

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. Enjoy your experience.

You are invited to sit down on one off the benches by the pond, close to the birds.

On your way, 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 cloud "Hello, cloud" 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.

Community

If you sit here for long enough, you can catch a glimpse of more than forty different bird species. The birds live together despite their differences in a dynamic community that can be competitive and at times hostile. There are migrating birds that come each year with flavours from other continents and there are birds that live here permanently. The small island is the birthplace of their offspring, and you are now sitting in their living room.

Invitation to observe

Pay attention to the different species of birds.

Pay attention to the birds' behaviours.

Pay attention to all the sounds the birds make.

Invitation to act

Try to reach the birds attention.

Introduce yourself to the community of birds.

Tell them your name and share with them something personal that you think might interest them.

Invitation to contemplate

What bird traits would you like to have?

What human traits do you think the birds would benefit from?

What would it take for you to be able to recognise any of the birds later?

View

Birds have a different perspective from humans.

When we talk about bird view, we are usually talking about the view from the sky, an overview.

Birds have many modes of moving in the world and like humans they shift perspectives depending on their activities, in the sky, on land and in the water. Their bodies have many features that humankind has copied to create products that enhance human abilities to move in the world.

Invitation to shapeshift

Close your eyes.

Pay attention to your own body.

Listen to the sounds of the birds and feel their energy.

Let the bird's energy fill your body.

Open your eyes when you feel that your energy has shifted.

Invitation to change perspective

Choose one bird.

Imagine that you are this bird.

Let the bird's energy move you.

Move like the bird.

As a bird, watch your human body.

Invitation to contemplate

What does the bird see when it sees you?

How diverse are the different perspectives of humans?

How would it affect your decisions if you had the perspective of a bird?

Changes

The world is changing. The lake is changing. The food chain is changing. The birds used to feed from the lake but affects from global warming and pollution due to traffic and fertilisers in the area have increased the water's nutrient count so now the birds rely much on humans for food.

Invitation to interact

Take the bread from the box and feed it to the birds.

Try to distribute the bread equally among the them.

Invitation to observe

Pay special attention to those who are struggling.

Pay attention to how your relation to the birds change when you start to feed them.

Invitation to contemplate

What nourishes you, and whom are you dependent on for food?

If your new bird friends were to invite you for dinner, what would they serve and where would you eat?

Dialogue

You are now invited to create a personal connection to one or more birds and to have a dialogue with them. You are free to use your own language. You can use words, sounds, movements, or telepathic communication. Listen carefully to the language of the birds 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...

Bird: In my existence I depend on...

You: Tell me about your mother...

Bird: I remember...

You: I regret...

You: My wish for the future is ...

Bird: Tell me about hope...