

One Day

The following instructions were written in books given to each performer.

5:37 a.m. sunrise

This day is for yourself.

Close your eyes.

Listen. Breathe. Count your breaths. Center yourself.

Where were you a year ago? and four years ago? Where will you be four years from now?

6:00 a.m.

[a different instruction for each artist]

Move through the site slowly, and experience it through your sense of smell. What fragrance have you never smelled here?

Move through the site slowly, and experience it through your sense of touch. What have you never felt here before?

Move through the site slowly, and experience it through your sense of sight. What have you never seen here before?

Move through the site slowly, and experience it through your sense of hearing. What have you never heard here before?

Move through the site slowly, and experience it through your sense of taste. What have you never tasted here before?

7:00 a.m.

breakfast

Please come to the table on the lawn at the west end of the garden

8:00 a.m.

This is a time to make preparations for your own performance on [day of the week that each is scheduled].

9:00 a.m.

Find something around the Centre that needs to be cleaned or repaired. Pay attention to your body in action.

10:00 a.m.

Find a book in the library to read. How might it relate to your work?

11:00 a.m.

Observe the movements of another living being. (Just one.)

12:00 noon

lunch

Please come to the table on the lawn overlooking the river, just before the path to the grotto.

1:00 p.m.

Take this hour to rest, either indoors or outdoors. What do you dream?

2:00 p.m.

Find a gift to give each member of the group. Keep it in your bag for later.

3:00 p.m.

Take a walk along the dirt road, and look at all the different plants that grow at the edges. Smell the air.

4:00 p.m.

Take this hour to savor a single glass of ginger beer at the café. It is waiting for you.

5:00 p.m.

Write a letter to someone whom you have not seen in a long time.

6:00 p.m.

What will you leave behind? Place a message or object somewhere on the site, for someone to find in the future.

7:00 p.m.

What do you absorb? What do you release?

8:00 p.m.

dinner

Please come to the table on the lawn in front of the church, overlooking the prairie. How far can you see?

9:00 p.m.

Follow me to the grove of trees, where we will exchange our gifts for one another.

9:32 p.m. sunset

The day has ended.

Now it is dusk.

Thank you.