

*Walking as its own inner and outer journey # 1*

**100 steps**

*short medium or long - alone or with another - sonic or not*

Breath in on left step and say  
"In the here, in the here"

Breathing out on right step and say  
"In the now, in the now"

You may stop for a step or two

*You may use one of the walks from today - Walking Blind / Slow Walk / Restricted Walk*

***Every footprint is a song...the song of life...painted on the sand...painted in air...(Nanao Sakaki 1976)***

## Walking as its own inner and outer journey # 2

### read walking

Write S/T/E/P (or P/A/S or S/T/A/P) twice, one letter per piece of A4/A5 paper (big enough for eye mind and feet to read easily). Spread the 8 (or 6) lettered sheets randomly on the ground around you (so that you can easily walk from one to the other).

speak walk

SssSSSSSS

a letter

Tt T T

per step or two

Eeeeeee

please yourself

PpPPPPPPP p

stop sometimes

Ssss ssssss

again and again

TTTttttt

*The first public highways were made by the repetitive walking of a path of least resistance. Feet, eyes and mind simultaneously reading and writing the earth, often while singing.*

**Every footprint is a song...the song of life...painted on the sand...painted in air...(Nanao Sakaki 1976)**

## Walking as its own inner and outer journey # 3

*Every footprint is a song...the song of life...painted on the sand...painted in air...(Nanao Sakaki 1976)*

### **100 wander(ing) steps**

*alone and with others*

Your feet wander slowly  
they find a place  
to pause for a while  
*you stay there*

*breathe in and say*  
“in the here, in the here”  
*breathe out and say*  
“in the now, in the now”

Your eyes wander slowly  
they find a place  
to rest for a while  
*you stay there and listen*

*This wandering of feet, eyes and ears can be done in whatever order, for as long as one chooses to. Wandering stops when each one involved has chosen to stop wandering (because all wandering has been exhausted or that some should be saved for another occasion). This can be indicated to others by sitting or lying down. Your feet, eyes, ears may want to join other's. If welcomed, do so for a while. The breathing and the saying should be discreet yet audible to others.*



Training the Senses  
13.06.18  
WALKING