

introduction

Dear Reader,

From May 25th to 29th 2020, *Scores for Gardens* was invited by Radialsystem to conduct a workshop during the festival “New Empathies: Far from a distance”. Titled “Scores for the Time Being” the workshop was originally planned to take place at Radialsystem’s venue in Berlin, but due to the circumstances, it was transferred to a digital space. As we, in *Scores for Gardens*, work partially with dislocated bodies and practices and partially in spacious rehearsal rooms, working online was not an adaptation but rather a side of our practice.

The online workshop was a collective attempt to engage - in distant synchronicity - with a series of daily tasks and mini-scores that, when gathered and layered, would create a temporary digital “garden”. Throughout a period of one week, the participants would receive every morning a newsletter with a task/score. They were asked to take them into consideration while going through their lives in isolation and write us back sharing some kind of output by the end of the day. The digital “garden” was created collectively online and was accessible to the participants at any time, so they could see each other’s answers/scores and watch how this multi-layered garden would slowly assemble and grow.

Now we are sharing these tasks with you, dear reader.

With these minor tasks we invite you into the universe of our study group. We hope that you enjoy diving and dwelling into the different possibilities and openings of your body perception. As a little heads up, we will already reveal that the following texts have a lot of hidden information, can you find it?

We suggest to do a task everyday following the sequence/path we have proposed. Feel free to play with the tasks by printing and reinterpreting them depending on how it best suits your practice. By the end of day 5 we would like to hear from you about your experience and things that you might have discovered. Our question then will be: what is *your* “Score for the Time being”? You can share it with us by emailing us at scoresforgardens@gmail.com.

Before starting the process, here is a short introduction of us:

“Scores for Gardens” is an interdisciplinary study group formed by Katrine Elise Leth Nielsen, Juan Felipe Amaya González and Angeliki Tzortzakaki in August 2019. It borrows the symbiotic and organic form of a garden to reflect on the complexity of cross-cultural and remote collaborative artistic practices. “Scores for Gardens” as an open-end learning platform operates with peer-to-peer exchange of tasks, ideas and inputs remotely (via digital platforms) and by meetings focusing on the intersection of movement, writing, and voice work.

Day 1: Sounds of our Garden



Day [1](#) of *Scores for the Time Being*

Dear reader,

Before we start today's task, take some time to allow your breathing and listening skills to be sharpened and opened by doing this short exercise:

 [breath and listening, spot sounds.wav](#)

Now, once you have done this, take a moment to imagine other readers of this text doing the same exercise. Try to allow a distant but concurrent presence of them to resonate in your body and your environment. In a potential synchronicity we will now start assembling our garden:

Your **first task** starts by paying attention to the air around you, being aware of your surroundings and your sensations, listening carefully and consciously to the world.

Then **spot a sound** (its location, its intensity, its relation to you); you can choose one or more.

Now try to **amplify** it by transforming that input or sensation into a different magnitude or intensity and manifest it in any way or medium: it could be through the body, through language, or even by using a technical device.

Collect the amplification([s](#)) and store them for later.

Lots of love,



Day 2: Bodies of Water

Fellow readers of the time being,

The garden's fertile ground is being assembled: we roll on towards the second day. Let's breathe together again, in a potential and distant synchronicity, taking in once more the resonance.

 [breath and listening, spot sounds.wav](#)

There are many resources that can make up our fertile ground. After working with air and the importance of breathing, this feeling in the lungs and the skin can still be perceived. Do you feel the air? Do you feel its temperature and the little changes in the ambient? Air is rich with water and your body as well, do you feel the humidity around you? On the surfaces or in the ground?

As a **second task**, try to **measure the humidity of your environment**: of the air, the ground, the living and non-living bodies, the structures.

There are many ways to do this, by welcoming both the abstract and the concrete, associations, metaphors, linear and non-linear measurements, ranging from a molecular scale to oceans and beyond.

We *recommend* starting from a sensation.

Once it's been measured, **increase the humidity levels of your surrounding environment**. Take as much time as you think is necessary and feel free to use any tool at your disposal.

Now **observe the changes and measure them** without necessarily quantifying them.

moisty love



Day 3: vibrrrrrrrrrrrrraaaaANT =^●人●^=

 [breath and listening, spot sounds.mp3](#)

Day 3th, 202020

A deep and sincere hello,

Day Three of *Scores for the Time Being*.

Once again we start with our daily exercise: let's breathe together, being in a potential and distant synchronicity and continue assembling our garden, taking in once more the resonance.

Here is a [little internet trove](#): you can play it, while you continue reading.

If you pay careful attention to matter around you, an exuberant world opens up, oscillating in different frequencies and rhythms (towards entropy): geological processes extending beyond our lifetime, childhood laughter as memories from a distant past, electrons flowing behind the luminous screen you are reading in right now...you could go on and on if you keep thinking about it.

Now **identify the different frequencies** that vibrate around you.

Once you identify many frequencies, **please pay attention to the patterns and connections*** that begin to appear, stay open and curious for unexpected discoveries.

We *encourage* you to use any medium you consider suitable for documenting this.

**We are mostly interested in correlations (not [necessarily](#) causations).*

Vibrant Love 💖

Day 4:



dust.desire



The realities we are sharing have so many points of intersection, many patterns that appear in unexpected ways, even as this journey is so individual, sometimes we align in forms we can't anticipate.

Once again let's brrrrrrrr breathe together, being in a potential and distant synchronicity, taking the resonance with you.

Now stand on your two sweaty feet, straightening your back and focusing on your breathing. The air accumulates and forms a dense assemblage of particles. It is now vibrating and moving fast towards the exit. Feel the ball rolling upwards, all the way to your palate, vibrating more and more until you can't hold it, something wants to burst OUT!

Today's task may seem simple, but it requires full commitment for it to unfold. We will be working with transformation and the power of renaming and reapproaching, and therefore we ask you; **say a phrase out loud with the purpose of transforming the reality around you.**

Try to do as many as you like and can, choose some and **repeat them, say them out loud again**, then repeat them once more and say them out loud again, go somewhere else and say them out loud again, and again, and again, and again, and again, [and again](#).

What came out of this? **Is there a way of sharing these affirmations, manifestations, or feelings?**

Hot wishes to every single one of you!

Day 5: A Score for the Time Being

For every single reader of Day Five of *Scores for the Time Being*:

Let's breathe together one last time (for the time *being*), in a potential and distant synchronicity taking the resonance with us throughout our day.

Now find a comfortable position to place your body in, take a sip of a drink and grab a pen or a mic.

Breath down to your stomach and sit for a moment and listen to the sounds which are now surrounding you and relax with this feeling. Maybe even give yourself a little smile.

Starting with the sentence "I find myself in a garden" let your mind ride on the hills of your body.

I find myself in a garden
I find myself in a wild chaotic garden
I find myself in a wild chaotic ecstatic greasy garden

[Silence]

Somebody planted me here
Did I fly or did I just somehow land here?
I find myself in a wild ecstatic greasy and extremely humid vibrant garden
Covered in soil, covered by ants, root canals, sounds, dusty-sweet-desirable memories

I find myself in a garden wandering around, looking at birds, looking at trees, looking at microscopic messages coming from the air

[Silence]

I find myself in a garden being split into two; half of my body buried in the ground half of my body reaching upwards, outwards, towards someone, towards something I know
I find myself in a windy garden
I find myself in a small garden
I find myself in a.....

[Silence]

I find myself in a garden
With radical softness, I embrace my being organic, my being vulnerable, my being fragile.

I find myself in a garden of softness

I find myself in a garden but now I am slowly moving towards an exit.

.....

Before leaving you place your body on the ground listening to something only you know, You slowly start to put your fingers in the soil and you are enjoying it; the soft cold soil finding its ways to cover your hands, to get under your nails. You want to carve out some space, to create a small hole in the ground. You dig and dig and then you stop. You look at the hole and start to ask yourself:

What do I want to bury here?

What would I like to leave behind?

Give yourself a minute to think.

Now place whatever you want to leave and bury in this garden, in that *hole*. Cover it with soil and give it a small goodbye while standing up and having a last look at the garden.

Now slowly start to move your fingers and toes, and blink your eyes, stretch, yawn, etc.

After reading this, and as a last task, we kindly ask you:

What is your *score for the time being?*

Epilogue

THANK YOU for reading all of this. We are very happy to have shared this material with you. If you want to share your *score for the time being* or have any comments or thoughts please do not hesitate to send them to us at scoresforgardens@gmail.com

With love and appreciation,

Scores for Gardens 