

Score for Walking, I

Observing place, slowness + kindness

This is a slow walk recorded near a busy lake.

My steps are quiet here, but I'm walking at roughly 54 bpm, if that's useful info.

The walk takes about 40 minutes.

Nothing is needed, except you, a place to walk, and some decent shoes for walking.

Download the audio, put on headphones, and go!

During the walk, we talk about and practice observing place, slowness, and kindness.

GREETING, BEGINNING

Welcome to score for walking.

I'm glad you are here

Today's walk is about

Observation of place of slowness and kindness

To begin, we'll find a place for walking

put on our masks

empty our hands

and step forward one foot and the other

and we're on our way

I'm walking a narrow dirt path

Down by the lake

There was a storm a while ago

So I'm picking my way through

Branches down

I am moving slow this morning

Moving slow

I'm remembering the earth is still rebounding from the glaciers

and maybe we can let that guide our walking pace

ACTIVITY: OBSERVATION RECALL ARRIVAL TO

So I'm thinking of glaciers

slow and steady striding and you

I wonder how you arrived to this moment of your day

Where did you come from

What tasks methods of transportation interactions brought you to this moment

of putting on headphones and taking a walk

In your mind, trace your day

your actions leading up to this moment

Or with gesture and movement, trace your day your actions

with a finger a hand your body

How did you arrive to this moment

Recall that

QUICK SOMATIC CHECK-IN

It's a hot morning here
Heat advisory for later
I'm in that moment of pre sweat
Little tickles prickles of sensation along the cap of my skull

Fingers slightly swollen with the heat
But it feels good to swing my arms
And feel my feet meet stone and dirt

I wonder how your body is feeling

LONGER SOMATIC CHECK-IN

As you would greet a neighbor a friend and inquire about their day
greet your body and ask after it:

Maybe you ask your body:
How are you feeling about the pace we are walking?
That shoulder that is sore from moving furniture yesterday how does it feel now?
Your jaw did you grind teeth in your sleep?

How is your heart?
Inquire after yourself a bit longer

ACTIVITY: LISTENING WITH PLACE

Finishing up our check ins with body
beginning to listen to place

I think of our check ins with body—we were the initiators in question asking
As we attend to place we can be
the listeners, allowing place to initiate the conversation

To my right, the water demands my attention first
So I stop watching the way it catches over stones
Bubbling up white afterwards
I listen and move on

And then stopping to pick up a stone that reminds me of one
I put in my pocket in a fishing village in Central America
I feel its weight
And turn it over and around in my fingers
Then let it go
Place it back where it came from
I continue on

So Let yourself be led to some **thing**
Go to it
listen to it/be still with it for a while
Then move on

Maybe we find 4 little conversations
Let's try it

OBSERVATION: METHODS OF SUPPORT

I'm nearing a series of fallen trees
But they have not fallen all the way to the ground
Rather they are being held in fall-ING positions
By trees that are still upright
Trees cradling other trees
The same as we would hold someone's weight
One hand on elbow
The other on small of back

What are you seeing
That is intertwined
Or a support for something else?

Maybe it is manmade systems of support
Parent with child on shoulders
Or house supporting a leaning ladder

How is your body supporting itself?
I'm thinking of the feet the support of our walking
Keeping us up right

Our heart pumping first to itself oxygen rich blood
Then outwards pumping blood supporting the entirety of us

OBSERVATION/ACTIVITY: KINDNESS

To my right I'm passing a family
Two young children
A parent picks up a long stick
Reaches forward arm and stick extended into the water
Pulls a plastic bottle out

Little actions of kindness for place and person

I wonder what actions of kindness you might witness
Along your walk
Or take part in

Maybe it's the wind cooling your sweat just so

Maybe you're practicing a kindness
Towards your self

Or is it an audible
Greeting
To someone you wouldn't
Have said
Hello to
In the place you are walking

OBSERVATION/ACTIVITY: OPENING CLOSING

A dancemaker, Jonathon Burrows has this score
Or a recipe for dancing
He talks about paying attention
To anything everything
That is opening or closing

I wonder what that means right now
Moth hovering right in front of me
Its wings opening and closing
10-15 times in the moment it was near

mouth opens to take a breath

Bird beaks are open
Hands half open
And my heart opening and closing

What do you see or feel that is opening or closing?

SOMATIC WRAP UP: THREE GESTURES

Then let your stride the distance between your steps shorten
Come to an end slow it down finally reach stillness

Three quick gestures we will make:

Gesture one

Close your eyes (or take a very slow blink)

As you open your eyes, rock back on your heels, just slightly

Try it again- close your eyes- open and rock back on your heels

Gesture two

Take your hand remind yourself where your heart is

Place your hand there

Imagine what your heart looks like see it with your head

And with hand over heart palm rubs a circle

Three times around the heart

With each circle smudging or blurring the boundary

between the heart and the rest of the body

It grows larger the heart, I imagine with each circle we draw

Gesture three

Hands to belly

Feeling heat or sweat or none of that just texture of shirt

But feel yourself breath

Gut sensing this is a place of knowing

Breathe again and again

Then let your hands fall

Turn around and begin to head home

Inquire about your walking pace
How does it feel now

ACTIVITY: TURN AROUND + GOODBYE
HAIKU Walking for the Way Back

So back along the dirt path I go
Water is on my right farther off

Quiet full bubble
That's the water morning sound
Stride slows down to match

That was, I think almost a haiku a 5 7 5 syllable thing

Quiet full bubble
That's the water morning sound
Stride slows down to match

I wonder what word or sentence or haiku
You might string together
That are about this moment or the moments before
That is about what your experience on our walk

I leave you
To this task of thought
As we both walk home

Enjoy