

Task by Masako Matsushita

1) WELCOMING

Dear visitor-reader,

Welcome to this space of experience. The following text will guide you through an evocative journey that you may practice in any room of the museum you find yourself in or in a place you dwell.

This is a list of tools you need to prepare in order to start:

- an A4 piece of paper or a note-book
- a pen or a pencil
- a compass
- a smart phone
- headphones (if you choose to listen to music)
- a camera app or a camera photo device
- some music (for example a playlist you like)
- our bodies and the place you decide to discover and activate
- 30 minutes of availability.

2) LET'S START

- suggested duration 3 minutes -

I invite you to find a place where to start from and to take a comfortable position.

I focus on listening to my body

I pay attention to the breath

I inhale deeply and exhale, deflating my lungs, the rib cage, the abdomen

I repeat this breathing pattern three more times and if I need, I close my eyes

I inhale ... and exhale relaxing the jaw, the temples, the facial muscles,

inhale ... and exhale

inhale and ... exhale

I feel the oxygen flowing and passing through the body

I bring my palms to eye level and place them gently on the eyelids

I pay attention to the texture of the skin and feel the temperature of the face

I also feel the texture of the hair with my fingertips

Gently the palms are lifted from the face and calmly

I begin to blink to adjust the pupils to the light that surrounds me until they open completely and

I begin to look around observing where I am

I try to release the tension that I can feel in the neck, the shoulders, the breastbone.

Then I join the palms of the hands at heart level and rub them together with a vigorous and energetic rubbing that generates heat.

And slowly the palms are distanced from each other and I approach the piece of paper.

3) PERIMETER

- suggested duration 5 minutes and/or play a song in the meantime -

I take a pen or a pencil and try to draw inside the sheet the perimeter of the room where I am
Possibly marking the exits and entrances, windows and doors
and any other relevant details
I take my time and observe what surrounds me

4) CARDINAL POINTS

- suggested duration 10 minutes and/or play 3 songs in the meantime -

Now I open the compass application on the phone or I take the compass
I place my body in the center of the room and I discover the directions of the cardinal points
Looking at the compass, where is North, South, East, West?
I choose one of the 4 cardinal points
Once I have decided, I go towards that point orienting myself thanks to the compass
Once reached, I observe what I find
What do I meet in this point of the room?
What is that? What material is it made of?
How is it made and what characteristics does it have
Can I sense its temperature? Is it hot, cold, lukewarm?
How is it compared to body temperature?
What consistency does it have? Is it smooth, rough, porous, metallic...?
What is its name and how would I call it otherwise?
If I wanted to give it an identity with which words would I describe it?

According to the cardinal point chosen, how does the sunlight illuminate the place where I am?
How does it get filtered through the windows?
I observe
If there are no windows, can I imagine my position in relation to the sun and the earth?

I approach the paper sheet again and try to orient myself also on the drawn perimeter. I try to somehow trace the cardinal point on it. Compared to the perimeter drawn, where is this cardinal point?
And letting myself be influenced by the memory of the discovery that took place a little while ago, I write the name or the words that came to my mind.

5) CHOOSE AND TAKE A PICTURE

- suggested duration 5 minutes in silence -

Now with the camera app on my phone, I approach the chosen cardinal point again I photograph it by choosing the portion of space to be included in the frame and maybe I include a part of the body into it.

Now I take a look at my surroundings and look for a point in the room that is the least inhabited, the least used, perhaps the most neglected or empty?

And I ask myself what does an empty space, a less lived-in space mean for me?

Could it be a corner, a hidden place behind a piece of furniture, a crack ... I don't know ... I think about it for a moment and once found it I take a second picture

And now I move to a third place which on the contrary represents the most lived-in place, the one that carries the most weight, where more people gather, where the gaze gets busy the most.

I observe it and maybe there are memories that get awake, and again I focus on it and take a picture.

6) WORD MOVEMENT

- suggested duration from 5 minutes up to 10 minutes beginning in silence -

Once these photos have been taken

I go back to the paper sheet and within the drawn perimeter I find a space to write what the word MOVEMENT means to me, without thinking too much and in a stream of consciousness.

I take my time and write everything that the word MOVEMENT suggests to me

Like a river, words flow and the meaning reveals itself

And when I think I have finished writing what the word movement means to me, I revisit the artworks that inhabit the space in which I am, and I try to think of a movement, an action, a gesture, a shape that has caught my attention and I select one.

I try to draw it in the sheet of paper by choosing another place within the drawn perimeter, I try to leave a trace without judging my painting skills or the chosen movement.

The movement becomes traced and it is the trace that moves on the paper

Now play a song with a rhythm you like to dance to, put headphones on and put the volume up.

I imagine my body making that movement. Could I become one? How would my body move when thinking about that action? When embodying that movement? My whole body becomes that movement. I stand up or I already am, and I dance that small or big movement, I feel that it expands throughout the body, I feel the body transform and dance and I dive myself in the rhythm. I dedicate this dance to the artworks around me, I let myself be watched by them and I look at them too

7) ARRIVAL

- suggested duration 3 minutes and/or play a soft and calm song to accompany you -

Slowly the movement is reduced until it disappears and I stop in front of the source of the movement, the art piece
of departure perhaps,
I concentrate on listening to my body
I feel the oxygen flowing and passing through it, I pay attention to the breath
I inhale deeply and exhale, deflating the lungs, the rib cage, the abdomen
I do relax the muscles of the face
I find a place in the room to position myself.
I make myself comfortable in a welcoming place, it could be the armchair or someplace on the floor, I follow what
the body suggests to me. I stop to remember and to rethink to echo the experience just lived.
I re-visit the places I have just crossed or I simply listen to the state I am in and if I feel the need
I close my eyes.

8) ENDING

We have come to the conclusion and I thank you for your participation
I invite you if you like to send me the photos you have taken and also the photo of the piece of paper you have filled
in at the following email address matsushitamasako@gmail.com
Thank you again for your time. I wish you a good visit and reading.

