

23/10/22 – *Practice Field Notes*

0. BASIC INFO

Location: GW

Day: 23/10/22

Time: 13:15 - 14:00 / 16:30 - 17:15

Weather: post-storm, cloudy, sunlight, warm

Notes: rainbows in the north, caught tail end from hill

1. CASUAL WALK / PHOTO WALK

Location / Zone(s): 9-12

Discoveries & Observations:

Notes: mushroom season offers motivation for going off trail / habit to seek new specimens

- carpeting of fallen leaves, golden those remaining still upon their branches
- From the rock in front of whale: tiny shroom in tree ... Griffin's eye — bigger, more presence & character / he's also a unicorn

2. STILLNESS / SILENCE / MEDITATION

Zone: 2

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

Leaves fall

Fungi spring up overnight

Storms fly in

Mammals dash

[various temporalities of the forest]

- this phase is ideal for getting into the rhythm here.
- no lung pain today

3. WRITING #1 : *What am I bringing to the Space?*

- less anxiety than yesterday
- uncertainty
- curiosity
- a sense of structure?
- 2 wee lab assistance (ruff)
- appreciation of light & sound
- [sense of] calm

4. CHECKING IN W/SELF AND SPACE

Notes: 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

Notes:

(filmed: wide prime, 5.6f/640 iso)

Ping pong between fluid, swirly & grotesque, clumsy, 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

Notes: Body & Earth, chap 20

Tonal exercise to stimulate endocrine system (filmed)

7. REFLEXIVE WRITING

Notes: (see ext doc: PhD Master Doc, "Reflexive Journaling (field notes)->2022->October->23/10

8. CHOR/SCORE DEVELOPMENT

Notes:

9. CONCLUDING WORK