

Two seismographic practices

I Bring this book and a pencil to any place. Sense the space attentively. Put pencil to paper. Maintain this level of attention as you let the sensory impressions of the place, space, and situation you are in travel through you, into the pencil tip touching the paper surface.

Don't look at the paper while drawing.

This can also be tried using music, or on a train, on a walk, or while having a conversation.

II Decide upon a surface in an area that can be entered into, and which has a delimitation of space. For instance, 4 x 4 meters of a studio floor, a tabletop, 30 meters of a corridor, or a mantle-piece. Set your stop-watch on the number of minutes that feels manageable for the given day and time. Move in the chosen space until the stop-watch rings. When time is up, draw the trace of your path of movement as precisely as you can on one of the pages in this book.

Date
Time
Place

- Practice I
- Practice II

Date
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Place

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