

TODAY.

Welcome to your body.

Please feel free to follow along. No one can see you. You cannot even see yourself.

This moment may not be considered real, once you have left this space.

Does what we remember, plant within our bodies - is that an image overlaid or a wall built up? A mirage or a mirror?

Welcome to the body box. Please follow along with me - no one likes to be ignored. I'd like to look at freedom and see you. You can think whatever you want in this box. Say whatever you want. Do whatever you want. I haven't set up a grid, a camera, a signifier. No one is waiting outside to question you, prod and poke, inspect.

I want you to know

it's not unconditional love I feel towards you...something like it...a gaze with out conditions...darkness...non-place, non-body...

REMEMBER A TIME YOU WERE COM-
PLETELY RELAXED,
HAPPY.

Imagine what you were doing
when you were there. The colors,
the landscape, the taste of the
air...

YOU HAVE NOW TRANSFERRED THAT
MEMORY TO THIS PLACE.

Your body, I could feel
it remembering.

Touch the back of your neck.

Feel the chords of muscle, the
bristly hairline, the oily skin
smooth beneath your fingertips.

Here

is where the human body holds the most
tension, the weight of the skull and
teeth, and the thoughts,
the grey matters in our grey matter

Elevator

The elevator is located
near the loading dock.

→ x minutes

→ Silence

There are two metal switches
in the elevator: fan and light
Switch them off during your
ride. Do not turn the light on;
let the door open.

On your way, please breathe.

BODY DIARY

What exactly did your body do today?

Every Monday this month, in the afternoon, make a list of things your body did. Note the instances when you cannot help but mention an emotion of a reason.

Memory Exercise

Body Splice

Read your body diary aloud in a dark, enclosed space. Record yourself reading. Lay out a big sheet of paper - newsprint is fine - and dip a watercolor brush in black watercolor. Play your recording on repeat, painting only the words you can hear fast enough.

Only listen to yourself when you lift the brush from the paper to hear the next spoken word.

After you have filled your paper, read aloud the painted words.

Record this and listen to the rearrangement of today.

Touching Exercise

Agree to touch someone
today.

Remember to touch
yourself today.
Touch the things and
people you love.

Write down a list of what you
touched today

Converse Today.

Touching Exercise 2

Hold someone's hand.

Maybe you know them well,
maybe not...

Comfort their bones.

Let them comfort your
bones.

Don't feel self-conscious
about your hands.

Touching is a language.

Sad Exercise

Look around you.

Notice
that everything is sad and
decaying and in a process of
corrosion. Remember the passing
of time.

Remember to feel.

Happy Exercise

Look around you
and see how beautiful
everything is.

Commit to confidence
in beauty and harmonious
disharmony.

Smile with your eyes.

Smiling Exercise

Do not laugh today. When you smile, only smile with the corners of your lips.

Notice how shitty it must be to continuously do this subconsciously.

(notice
how easy or difficult this is for you)

GROWN - UP
EXERCISE

Today is a business meeting.

Project power today.

Know everything today.

Know nothing today!

Child Exercise

(Feel everything
today)

com
mit
to
com
mun
i
ca
ting.

Speaking Exercise

Say what you mean today.

In the next hour,

Whenever you see someone

