

BASIC INFO

Location: GW

Day: 23/10

Time: 13:15 - 14:00 / 16:30 -

Weather: Post storm, cloudy, sunlight, warm

NOTES: Rainbows in the north, caught
tail end from hill

① CASUAL WALK / PHOTO WALK

Location: 9-12

Discoveries }
+
Observations }

NOTES: Mushroom season offers motivation
For going off trail / habit to seek new specimens
- carpeting of fallen leaves, golden tobaccos remaining
still upon their branches

②

STILLNESS / SILENCE / MEDITATION

Zone: 2

The sunlight nearly white
air still thick with tiny bugs
shadows long, all materials glowing at their edges
I sway. Stillness is the rhythm of the Forest

- This phase is ideal for getting into
the rhythm here.

- no lung pain today

leaves fall

Fungi spring up overnight

Storms fly in

mammals dash

But: inner eddies like
the streams & insects
move rapid & erratic within
the outer stillness

③

WRITING # 1

What am I bringing to
The Space?

EXT DOC:

④ Checking In w/ self + space

- Am I Drawn to any particular zone or entity?
- Does the space seem to have a mood or affect?
- Changes?

drawn to fresh perspectives (up & down)
the light, pure white, Feels ethereal
- lively with insect activity (after the rain)
i am ready for motion. i feel in touch
with the stillness, grounded, capable

⑤ FREE movement

Zone(s): 2

Recorded

wide prime 5.6F

640 iso

ping pong between Fluid, swirly &
grotesque, chunky, broken - a
sense of release & metamorphose at
the end. Attentive to space, working for
pure improvisation - unsure what to follow
little to no thought until the horses moved
in ... was I performing for/at them?

⑥ STRUCTURED / GUIDED Movement Zone(s): 2

Body & Earth chap 20

Tonal exercise to stimulate endocrine system (video)

⑦ REFLEXIVE WRITING

EXT DOC: PhD Master Doc

"Reflexive Journaling (Field Notes)" →

2022 → October → 23/10

⑧ CHOR / SCORE DEVELOPMENT

N/A

EXT DOC:

⑨ CONCLUDING WORK (MISC)

N/A

