

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 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 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's 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 Dammen 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 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...