

July 7, 2008

Physical Tools/Games for exploring space

Arrival

Sitting meditation
Standing meditation
Authentic Movement
Put yourself in different places
Watch what other people/animals/objects are doing in the space
Listen to what's happening around you/Notice any patterns
Cycle through our senses (hearing, seeing, touching)

Embodiment

Let the space shape you
Mimic the energy or physical expression of what you see
Relate what you are experiencing to your past
Perform the role of something in your environment

Test and Challenge

Try to find meaning or metaphor
Carrying out a task-based, non-memorized action (set a goal, try to achieve it)
Carrying out random, non-memorized actions (increase speed to reduce analysis)
Perform an action you usually perform in another context
Explore breaking/destroying things
Explore letting things break/destroy/shape you
Practice performing different roles of things in your environments with others
Perform different roles that evolve and transform (interactive processes)
Teach what you are doing to someone else without using words
Record instructions (written or audio) – follow your own instructions
Construct a “set” or “costume” that requires you to relate to space in a new way (you can draw upon historical information or particular physical properties you are interested in testing)

Ways of guiding others in space

Watch what I do (try to figure out what I'm discovering)
Do what I do
Follow my instructions
Respond to what I do (in a specified or non-specified way)
Allow me to physically guide you
Follow me

Conditions/Variations

Do you what you are doing

...faster/slower

...with more commitment/with less commitment

...backwards

...while laughing

...at regular intervals for an hour/a half day/over the course of week/month

...while being watched

...with more or less clothing

Spectrums to Consider

Functionality ----- Indulgence

Task ---- Expression

Documentation -----Presentation

Observe ----- Make

Process ----- Do

Categories to Explore

The stuff of your environment and your body

The organic matter

The inorganic matter

The layers of history

The emotional associations tied to the space

The spatial composition

The surrounding context

The elements that pass through

The elements that remain