

Collective Grounding

sitting on chair, hands on belly, closing eyes
breathing
take hands onto thighs
filling interior surfaces of whole body with
breath
expanding outwards to fill internal surface of
room
all around
expanding downwards, through feet into earth
expanding upwards, through head into sky
-
shifting hands onto chair
holding, listening through the skin
picking up traces and leaving traces
what is the temperature?
is it warmer or cooler than your skin?
what is the texture?
is it rough or smooth?
what does it feel like to hold tight?
what does it feel like to stroke?
to tap?
to knock?
to rub?
what happens to the rest of your body when
you rub? awareness of breath
what happens if you rub differently, changing
speed, rhythm, pressure?
finding pulses of pressure, press and release,
press and release
pressing with your thighs too, press and
release, press and release
one big press to stand up
connect with each other
and face the chair
putting both hands on the seat
scanning the surface again
can you feel the traces you left behind?
how deeply can you listen to the matter(s)
within the chair?
as you touch, can you remain aware of the
other humans around you?
sensing their movements while you are
sensing matter(s)?
while you are constituting matter(s)?
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take a walk around the chair
listening to the floor through your feet, and to
the chair, and to the humans around you

send your feelers out and around
follow curiosity
follow difference, in lines
tentacularly
-
find a place to stand near your chair, soft
touch, supported
pierce through the whole room with your gaze
cut the space
cut through the walls
all the way into the square
the pigeons, the cats, the cranes, the cars,
the tourists, the guards, the locals,
the cameras, high and low,
the windows, the walls,
the steps, the canons,
the fountain, the water,
gentle, trickling, glistening,
puddles, droplets,
particles, molecules,
microparticles, vibrating,
shimmering,
life, energy,
histories, traces,
matter.
-
pick up the piece of paper under your chair
*There is a cloud floating in this sheet of paper.
Without a cloud, there will be no rain; without
rain, the trees cannot grow: and without trees,
we cannot make paper.
The cloud is essential for the paper to exist.
If the cloud is not here, the sheet of paper
cannot be here either.
The cloud and the paper inter-are.
If we look into this sheet of paper even more
deeply, we can see the sunshine in it.
If the sunshine is not there, the forest cannot
grow.
In fact nothing can grow.
Even we cannot grow without sunshine.
And so, we know that the sunshine is also in
this sheet of paper.
The paper and the sunshine inter-are.*
by Thich Nhat Hahn
-
on this paper, draw a map of your chair-space
based on TOUCH.

Investigations

Vital Materialism

The body as material composition.
Look at your flesh, alien flesh.
Flesh and matter, dividual parts in an open system.
Buzzing with micro and nano activity
Vibrations, entanglements of micro and nano, macro and mega.
“vibrant, vital, energetic, lively, quivering. vibratory, evanescent, and effluесcent”

How to introduce your matter to chair matter?
Shake hands with it?
“Shaking hands” by and with vibrant matter
body matter, flesh and bone matter
intra-acting with to “say hi”
grating skin
leave some matter, microbiome behind
picking some up in exchange
What if you take agency within this exchange?
your surface exchange, connected to the human and more-than-human web.
press onto surfaces
press to collect some matter, to pick them up
on the surface of your hand
drop this matter on another part of your body-system
and carry it through the space
up, down, around
stay grounded
aware of the human and more-than-human assembly
more imprints, more matter
how to keep a mark of the space?
how to leave a mark on the space?
use gravity and
apply pressure
collecting through pressing
carrying through space

Haptic sensing

The body, as a sensate open system.
Sensations. Pressure, warmth, cold, pain, texture.
Sensual detection of matter.
Sensorial and visceral permeability.
Sensing through skin and viscera.
Layers upon layers.
Staying with this trouble
in this thick present,
this thick time.
Sensing through the feet.
Find the contours of the space.
Inhabiting these contours of space leads to skeletal shifts.
What if you listen and respond to these shifts?
Where do they take you?
Allow time between sensing and responding...
your body system in a system of bodies in a system of matter
Where are the points of contact between your body-system and the space?
Listen from the surface of the skin
Listen from the surface under the skin.
What do you sense?
What do you perceive?
What do you feel?
What if you allow?
What if you give?
up, down, inside, around
How much to disrupt?
Where to diffract?
Surfaces, cracks, edges, contours,
Lines, curves, patterns, rhythms, shadows
Where are the rhythms of your space?
How to absorb them into your body-system?
What if you disrupt these rhythms?
Slice them?
Cut right through them? Smooth, razor-sharp, jagged, soft, buttery.
Your body-matter makes the cut
Your body-matter decides what to include and exclude from this line
You decide the speedtimemattering
Your line, your thread
In this ephemeral web
Your trail of matter
It has never been before and will never be again.