

## Score for Walking, II

Walk time: 45 minutes

This is a slow to medium paced walk recorded near forest and water.

My steps are roughly taken at a pace of 60-70 bpm, if that's useful info.

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

During the walk, we talk about and practice observing near and far distances, our pace of walking, and our presence in the place we are passing through.

### GREETING, BEGINNING

Welcome to Score for Walking

I'm glad you're here

Today's walk is about experiencing sight and stride in relation to place

To begin, we'll find a place for walking

We'll put on our mask

Empty our hands

And then placing one foot in front of the other

we're on our way

### OBSERVATION: PRESENCE IN PLACE

As I spoke that greeting to you

I looked up mid sentence

And a deer very young was passing by so near

I immediately softened my presence to match

what the place the moment was asking of me

My breath softened my knees softened

And I'm reminded that is also what this walk is about

Looking at our presence in the place we are passing thru

So begin to listen to sounds you are adding to place

I'm hearing a heel toe descent meeting

Dry leaves and stone and dirt

the occasional bramble I brush into

But I'm understanding that immediately I am turning down the volume of sound

I am presenting to place

So maybe wrapping some invisible cape around our step

and softening our sound

Is the way we are proceeding

But maybe the place we are in requires annunciation

Step sure, strong eyes out seeing wide

big expansive breath

So again check in with what volume of presence

With what volume of sound

Your place is asking of you

### ACTIVITY: NOTICING NEARNESS + DISTANCE + WHAT IS HAPPENING BETWEEN

As I'm attending to my human made sounds  
I'm finding my focus pulled downwards  
Tracking how and where I am placing my feet  
So I look up and out

And begin to sense what is around me

There's off of work traffic hovering over my left shoulder  
Brilliant blue dragonflies have emerged this week  
And are flitting in and out of my path

So take your eyes up and out  
And just for a moment  
Extend your arms wide fingertips extended as well  
REALLY do it! REALLY wide!  
begin to notice what is going on in this fingertip to fingertip range  
it's a nice social distanced bubble of sensing and perceiving action

Fingertip to fingertip what are you sensing  
your heart pumping or sweat on your skin or bug buzz?  
Take a moment to notice

Now drop your arms if you haven't  
But remember where your fingertips were extending to  
And now notice what was- what is right beyond the fingertips  
This is a space of action, clear in focus  
Objects in motion, incoming sounds or smells sliding by  
Take a moment to notice here

And now further out the distance of horizon  
maybe you see horizon maybe you imagine one  
What are you sensing that is far far out that might just be there  
over that hill around the corner

and then for a moment we will zoom back and forth between noticing near and far  
What are we sensing that is at the fingertips and what are we sensing or imagining of hearing that  
is at the space of distance  
Back and forth we go

### ACTIVITY: SHIFTING PERSPECTIVE

a little game:  
Play with shifting perspective

The sun is in my eyes so I create a little hand shield  
Blocking out light  
Then I close my hand and circle it around my right eye  
And suddenly I am seeing  
Place thru a lens

Then tipping myself up  
Seeing bright sky above  
And crouching down low  
To possibly see where that sound of laughter

Is coming from far away

So little curiosities little ways of changing perspective on place  
PLAY with shifting your perspective four times  
Let's see what happens

### QUESTION: FOOTFALL, STRIDING, SUNSET EYES

Then gather your noticing back on in  
back to your foot fall

Foot *meeting* earth

What IS the word you would use  
to describe the way your foot is touching  
the particular surface you are interacting with?

So with my presence soft  
And my foot in partnership with the ground below  
I'm noticing my stride:  
Today is a one two one two  
Every once in a while grows uneven  
Usually my stride is a: one and a two one and a two

If you had to count out your stride today, what would that rhythm be?

As then checking in with the eyes

The eyes depending what space we are walking through  
can be forging forward ahead of the body  
For so many reasons

I wonder what it would be like  
To think of the eyes filling up the eye sockets  
Sun set of eyes  
Heavy, reclining

In the butoh dance form there's a saying  
Let the world come to you  
Instead of reaching forward with our seeing--  
Can we let the world come to us?

And maybe this the space to try it out  
Let's see what happens

### ACTIVITY: TRACKING ONE THING

So our sight softens  
And we're passing thru place at a slow speed  
Begin to find little repetitions of information that are coming your way

Over and over I feel the soft play of spiderweb over eyelash nose

My eyes are drawn to red  
Many of the trees have red markings  
A slash an x  
I wonder what sort of indicator is of their health

So repetitions catching your attention  
And begin to track one of these repeating cycles of information  
a texture a sound a smell catching you

A letter a number that keeps popping up  
Or a flash of fluorescent

Track that one thing for a while

#### ACTIVITY: SOMATIC CHECKIN, RECALLING TRACKING

As your tracking of one thing comes to an end  
Slow your pace  
Slow it even more and turn in a direction that feels good to stop  
Find a parking spot

And once the feet are still feel them pressing down  
And earth back up

I'm finding this backward and forward gentle wave in my body  
and I'm letting it happen

It feels like the walk is still going

So a little dance, visible or invisible- happening in your body right now  
Let it

Begin to recall what you were tracking moments ago  
And as we recall each found moment during our tracking we will trace it into our body

Let's try it:

Take your fingertips and  
Massage right over right along eyebrows  
and remember something you tracked  
(I'm remembering the green underside of a leaf, light filtering through)

Fingertips to jaw, massaging where food grinds- remembering something else you tracked  
(I'm recalling little forest trees)

Working so hard to grow up from under)

Place thumb in opposite palm and trace little circles  
remember another moment of tracking

Massage or hold one more part of you recall one more experience of tracking

And then begin to walk again  
But this time in the direction of home

### ACTIVITY: WALKING TOWARDS HOME, HELLO AGAIN TO BODY

As you walk towards home  
Check in with how feet are meeting ground

Check in with the shins the way they are pressing forward meeting the knees

The legs are long falling away from the pelvis the hips

The pelvis this lovely bowl of shifting information and wellbeing  
Contents buoyant

The ribcage and lungs expanding like wings with each breath

The collar bones are wide as if a gentle rain is falling and rolling right off of them

Arms swinging loose long  
shoulder blades are snuggling just so on the back

The neck is long and supporting head

And head is bobbing gently on top of this place we live in  
The dome of the skull talking to the dome of the sky

This is where I leave you  
To head on home  
Enjoy the rest of your walk