

EXERCISE I: Observing Presence

Stand in a public space of your choice.

For 10 minutes observe:

Visually – what can be seen

Acoustically – what can be heard

Olfactory – what can be smelled

Tactile – what can be felt

Reflect with a pen on paper:

What is present in the space?

What is presence?

What becomes absent through your presence?

EXERCISE II: Observing Absence

Stand in a public space of your choice.

For 10 minutes observe:

Visually – what cannot be seen

Acoustically – what cannot be heard

Olfactory – what cannot be smelled

Tactile – what cannot be felt

Reflect with a pen on paper:

What is absent from the space?

What is absence?

What becomes present through your presence?

Exercise III: Observing a fading presence

Stand in a public space of your choice.

For 10 minutes observe:

Visually – what is disappearing from your sight

Acoustically – what is disappearing from your hearing

Olfactory – what is disappearing from your scent

Tactile – what is disappearing from your touch

Reflect with a pen on paper:

What is disappearing from the space?

What is disappearance?
How can you make yourself disappear?

Exercise IV: Acting absence

Stand in a public space of your choice.

For 10 minutes observe:

Visually – What sights can you make absent

Acoustically – What sounds can you make absent

Olfactory – What smells can you make absent

Tactile – What sensations can you make absent

Reflect with a pen on paper:

What does it take to make something disappear?

If something disappears, what happens with it?

What would make you disappear?

Exercise V: Observing Traces

Stand in a public space of your choice.

For 10 minutes observe:

Visually – Traces of visual absences

Acoustically – Traces of sonic absences

Olfactory – Traces of smellable absences

Tactile – Traces of touchable absences

Reflect with a pen on paper:

Why are traces left behind?

What is a trace?

What trace will be left of you?