

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 Tjörnin, the pond.

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

Greet objects and phenomena as they where 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 "pondkind"?

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's 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...