters with other entities, sentient or non-sentient in whatever context it may be relevant.

To my new more-than-human friends and collaborators, I thank you from the bottom of my heart.

Malmö, December 2023

Steinunn Knúts Önnudóttir

REYKJAVÍK

Tjörnin



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 for the next guest.

Enjoy your experience.

You are invited to sit down on one off the benches by the pond.

On your way to the pond, pay attention to the things around you.

Greet objects and phenomena as they were beings like yourself.

As an example, to me you could say, "Hello, card", to the wind "Hello, wind" 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 your place, sit down, and read the next card.

Big Bread Soup

Let me introduce you to Tjörnin, Reykjavík's pond. Like yourself Tjörnin is an ecosystem, it's made up of things, organisms, and ideas. Tjörnin existed before Reykjavík became a settlement and has been important for many agents through different times. Today it is sometimes called The Big Bread Soup, because of the many people of all ages that come here to feed the birds bread, for recreational purpose. In fact, Tjörnin is a part of a bird reserve, Vatnsmýrin, a wetland that is a home of a large community of migrating and domestic birds.

Invitation to observe.

Pay attention to the boundaries of the pond.

Pay attention to its form and colour.

Pay attention to its situation and surroundings.

Invitation to interact

Greet the pond.

Tell the pond your name and share with it, things of significance about
you.

Listen to the ponds reply.

Invitation to contemplate

What is the difference between mankind and “pond kind”?

What is the pond to you, beyond being water?

If you do not know the pond personally, think of a pond that you have
a relation to.

Movement

Tjörnin has witnessed human activities through the centuries. Human life has been planned around Tjörnin, making it a central thing in city planning with political, cultural, spiritual, and educational hubs placed around it. It has moved and is being moved by people among other species.

Invitation to observe

Pay attention to the movements of the water.

Pay attention to the elements that create movement.

Invitation to act

Close your eyes and pay attention to the movements inside you.

Imagine the water inside of you.

Move like the pond.

Invitation to contemplate

How can a pond move you?

What moves and how does one move?

How can Tjörnin move forward?

Under the surface

Like you, Tjörnin is not what it seems.

Under the surface there is a constant and complex chain of interactions happening with energy flowing between different lifeforms that feed from each other.

Invitation to act

Take the cup from the box and fetch water from the pond.

Take it with you to the bench.

Invitation to sense

Pay attention to the qualities of the water.

Feel the temperature of the water.

Smell the water.

Let the water touch you.

Close your eyes and let you become one with the water.

Invitation to contemplate

What lifeforms live inside your body?

How does energy flow inside you?

How different are you from Tjörnin?

Dialogue

You are now invited to have a dialogue with Tjörnin 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 pond 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. Find a good place to write, in the cafe or outside.

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...

Pond: In my existence I depend on...

You: In my existence I depend on...

Pond: I never forget...

You: I regret...

Pond: My wish for the future is that...

You: My wish for the future is that... Pond: Tell me about love...

Texts from the conversation book

G: Hi Pond, thanks for welcoming me so kindly and everyone that comes here. I remember when I first moved to Reykjavík, and you made me feel like I belonged here. P: I am grateful for all the guests and my inhabitants. I never forget when people first came here. Nobody has ever looked at me in such a manner before. I love singing, like you, enjoy listening to the birds sing with their many voices. I miss hearing humans sing for me, with me and the birds. I also miss the peace that was here before, now I constantly hear traffic noise, but I get rest during the night and when I freeze. I love freezing, then I have entirely different communication with my beings and get peace with myself in the deep. I rely on circulation, endless flow of all.

-

Tjörn: I sometimes feel tired.

Me: Me too but talking to you feels refreshing. I feel like a child again.

Tjörn: Children, I know. They play. Do you play?

Me: I want to be able to play

Me: I like to thank you for your diversity yet so simple. You show Me:
how uncomplicated it is just to exist.

Pond: I am dependent on that people treat me well.

Me: I am dependent on the ability to take deep breaths.

-

Me: Thanks for giving this city a sense of centre. And thanks for all the
life that you support by your existence.

What do you want to say to me?

Pond: One needs to take care of the flow. Without a flow, the water
will go bad, and no circulation takes place.

Everything dies.

Me: It is evident that I can learn many things from you.

Thank you for being you.

Community of birds



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 sit down on one off the benches by the pond, close to the birds.

On your way, pay attention to the things around you. Greet objects and phenomena as they were beings like yourself. As an example, to me you could say, "Hello, card", to the cloud "Hello, cloud" 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 your place, sit down, and read the next card.

Community

If you sit here for long enough, you can catch a glimpse of more than forty different bird species. The birds live together despite their differences in a dynamic community that can be competitive and at times hostile. There are migrating birds that come each year with flavours from other continents and there are birds that live here permanently. The small island is the birthplace of their offspring, and you are now sitting in their living room.

Invitation to observe

Pay attention to the different species of birds.

Pay attention to the birds' behaviours.

Pay attention to all the sounds the birds make.

Invitation to act

Try to reach the birds attention.

Introduce yourself to the community of birds.

Tell them your name and share with them something personal that
you think might interest them.

Invitation to contemplate

What bird traits would you like to have?

What human traits do you think the birds would benefit from? What would it take for you to be able to recognise any of the birds later?

View

Birds have a different perspective from humans. When we talk about bird view, we are usually talking about the view from the sky, an overview. Birds have many modes of moving in the world and like humans they shift perspectives depending on their activities, in the sky, on land and in the water. Their bodies have many features that humankind has copied to create products that enhance human abilities to move in the world.

Invitation to shapeshift

Close your eyes.

Pay attention to your own body.

Listen to the sounds of the birds and feel their energy.

Let the bird's energy fill your body.

Open your eyes when you feel that your energy has shifted.

Invitation to change perspective

Choose one bird.

Imagine that you are this bird.

Let the bird's energy move you.

Move like the bird.

As a bird, watch your human body.

Invitation to contemplate

What does the bird see when it sees you?

How diverse are the different perspectives of humans?

How would it affect your decisions if you had the perspective of a
bird?

Changes

The world is changing. The lake is changing. The food chain is changing. The birds used to feed from the lake but affects from global warming and pollution due to traffic and fertilizers in the area have decreased the water's nutrient count so now the birds rely much on humans for food.

Invitation to interact

Take the bread from the box and feed it to the birds.

Try to distribute the bread equally among them.

Invitation to observe

Pay special attention to those who are struggling. Pay attention to how your relation to the birds change when you start to feed them.

Invitation to contemplate

What nourishes you, and whom are you dependent on for food?

If your new bird friends were to invite you for dinner, what would they serve and where would you eat?

Dialogue

You are now invited to create a personal connection to one or more birds and to have a dialogue with them. You are free to use your own language. You can use words, sounds, movements, or telepathic communication. Listen carefully to the language of the birds 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.

Find a good place to write, in the cafe or outside.

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...

Bird: In my existence I depend on... You:

Tell me about your mother... Bird: I
remember...

You: I regret...

You: My wish for the future is ...

Bird: Tell me about hope...

Texts from the conversation book

Me: Can I come along? Swan: Yes,
but not too close Me: Aren't you
feeling cold?

Swan: No

Me: Are you never lonely?

Swan: No

Me: Do you never worry about anything?

Swan. I am here, that is enough. What are worries?

Me: Humankind worries about the earth.

Swan: I work with the earth, we collaborate.

Me: Can I join too?

Swan: If you want.

Me: Thank you, Swan.

Swan: Trust reality.



Duck: I want to live forever.

I want to be able to travel and I need a safe place for my kids, I want nourishing food and meaningful encounters with my peers.

NOT

I just want to eat in peace.

Leave me alone.

Me: I did not know that ducks were sarcastic.

Maybe it's, just me This world is just a reflection...

-

Me: Thanks for the feathers in my coat. It keeps me warm.

Duck: Nothing, you are welcome. Thanks for the bread.

Me: It was nothing. In fact, I became slightly scared.

Duck: What?

Me: yes, it was so much chaos, when I brought out the bread.

Duck: Yes, I understand: It is so much competition here.

Me: I thought the swans were going to bite me. Duck: No, they wouldn't dare. But better be careful, though.

Swan: I remember when my mum and dad brought me and my siblings up by the pond on the heath – it was so peaceful there, and they taught us to dance and swim.

Me: Thanks for giving me so many moments of beauty through the years, I hope that in the future there will be more clean and beautiful places for us to stay in. I can tell you that about hope, that it manifests as a feeling of brighter times for the future, and it resides in the body.

-

I am feeling very hungry these days. Winter is coming and not many people are feeding us anymore. We have started attacking each other quite brutally. I hope we will all make it to the spring (heart)

Lamp



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 breathe 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 an 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...

Texts from the conversation book

We both rely on water and earth, and our role is to create more light in the world, the lamp knows what empathy is. It has shown it by being present and listening with attention and lighting up what is happening around him.

-

Lamp: I love colours, I love laughter, I am in love Me: How can you be in love?

Lamp: This is what I hear from the songs playing in the cafe. They are all about love. I am trying to say something that interests you. I am here to serve

-

Lamp: I am

You: I must

Lamp: Give me purpose

You: I do not know what I need

Me: You have beautiful hair and beautiful skin.

Lamp: thanks, I was lucky. I think I age well.

Me: Yes, I agree

-

Lamp: My life here inside has been fairly easy, but it has been challenging standing so still and serving others. Me: What has been the most challenging thing you have experienced?

Lamp: It was when the prime minister was so drunk that he bumped into me, so I fell on the floor. Since then, I am always leaning a bit to the right.

-

Lamp: Even though I seem to be completely still, I am always moving.

Me: To me you are motionless.

Lamp: this is a convenient life and I do not need to take any decision.

Me: I am sometimes afraid that I take wrong decisions.

-

Me: thank you for the light. You are so important, especially now in the darkness.

Lamp: Do you think I am less important in the summer? Me: No, not the least. Even though the light is not as necessary in the summer as now – it is the knowing that you are there for me when I need you, later.

-

Lamp: I feel that I have a clear purpose, but you seem to complicate your own purpose.

Me: yes, I do. I now think it is beautiful to think about my own purpose. It is a good food for the journey.

Anna: Lamp, how do you connect past and future? How would you recommend that I don't get stuck in the past? Lamp: Stay true to your roots and reflect what it is that makes you unique and different from other people. Anna: Do you think it is important to disconnect from the world surroundings? Do you replenish energy when turned-off?

Lamp: Yes, it is important to stay alone and disconnect but it is always great to do what one's mission is, give light.

Anna: Thank you! It was good to be reminded – go back to your core, listen to your inner voice, enjoy the silence.

Lamp: You are welcome, Anna, come back any time, you have friends here, in Reykjavík!

When I look at animals or inanimate object, I see the human in them. I think we all do. We try to see or find emotion in everything, or character, I think it is what humans are trained to do. I see faces in nature also. When I look at different lamps, I assign different characters to them depending on their appearance. How is it for you lamp? Do you look at me and other humans and see the Lamp in us? What would be the lamp equivalence of feeling or character? Do you see me and assign a type of lightbulb to me? The wavelength and colour of the light?

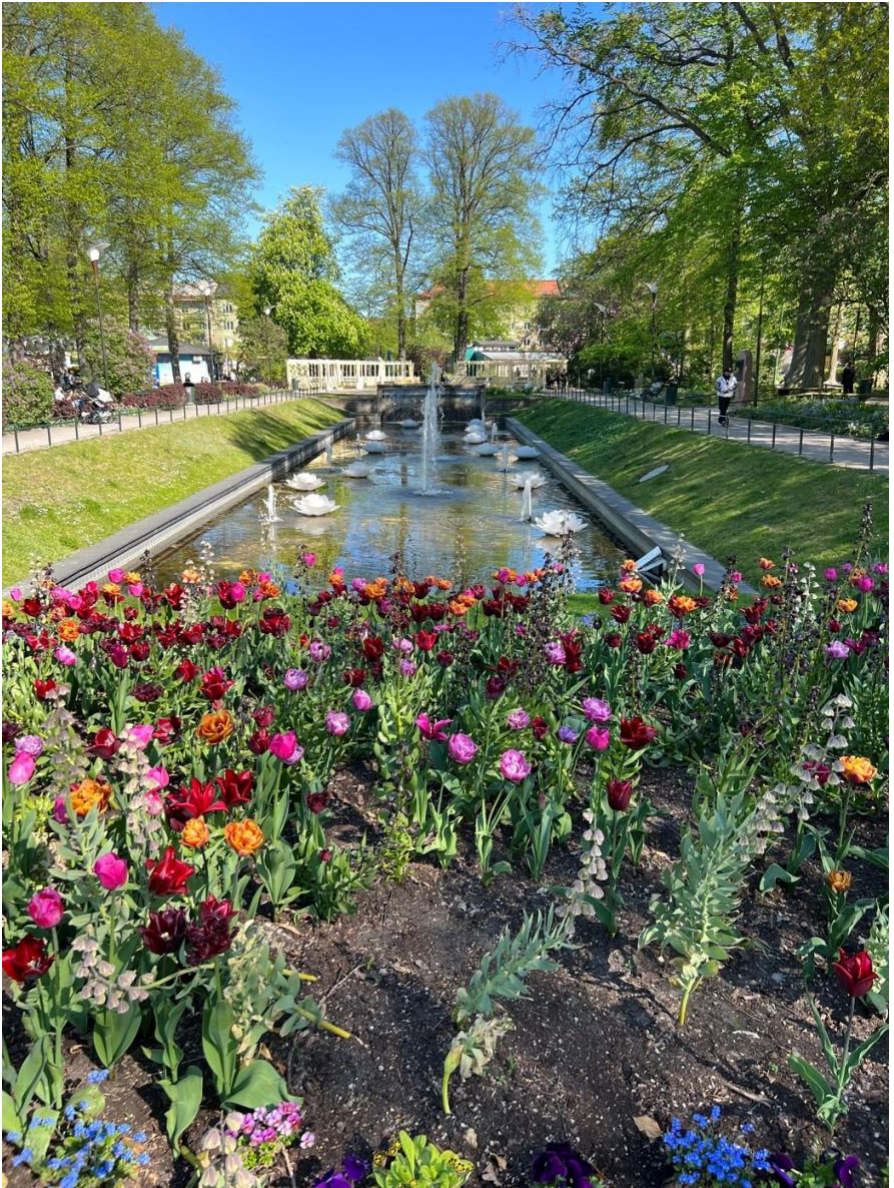
The type of Switch? How many lightbulbs I have?

What period and style am I?

Or do you have other ideas and criteria that humans can never understand, know about? That are outside of what the human mind can comprehend or imagine?

MALMÖ

Långa Damm



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. We are a collective of different agents that work together on making this encounter smooth. 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 us to where you found us.

Enjoy your experience.

You are invited to meet **Långa Dammen, the pond in Folkets Park.**

There is map on the next page that will guide you.

On your way to the pond, pay attention to the things around you.

Greet objects and phenomena as they were beings like yourself. As an example, to me you could say, "Hello, card", to the wind "Hello, wind" 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 find the pond, sit down on one of the benches and read the next card.**

Långa Damm

Let me introduce you to Långa Dammen, Folkets Park's pond. Like yourself Långa Dammen is an ecosystem. It's made up of things, organisms, and ideas. Långa Damm was constructed in the early 18th century and has been important for many agents through different times. First as a family oasis for the privileged, later as the workers meeting place and now as a recreational space for the multicultural people of Malmö. The pond itself has been habited by frogs, swans, fish, plants, and manmade objects. It is a complex biosphere of multiple living organisms and microorganisms.

Invitation to observe

Pay attention to the boundaries of the pond.

Pay attention to its form and colour.

Pay attention to its situation and surroundings.

Invitation to interact

Greet the pond.

Tell the pond your name and share with it, things of significance about
you.

Listen to the ponds reply.

Invitation to contemplate

What is the difference between the natural and the manmade?

What is the difference between mankind and “pond kind”?

What is the pond to you, beyond being water?

If you do not know the pond personally, think of a pond that you
have a relation to.

Movement

Långa Damm has witnessed human activities through more than two centuries, private meetings, political gatherings, solitary moments of sorrow and joy, quiet moments, laughter... Human and non-human life has unfolded around the pond, changing its role and appearance.

Swan pond, Frog pond, Long pond. Different lifeforms have moved in its water and manmade things have created movement in and around the pond. It seems calm but Långa Dammen moves and is being moved every second of every day.

Invitation to observe

Pay attention to the movements of the water.

Pay attention to the elements that create movement.

Invitation to act

Close your eyes and pay attention to the movements inside you.

Imagine the water inside of you.

Move as the water.

Invitation to contemplate

How can a pond move you?

What moves, and how does one move?

How can Långa Dammen move forward?

Under the surface

Like you, Långa Dammens not what it seems.

Under the surface there is a constant and complex chain of interactions happening with energy flowing between different lifeforms that feed from each other.

Invitation to act

Take the cup from the box and fetch water from the pond.

Take it with you to the bench.

Invitation to sense

Pay attention to the qualities of the water.

Feel the temperature of the water.

Smell the water.

Let the water touch you.

Close your eyes and let you become one with the water.

Invitation to contemplate

What lifeforms live inside your body?

How does energy flow inside you?

How different are you from Långa Dammen?

Dialogue

You are now invited to have a dialogue with Långa Damm 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 pond 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. You may return to the Inter Arts Centre and write in the book at the café, if you wish.

Enjoy.

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

You: I want to thank you for...

Pond: In my existence I depend on...

You: In my existence I depend on...

Pond: I never forget...

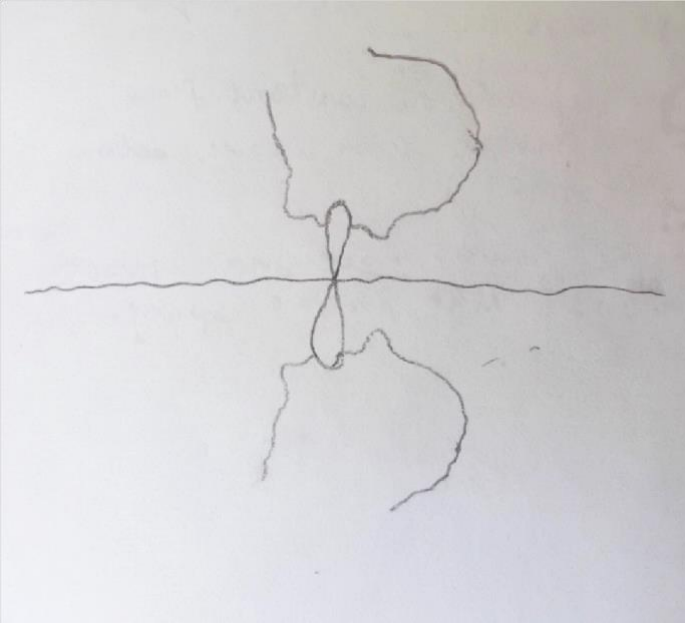
You: I regret...

Pond: My wish for the future is that...

You: My wish for the future is that...

Pond: Tell me about love...

Texts from the conversation book



Me: There's love songs playing at the other pond.

Långa Damm: Yes, it's romantic over there isn't it?

Me: Have you seen the fluorescent heart.

Långa Damm: No, what do you mean? Me: I'll show you a photo.

The water and ice mark changes between seasons. The pond depends on constant flow of energy and water, from above, below from all sides.

The plastic flowers move and interact like swans, like plastic spring.

-

Långadammen, thanks for letting me sit beside you, on this lovely bench.

I crossed your surface with my foot,

It looked like someone else had done that before too...

-

Pond: I am frozen.

- I know, it was tough breaking the ice.

Pond: Can you move me?

- I can try. You are the last of the immobile, but you still have imagination, right? Pond: Now you move me.

Thanks, Långa Damm for bringing me here and help me to see how much appreciated you are by the more-than-human, the human, by the animals, the light, and the reflections. Thanks for how you hold yourself, how you move, and hold on to your energy and force.

LD: What is love?

Me: I should've figured you would ask that. I'm guessing you've observed a bit of it from a distance?

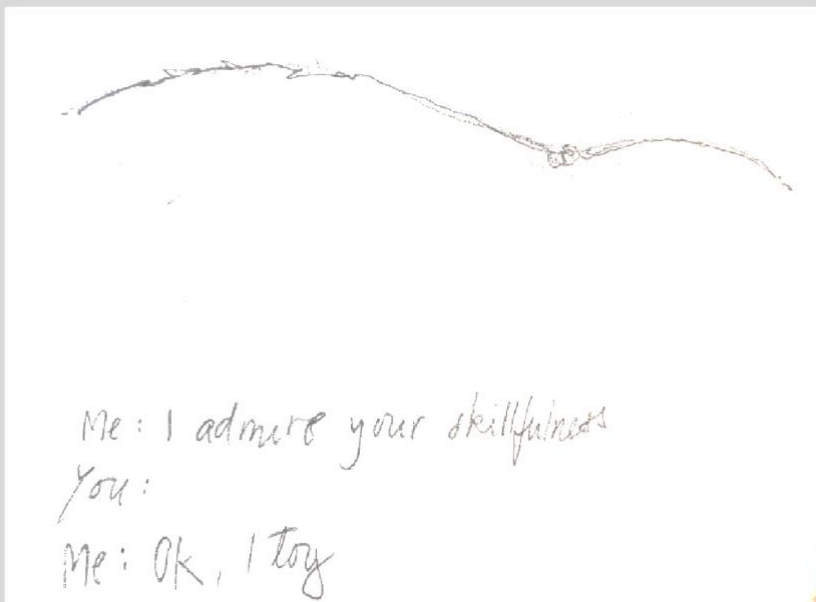
LD: Perhaps. Don't really know what it is.

Me: It's a bit tricky to explain. I feel like we have quite different points of reference.

LD: Try me, I'm in no hurry...what is love?

Me: oh, baby don't hurt me.

Community of Birds Möllevångstorget



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. We are a collective of different agents that work together on making this encounter smooth. 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 us to where you found us.

Enjoy your experience.

You are invited to find a bench on Möllevång square where you will meet the community of birds. There is map on the next page that will guide you. On your way, pay attention to the things around you. Greet objects and phenomena as they were beings like yourself. As an example, to me you could say, "Hello, card", to the cloud "Hello, cloud" 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 your place, sit down, and read the next card.

Community

If you sit here for long enough, the community of birds will eventually expose itself to you. This is a gathering place for different species of birds that live side by side in some kind of harmony. A community that is dynamic, competitive and at times hostile. These birds all belong to this place, and the place belongs to them. Over 350 different bird species fly over Scania each year, but only few of them make a stop in Möllan, but human inhabitants from over 180 countries pass this square every year.

Invitation to observe

Pay attention to the different species of birds.

Pay attention to the birds' behaviours.

Pay attention to all the sounds the birds make.

Invitation to act

Try to reach the birds attention.

Introduce yourself to the community of birds.

Tell them your name and share with them something personal that
you think might interest them.

Invitation to contemplate

What bird traits would you like to have?

What human traits do you think the birds would benefit from? What would it take for you to be able to recognise any of the birds later?

View

Birds have a different perspective from humans.

When we talk about bird view, we are usually talking about the view from the sky, an overview. Birds have many modes of moving in the world and like humans they shift perspectives depending on their activities, in the sky, on land and in the water. Their bodies have many features that humankind has copied to create products that enhance human abilities to move in the world.

Invitation to shapeshift

Close your eyes.

Pay attention to your own body.

Listen to the sounds of the birds and feel their energy.

Let the bird's energy fill your body.

Open your eyes when you feel that your energy has shifted.

Invitation to change perspective

Choose one bird.

Imagine that you are this bird.

Let the bird's energy move you.

Move like the bird.

As a bird, watch your human body.

Invitation to contemplate

What does the bird see when it sees you?

How diverse are the different perspectives of humans?

How would it affect your decisions if you had the perspective of a
bird?

Changes

The world is changing. The food chain is changing. These birds are metropolitan birds that live off human waist. They monitor our movements and map our behaviour in order to exploit our lifestyle to survive.

These birds rely much on humans for food.

Invitation to interact

Take the bread out and feed it to the birds.
Try to distribute the bread equally among them.

Invitation to observe

Pay special attention to those who are struggling. Pay attention to how your relation to the birds change when you start to feed them.

Invitation to contemplate

What nourishes you, and whom are you dependent on for food?

If your new bird friends were to invite you for dinner, what
would they serve and where would you eat?

Dialogue

You are now invited to create a personal connection to one or more birds and to have a dialogue with them. You are free to use your own language. You can use words, sounds, movements, or telepathic communication. Listen carefully to the language of the birds 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.

You may return to Inter Arts Centre and use the café for writing if you wish.

Enjoy.

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

You: I want to thank you for...

Bird: In my existence I depend on... You:

Tell me about your mother... Bird: I remember...

You: I regret...

You: My wish for the future is ...

Bird: Tell me about hope...

Texts from the conversation book

Me: Thank you for listening.

-

Me: How do you get through this snowstorm and survive the winter?

Birds: Hope, faith, compassion

Me: How do your winter songs sound? Me: I

admire your skilfulness You:

Me: ok, I try. -

YOU SCARED THE HELL OUT OF ME.

-

Me: Thank you for being here, for adjusting to our manmade environment, staying here, and bringing life and movement and sounds to this place.

Birds: We kind of had no choice, and we like you, we have always liked you, you are curious creatures and so are we. We have been singing together for ages since we taught you how to. Thanks for keeping on singing.

Me: Tell me about hope?

Bird: Hope? What is that? Something into the future? I only live in the now...

-

One pigeon came close and started a conversation.

P: I haven't seen you here before.

Me: I think it is my first time on this bench.

P: Did you bring more bread?

Me: No, sorry. Maybe I can bring more tomorrow, if you are still.../

And then the pigeon flew away high above with its pigeon fellows.

-

Me: Sorry to all of you for not distributing the bread better.

One dove: I keep away from the centre; I too find it too hectic and stressful.

-

I sat on the bench for a while and did unfortunately not meet any bird.

One bird flew over and I tried to imagine being him, flying over Möllevångstorget seeing all the demonstrations for a better world from above.

Projector



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. We are a collective of different agents that work together on making this encounter smooth. 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 us to where you found us.

Enjoy your experience.

You are invited to the VR Studio

Take time to observe your surroundings on your way to the studio. 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 on the chair and read the next card.

Role

Let me introduce you to the Sony VPL-HW15 projector. This projector belongs to the Virtual Reality studio.

In this room artists work on creating virtual universes drawing on their imagination and vision for the future. The role of the projector is to mediate these visions. Inside it there is a lamp that lights up images and projects them into the world.

Invitation to observe the projector

Pay attention to its form and colour.

Pay attention to its complex structure and features.

Pay attention to the beam it projects.

Invitation to interact with the projector

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

Invitation to contemplate

Imagine the images the projector has mediated here at the Inter Arts
Centre through its lifetime?

What future prospects do you see for this projector?

Does the projector please you?

Transformation

Our projector is an assemblage of materials that together make up an object that has a complex technical function. The many 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 projector 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 close to the projector.

Close your eyes and breathe deeply.

Touch the projector, stroke it.

Feel the textures and temperature.

Try to tap into its energy.

Invitation to change perspective

Imagine being the projector.

Imagine it's interactions with its surroundings.

Imagine what goes through it.

Invitation to contemplate

What is the lifespan of this projector?

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

How have you been transformed during your lifetime?

Connection

Like you the projector depends on connection.

To be able to project, the lamp must connect to a complex web that provides electricity created by winds, sunlight, and water, to be transformed into a light beam. It is a hybrid system created by humans to generate energy, a rhizome that stretches throughout Sweden and Europe into homes and workplaces.

Invitation to connect to the source

Turn the power of.

Let the projector wind down, then disconnect the power plug from
the wall and sit down again.

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.

Put the plug in and turn the projector back on.

Imagine the web of electricity in this city, that pumps wind power
from the sea in Oresund, sun power from the flat fields of

Scania and nuclear driven thermal power from Barsebäck nuclear
powerplant, through underground electric veins into the
projector.

Invitation to contemplate.

How different are you from the projector?

What do you connect to for power?

Does anyone have the power to turn you off?

Does anyone have a remote control for you?

Dialogue

You are now invited to enter a dialogue with the projector 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 projector 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.

Enjoy.

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

You: I want to thank you for...

Projector: In my existence I depend on...

You: I cannot live without...

Projector: I never forget...

You: Tell me about your struggle... Projector: I remember...

You: My wish for the future is ...

Projector: Tell me about empathy...

Texts from the conversation book



Dear projector,

You are steady, stable, and resilient! I wonder how many people have been part of creating you? And I wonder which of your inner elements have been excavated where in the world? At what costs? And I wonder what will happen when you die? Will someone reuse parts of you with care? Or will you be burned in some big oven? I myself still have not decided whether I want to be cremated when dead. But reused? Certainly yes, if anything is still fresh enough. Thanks for now dear friend, looking at yourself in these days.

I want to thank you for the warm air flowing out from you breast onto my cold winter hands.

- I am dependent on electricity.

You seem lonely in here. You can only send light outwards. You remind me of watching the movie Wall-e with my daughter. She explained this morning: We are all made of stardust.

- Steinunn's card explains that.

Yes, then tell me something else.

- I like when the sound of my engine disappears. I like the screen as a mirror.

I like you to be here.

My body is very much like your body. Veins with blood or electricity. I feel the picture. Don't you?

- Yes, exactly. I feel it.

Sorry, if I make the human body the picture of everything: your stomach, veins etc.

It was nice to meet you.

- You too

Me: What matters?

You: Energy.

Me: Why?

You: Don't you, see?

Me: Having something or somewhere to plug into sounds lifesaving.

Projector: But it can be unplugged too.

Me: Maybe that's a blessing?

Projector: It's all I know. I like cooling down sometimes.

Me: I agree. Me too.

-

I find it hard to talk to the projector. Normally I feel I can talk to almost everybody I meet but this one is different. I think it has to do with the power it is connected to. It scares me a bit. In a way I feel I don't understand it. I think I am supposed to be able to control it, but I don't. Title: A difficult conversation.

Oh, projector, how do you make the invisible so visible?

I don't know, how do you do it?

I... guess it is how I use the energy that goes through me?

...and now you, see? yes...and no

So, we are equal. We either project or we see.

-

Hello.

In my conversation with the projector, we talked about sometimes needing to rest. Or, actually, we didn't talk about it. We didn't talk at all, actually. But I sensed a mutual understanding for the need to rest and switch off.

:) -

Hello projector, the first thing I want to share with you are my thoughts about what me and you have in common. We both produce images, and we both are dependent on light for function. I felt the room we find ourselves in changed a lot when I turned you off. It went from active to passive, to be full to become empty in a way. A room with an image is more fulfilling and enjoyable than one with no image. Thank you, dear projector, for all the beautiful images.

Projector: Tell me about empathy?

Me: Don't you know? It's about bringing light into a situation so I thought you knew...bringing light by presence...just being there with a special kind of presence shining a light on someone and saying: I know. I'm your witness. -

What am I, what are we?

I am/ we are NOT my/your physical body

I am/ we are NOT my/your thoughts

I am/ we are NOT my/your emotions

I am/ we are a witness/a reflection of life

Agree. Thank you

-

Can you be alive without emotions, without imagination? I am alive through my connections, through you talking to me, and giving me voice?

