

# **Task by Ariadne Mikou**

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A casual meditation for anywhere and anytime.  
Scan & Listen  
or  
Read below.

This is you in space



and time.

You may imagine yourself as a tiny little dot  
at a specific spot on the earth,  
at some point in the abyss of time.

After yesterday  
&  
Before tomorrow.

100 years later  
2 seconds before.

You are HERE

Carrying your own [hi]story

&

Making [hi]story. At every single moment you inhabit this planet.

Your HERE & NOW surrounds you.

What do you see, hear, smell and touch?

What kind of relations among objects, humans and animal species  
do you notice?

**As if being a photographer that looks at you,  
take a spontaneous picture of your body with your mind's eyes.  
Do not prepare the photo. Do not prepare yourself.  
Be quick, efficient and press the button.**

How does your body participate in this landscape of  
relationships?

How does it connect with others?  
What traces does your body leave behind

in your everyday encounters?

Where you are, what does it catch your attention?  
How do you think that you are being perceived  
by what caught your attention?

Get closer to what caught your attention.  
Change your point of view  
&

Look at and sense the world from his/her/its/their perspective.

**As if being a photographer that looks at you,  
quickly take another picture of your body with your mind's eyes. A wide frame  
picture that captures you in relationship to what surrounds you. You are just  
a part of the chain of time. A part of a landscape that shifts continuously.**

In another spot nearby, lie or rest on the ground.  
Witness. Observe.

What has changed in your point of view now?

**As if being a photographer that looks at you, choose your distance  
and take another picture of your resting body with your mind's eyes.**

Where you are, find the highest place that you can reach.  
If you can, climb over  
& look from above.

What new information do you see?

**As if being a photographer that looks at you, look up  
and take another picture of your body with your mind's eyes.**

Go to the next point that previously caught your attention from above.

What is the shape of your body now?  
What is the tension in your muscles?  
Which body parts are in contact?  
How much of your weight do you allow to pass through  
the strata of the earth and  
reach at its centre?  
Do you sense the pull of gravity?

As you focus on the vertical axis, remember: your HERE & NOW surrounds you.

How are you being affected by what surrounds you?  
How do you affect it?

**As if being a photographer that looks at you from above and where you were before,  
take another picture of your body shape in space with your mind's eyes.**

What else does it catch your attention?

How far can you reach with your sight?  
How wide can you see with your peripheral vision?  
How deeply can you look into yourself?

Is it a tiny little thing occupying space that catches your attention?  
or  
a big one?

Go to that place.  
Approach this being.

Change your body shape again in response to this being.  
Leave your imprint on the ground  
or the other surfaces that you may come in contact with.

I forgot to ask you:  
What do you think is your imprint on the world?

**As if being a photographer that looks at you,  
take a last picture of your body and its imprint with your mind's eyes.**

By now, you must have 6 body shapes,  
6 moments of stillness in time.  
Six photos taken with your mind's eyes;  
blurred capturing the process of  
or sharp and clear.

You may keep on going until you get tired.  
It is simple:  
Keep on taking different shapes in relation to  
what catches your attention.

You may decide to stop here.

**As you pay attention to the sound that surrounds you and as if being  
a choreographer, connect as many moments of stillness you have collected  
to make a dance.**

When you finish your dance,  
open your book and begin to read.

Whenever you need to shake your body,  
repeat the whole task from the beginning.

Now, the score is yours.  
You may amplify it  
or  
variate it.

\*Make sure not to lose your connection  
with what surrounds you.