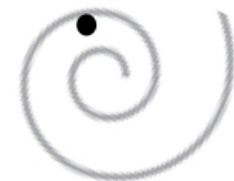


Score for Prepositional Dis/positioning

By P. Megan Andrews © Nov. 2020



Instructions:

PART 1: Complete the Score (in situ)

- *Find a location near you (ideally an outdoor public space) with as few people as possible, where you can safely wander for 7 minutes without ever going in a straight line (looping and doubling back are welcome): a park, parkette, backyard, driveway, beach, plaza, parking lot, courtyard, sports court, car-free alley, atrium, large living room, basement ...*
- *Bring your phone and have a pocket or bag for it so you can be hands-free. (You will use your phone to view the Score, as a timer and to make a recording.)*
- *Before you begin, turn off notifications and put your phone on silent so you won't be interrupted.*

After completing the Score, choose either PART 2 or PART 3, or explore both. See end of Score for details.

[Total time: approximately 30-45 minutes]



Set a timer on your phone for 7 minutes if you wish.

Invite breath.

Remember whose land you are on.

Wander for 7 minutes.

Never in a straight line.

Always slower.

Notice what you notice.



Take about 1 minute with each of these prompts while finding stillness in yourself and in the space.

Perceive detail

– what is behind the horizon?

Perceive sound

– what is before the silence?

Perceive texture

– what is beneath the surface?

Perceive contour

– what is between the forms?



Take a few more minutes to arrive where you are.

Invite breath.

Soften. Release tension.

Sense air, movement, light, shadow, sound, silence, mass, scent, warmth, coolness ...



Be expansive in your questioning.

– what is beside you?

Score for Prepositional Dis/positioning

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*Read or quietly speak the following to yourself slowly, looking up in between each line.
Move your head and take time to perceive each dis/positioning in your body.*

What is above I am above

What is beneath I am beneath

What is on I am on

What is in I am in

What is before I am before

What is behind I am behind

What is toward I am toward

What is away I am away

What is within I am within

What is around I am around

What is across I am across

What is through I am through

What is under I am under

What is over I am over

What is beside I am beside



Take about 1 minute within each dis/positioning, adjusting your level, direction, proximity, etc....

Allow yourself to be drawn to a feature in your surroundings.

Dis/position yourself in relation-with it (use the prompts from the previous page).

Experience the relation-with through your senses and whole body.

Allow it to seep in, to permeate you.

Shift to a new dis/position in relation with the same feature.

Repeat. Shift again. Repeat...



Release your dis/positioning and release the relation.

Notice the experience of releasing.

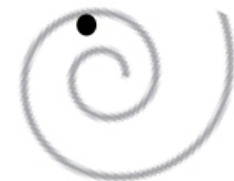
Travel slowly backward for as long as you can safely manage.

Turn and travel forward, gradually coming back to yourself at your own pace.



Before you leave your location, consider how you will approach Part 2 and/or Part 3.

End.



Instructions:

Choose one of the following (or explore both) as a way to reflect on your somatic experience.

PART 2: Audio/Visual Expression

Create a maximum 30-second audio/video recording that expresses something about your perceptual experience of and relation-with the feature. This is not necessarily a recording of the feature OR of you but is based on the insights that emerge from your experience.

OR

PART 3: Textual Expression

Write a single paragraph or point-form/poetic text that includes a description of your perceptual experience of and relation-with the feature and reflect on any insights that emerge from your experience.

