

**Mind, Body and Everything in Between: Implementing mindfulness in public performance**

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**Space Body Mind**  
Week 1

To me space is in direct relationship with movement as space enables us to move.

Space defines us and we define space.

The mind and the body seem separated but they are in constant communication with each other, they influence each other all the time and can't exist or function without the other.

While thinking about space I at first think about open, vast space. It is white or light blue, yellowish. It is a bit foggy. I think about the sky, the air. I imagine myself moving in it, extending my body as wide as I can, trying to fill it with my movements. I feel good, alive and free.

Space is what allows things and creatures to exist. Space can be filled. Everything inside that space becomes part of it. Every single unit that exists is surrounded by space or is the space itself that contains something. Space is what surrounds us, what shapes us and what we shape. It is the material from and in which we create. If we listen closely, it will tell us what is possible to do in it and certainly also what is unfeasible.

There is the physical space, the one we can see, touch, feel, smell, hear, and there is the mental/abstract one. Everything is contained in more or less space opening up different kinds of possibilities: possibilities of movement and creation.

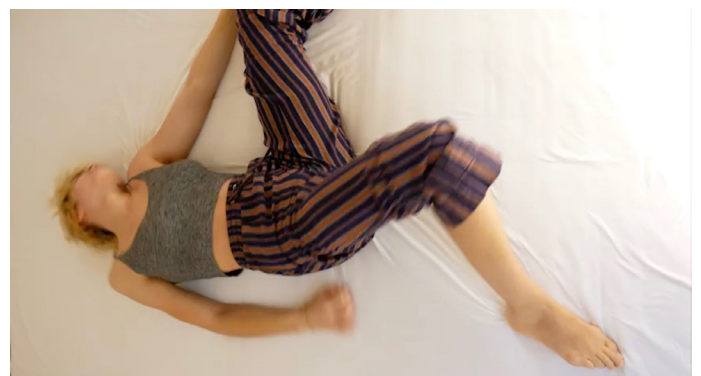
To me space is in direct relationship with movement: the existence of space means for us being able to move. Infinite space enables complete freedom. But it also means having no reference. Space can also be restricted. Restricted space gives you a lot of hints about what your possibilities are.

Thinking about space is for me consequently strongly attached to the feeling of me, my body, in relation to what surrounds me: wanting to feel myself in connection to it and wanting to grasp and understand it with my body. For me, the body is what we feel with, move with. Impulses from the outside reach the mind through the body.

In the mind feelings are being translated and thoughts and decisions are created. These demonstrate again through the body. I consider the mind and body kind of separated but in constant communication with each other, they influence each other all the time and can't exist or function without the other.

As we live, we constantly meet something or someone and this has an impact on our body. This again impacts our mind which defines our movement through our body. Space defines us and we define space.





**Listening Practice Herderplatz**  
Week 1

“Hearing is how we touch at a distance”  
Does confusion of our senses lead to mindfulness?

Notes:

- interesting to see something different than what you hear
- had a hard time connecting these two experiences (sound and visual) with each other
- the child making loud noises made me kind of nervous
- for the whole time I tried to figure out what it exactly did
- the loud hitting noises triggered unpleasant feeling
- the sound made me perceive the space from a different perspective and perceive it more consciously
- as my orientation was disturbed because of the different sound from the earplugs, I became more aware of my presence in the space
- questioning the reality of what I am experiencing
- wondering what people thinking of me staring at the fountain

**Mindful Walking Practice**  
Week 2

I want to learn how to observe without judging.  
The breathing and walking help me to distance myself from my emotions.



Reflection Walking Assignment 1

- 1 I really like to go outside to walk in order to get a clear head. But I have never done a walking meditation before. This assignment was perfect for today because my head was really full. I was aware that my head wasn't clear at all. I've had two online classes before and one small emotional crisis. My thoughts were spinning and you could say that was my emotions. It is really hard for me to distance myself from my thought, I immediately have an emotional reaction to them. And then I directly identify with my emotions. Therefore I really needed that walk. At first I observed that I was still very distracted. I had a hard time connecting to the objects around me while breathing. I didn't arrive in the moment. Walking helped with that. It felt good to connect my body movement with my breath. It was easier to breath out than to breath in. Now as I am writing I still feel the urge to stay connected with my breath. I did not manage to stop counting in my head once I had started I couldn't let it go. Walking this way I feel like I was more aware of the sound around me. Furthermore I could see the sun going down and everything getting darker. It was interesting seeing the light as it changed. Still I was often distracted by my thoughts, I hope that next time I can be more aware of my surrounding as I still felt like I was mostly in my head and really really focused on breathing → in a way that I missed entering a kind of flow in which I feel connected to my surroundings. But after all I felt really grounded as I entered the house. I am more aware of my body and my steps. (duration 30min) 12
- 2 The second walk already felt very different. I made a huge difference that I was already aware of what I had to do. The breathing with objects was again difficult for me. I didn't feel connected to them. Furthermore it was a bit strange because I was standing alone in a dark street. I thought it was weird looking at the windows and seeing the people inside as I didn't want to disturb their privacy. But it helped me to land in the moment. After this it was easier for me to start walking. I observed that my senses were very active. I could smell and hear more than I normally do. It was beautiful to observe all the different lightings. As it was dark I could see a lot of different colours of lamps. I still struggle with stopping my mind to wander. I try to accept my thoughts and let them go still I get lost in them sometimes. I want to learn to focus at one thing at a time. At first I was walking very fast and it calmed me down to walk slower. This time I observed why I am struggling with the task: I am not sure what I should focus on. When I focus on the breath I don't see my surrounding. I look around I don't focus on the breath. I try very hard to look at the things and don't name or judge them. While focusing on the breath my thoughts wander less than when I look around. But then I feel like I am only on the inside. I find myself reflecting on how I am doing while walking. I still can't stop counting. 13

14  
Breathing with objects gets easier. I like to breathe into my body parts. Still to day  
I had a lot of thoughts. What really calms me down is to breathe into my stomach  
I guess I want to do this every day. I really like to take the walks in the  
evening when it is already dark. There is a really special atmosphere. I think  
that I need to stop taking notes after the walk as I can't stop thinking  
about what I'll write after walking, or I just need to stop thinking.  
I'm wondering if it is possible to look at what surrounds me  
without reflecting on what I see. How far can I distance myself  
from everything I know. I guess I am really far away from  
disidentification but I want to keep practicing. I want to learn to  
observe without judging. The breathing helps me to distance myself  
from my emotions but I love wandering in my thoughts. I am  
just very much used to walk and think, because I love to collect  
ideas while walking. But I want to go on and leave to free my  
head.

**Artists Walking Research: Francis Alÿs - Paradox of Praxis I**  
Week 2

Walking in an art performance can incorporate a sensual and meditative expression.  
Experiencing or looking at Francis Alÿs' work gives you a different perspective on walking through a city.

Francis Alÿs - Paradox of Praxis I (Sometimes making something leads to nothing) Feb. 1997



[https://www.youtube.com/watch?v=WvkTLAdKP24&feature=emb\\_logo](https://www.youtube.com/watch?v=WvkTLAdKP24&feature=emb_logo)

A very simple image: A man pushing an ice-cube, leaving a trace of melted water. One may ask himself what the purpose of this action is. Is there a destination for the cube, does it need to be melted, is this some kind of unknown physical activity? Is it art? What does the man do this for? Sometimes making something leads to nothing.

Francis Alÿs is a Belgian conceptual artist working in Mexico City. The artist's field of activity extends from performance and action art to videography, photography and painting. Having a background of architecture studies, he moved to Mexico City where he was driven by social conflicts and the development of the city and found his way to artistic activity.

Paradox of Praxis I (Sometimes making something leads to nothing)(Feb 1997) is a performance where the artist is seen pushing a massive block of ice through Mexico city until it is completely melted. He pushes it using his hands and feet leaving a trace of melted water behind him. As time goes by the cube gets smaller and smaller until it is completely melted after 9 hours.

At first it is very hard for him to push the ice cube. After a while it gets easier for him to move the cube until he can kick it in a playful way, but all in all the performance is still a very power-consuming act.

This simple poetic activity can be understood in different ways. In one way the performance shows a sisyphian sequence as it is a futile but laborious act. The artist spends a lot of energy, but he is left with nothing at the end, as the ice cube is gone. Regarding the context of the time and of the city this act can be seen as symbolic for the work the laborers of Mexico City face everyday, that takes a lot of struggle and leads to little reward. This is the "Paradox of praxis" named in the title: The endless effort the workers bring about in that city day by day without it leading to greater socioeconomic mobility.

Furthermore, the performance in itself is a very sensual and meditative expression. Experiencing or looking at it gives you a different perspective on the city. Feeling the ice lets you feel your body while walking. The walk, being defined by the duration of the melting of the ice cube, tests your endurance. Additionally, there is this image of leaving a trace and melting the ice as a symbol for climate change. As we consume, we bring about destruction (for example the melting of the ice in some parts of the world).

In that way, even though there was nothing left at the end of the performance, the artist left us with a lot to reflect on.



**Recap Walking / How emotions are made**  
Week 3

The slow walking meditation made me want to dance and feel my whole body.  
Are emotions only constructions caused by body sensations?

Walking Meditation → 2 ways <sup>general</sup>

□ Super slow / normal speed

- ↓
- ↓ close attention
- no glancing the foot moving
- ↳ awareness track everything
- breath
- eyes closed

→ general sense of your body

- ! sensations!
- pay most attention to the visual field
- feel your self moving
- ↳ something moves towards you
- ↳ you move toward smth

□ 12 min guided meditation

↳ was wonderful to feel the whole body → what moves if I move my feet  
 how do my feet feel like when I pay attention to it  
 ↳ how much pressure is there  
 what about breathing

! it made me want to dance → feel the whole body / experiment with my body parts

— A philosophy of walking

- walking to go outside → to pass from one inside to another

↓  
 transition? → an obstacle btw here & there  
 ↳ already projected to what you'll do

inside  
 ↓  
 weighty immobility of objects @ walls



□ . . . . . □  
 Space that takes some time

walk as an aesthetic moment

- the illusion of speed is the belief that it saves time

→ but that's an abstract idea → as if each hour of the day were like an hour on the clock

→ speed accelerates time

- when we are walking it isn't so much that we are drawing nearer  
 → more that the things out there become more more insistent in our body

synthesis of  
 → a. d. n. + activity

- while walking you remain the captive of your subject

- the theatre of impressions (Kant)  
 ↳ aesthetic pleasure

! Availability of the mind!  
 when walking

↳ free play of impressions

**How Emotions are Made**  
Lisa Feldman Barrett

- observer independent → no need for self report
- faces are not the window into someone's emotional mind
- is there an objective way to measure an emotional state?
  - there are no fingerprints of your emotions in the body
    - ↳ no every emotion has another physical reaction
    - ↳ slightly different @

We start from mental categories  
↳ look for them in the brain  
↓  
but no one has been able to find places of these categories

is it in the brain? → when you look at the nervous system  
↓  
structure of the brain  
↳ what can a mind like this create?  
→ the brain wires itself ~~to~~ the other circumstances  
↳ can therefore create many different kinds of minds  
o the brain is doing simulations → filling in sensory input that is actually not there  
↓  
there are used as predictions  
↳ using the past to anticipate what is coming next  
then it uses information from the world to confirm them

brain → using the past to guess what is coming next  
then → use the input of the world to confirm or change that prediction  
↳ learning\* → must make sense about it  
also getting sensory impulses from the body and making guesses about it  
brain → anticipates the meaning of this feeling by the past  
→ this is how the brain constructs your actions  
↳ emotions are constructions of the world  
→ we are not born with emotions wired in

→ we can be architects of our life

changing the simulation because the hypothesis was not correct or ignore the sensory input and stick with ~~the~~ stimulation

in a fundamental way  
View on the human classical view on emotion → we are animals, have a inner beast, controlled by our logic + rationality  
↓  
when that rat fails + emotions come up it causes us to do things that we are less in control of (that of passive laws)  
↳ we are less responsible for what we do because of emotions

- feeling are tied to basic physiological functions → have a healthy body
- be curious about your own experiences
  - we can reconceptualize ~~the~~ the feelings from the past
- spend a lot of effort on what you feel today ~~not~~  
↳ to reconcept what you feel tomorrow
- Adressirungsfehler

Question  
? body sensation → feeling → construction  
→ does it only come from the body?

brain often does this in favour of its simulations  
↳ brain needs to work with anticipation (learns ~~↳ not until the end is there~~)



**Gelichtet**  
Week 4

Being fully aware of the space surrounding you by translating what you experience through a different medium:  
While the body itself is the medium of translation.

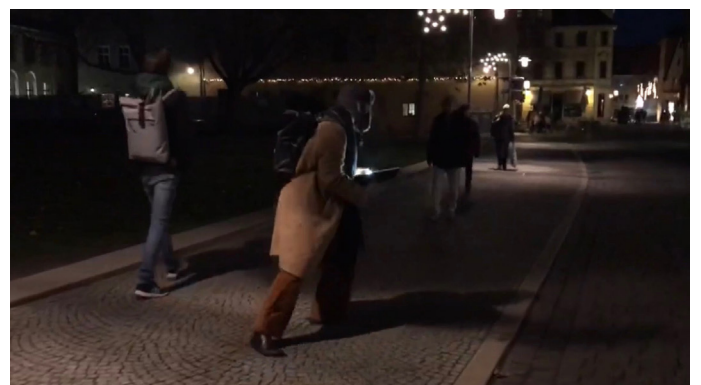


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Listening to drawing, drawing to movement



birds later cars

Flug  
Haupt

Pie dog

Screaming

62222

was ist

zwischen

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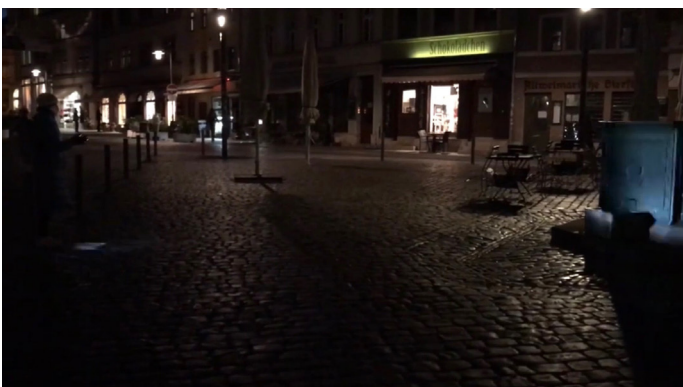
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Listening to writing, writing to movement



**To be means to build**  
Week 5

To be able to connect ourselves with our surroundings we permanently build ourselves homes where we can dwell.  
Through these homes we experience our daily reality.

According to Heidegger “Dwelling is the manner of which mortals are on the earth.”

After reflecting on the text from Heidegger I focused on how, after the philosopher, the notion of being, building and dwelling are standing in immanent relation to each other and that “to be” in fact means to build, to dwell. This made me think about how we define our living and our existence in space and how this is characterized by the human’s habit of remaining or staying in space (as Heidegger states it). I actually have never thought about the relation between being, dwelling and building in that way before, even though it now seems very obvious to me.

I chose the medium of photography and performative intervention for my visualization of the text. In the pictures you can see me attaching tape to different objects in public places and putting a fitted sheet over the tape: creating a kind of roof or cover for my body (a kind of home). Places become spaces, through my existence. I created a very simple and direct translation of Heidegger’s understanding of “ich bin” meaning I dwell and dwelling being the goal of building: With the tape and the fitted sheet I build reduced and symbolic little homes everywhere I decided to reside.

“We do not dwell because we have built, but we build and have built because we dwell, that is, because we are dwellers.”

In my opinion we are dwellers because we want or need to connect with where we reside and to feel connected to our surroundings again means to feel at home (to dwell). Even if nowadays, we are used to moving and traveling a lot, further away and faster, we still feel the constant urge to put ourselves in relation with where we are and to somehow attach ourselves to where we are. We need to feel at home (to dwell) in order to be able to live. Existing somewhere means for us to root ourselves with where we are. However this won’t keep us from moving, but we still need to connect with wherever we are, even if this means that the rooting itself is in constant movement too.

As I understand it, this urge to root ourselves is the reason why we build. To be able to connect ourselves with our surrounding we permanently build ourselves homes where we can dwell. Through these homes we experience our daily reality. This in fact enables us to understand what we experience and to act and to take decisions in our everyday life.

This urge to put ourselves in relation to where we reside made me wonder if we actually build because we don’t see ourselves as in a constant flow, in transformation or as a whole with our surroundings. Do we build because we see ourselves as separated from the outside world? There is “Me” and “the outside world” and “Me” is not part of the outside world. This would mean in conclusion that we feel lost and disconnected to where we are and therefore we need to build ourselves a shelter, a home, in order to feel connected to the outside. “We build and have built because we dwell, that is, because we are dwellers.”

I understood the notion of building in a way of constructing a structure that helps us make sense of what is happening around us. We make room, create spaces. Like this we are not an addition to space and to the outside: we in fact are space, as we constructed it.

In conclusion humans can be seen as moving bodies that are constantly building little homes around them in order to make sense of their outside, to understand, in order to connect and to become part of their surroundings. Through these buildings, the structures we put up, we perceive our surroundings just like I (in the intervention on the pictures) saw the outside through my little constructed homes.













**Clean(s)ing**  
Week 6

An everyday task like cleaning can be very meditative:  
It is a good way to ground yourself, focus on the present, clear your head and connect to your surroundings.

I was inspired by Mierle Laderman Ukeles' work "Washing/Tracks/Maintenance: Outside" by which she introduced "maintenance art".

I was attracted by the artist's idea of washing the outside of a museum; by the simplicity of the artwork and by converting something as daily as cleaning into a performance. I found the act of bringing the artwork out of the museum and focusing the gaze of the observer on the overseen effort of maintenance and sanitary workers very interesting. I loved how the everyday task of cleaning became a poetic sequence of movements leaving futile traces on the floor. Furthermore, I think I chose this performance because I can kind of relate to the urge of cleaning the outside space. I feel that cleaning can be very meditative: I think it is a good way to ground yourself, focus on the present, clear your head and connect to your surroundings. Like this it always calms me down to clean. In conclusion I wanted to clean something in public, but I didn't simply want to clean another object than Mierle Laderman Ukeles cleaned. As I feel that right now the overall mood of people is really tense because of new restrictions and the development of the pandemic I wanted to clean the atmosphere. I thought that maybe I would be able to wash the negativity out of the air. In addition, I knew it would help me to calm down and to dedicate myself to mindfulness and to connect again to the exterior as I had been on my laptop for the whole day. Or maybe I just wanted to disinfect the virus from the air. Unfortunately, this is kind of a Sisyphus-task. I chose two different locations: The place in front of the Atrium and the Goetheplatz. I selected them because I really don't like the atmosphere there and it needed some cleaning.

Body movement methods:

Repetition, Pace, Leveling, Scaling, Strength, Stillness







**Yoga**  
Week 7

I try to always be fully aware of the process but I know that I could always be even more mindful.

NOTES  
ONLINE  
SESSION  
4.21.2021

## Ritual I perform routinely

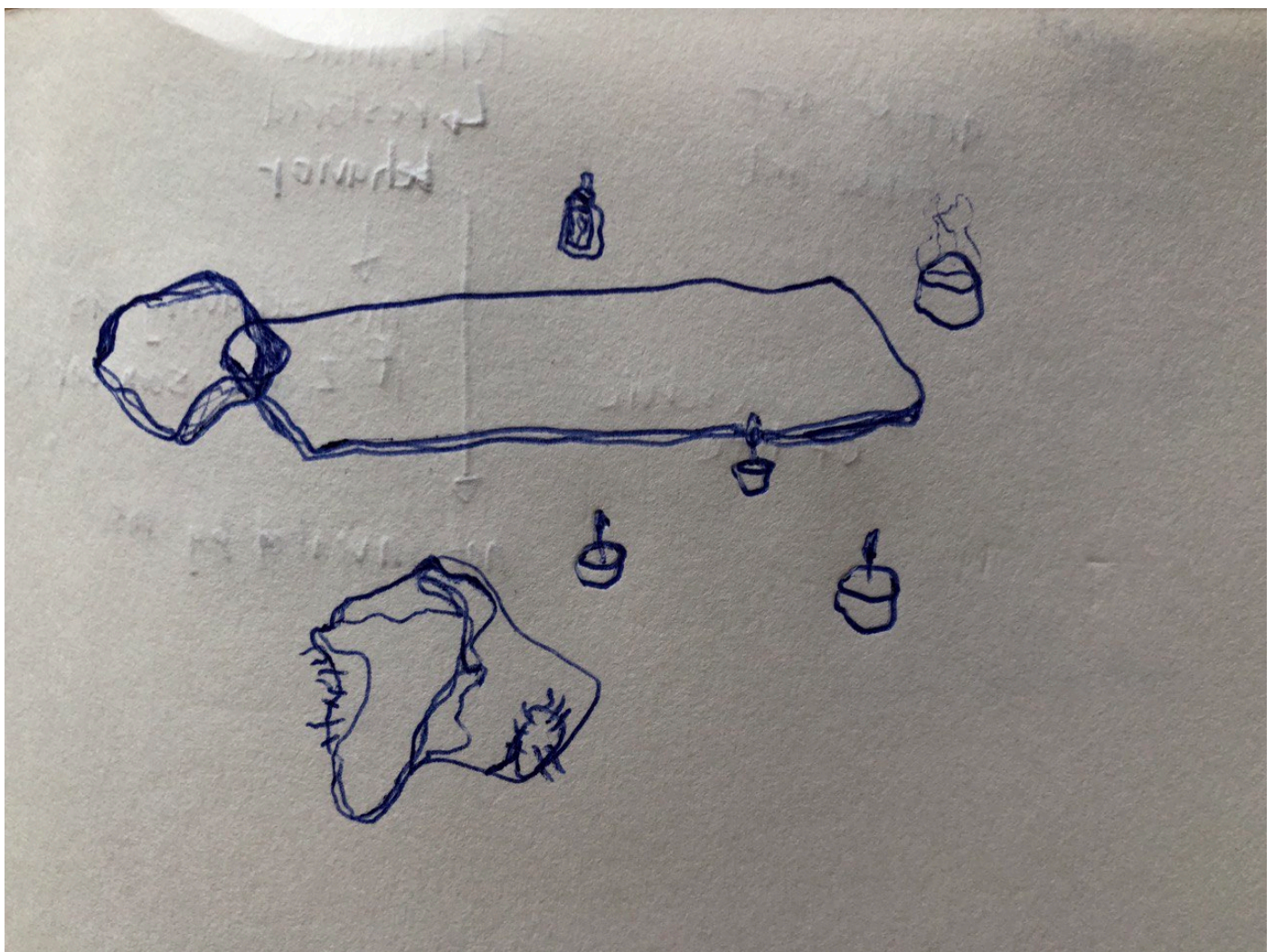
The most obvious ritual that comes into my mind that I perform routinely is doing yoga. Normally I do it right after waking up. I found out that I am more energetic and awake for the day when I do it and I need it to connect myself with my body. I feel like before starting the day I want to feel every single part of my body and connect to my breath. Before I start I put on some sporty clothes and often also drink a glass of water. I often chose a video on youtube to be guided in my session. Then I roll out the mat and start. Its almost never the same movements I do. Sometimes its more focused on stretching some times more on strenght. Mostly after the video has stopped I go on myself. I finish the session by a little mantra. Then I roll my mat again and start the day more balanced. Some times I can't do it in the morning but I catch up with it later. often I meditate before YOGA. And sometimes I like to add an oil or candle to the session.

Perfor m it differently → 1. change pace of it

While adding the changes I wasn't really mindful. As I knew that I only had 10 min I did it really fast. Changing the pace of I just rushed through it and didn't feel every movement to the fullest. Also the change of straght just made me force the movements. As we did it in the evening and during class it felt abit weird and I couldn't find a ~~place~~ the feeling of being connected to myself. Then I moved the mat to the kitchen which was a bit funny but there was really no space for the movements so I didn't really enjoy it. During class was an absurd ~~place~~ context for I and knowing that I have somehow still continuing I was way to distracted.

order  
strength  
time of day  
place  
context / other situation

At first it was a bit funny for me that the assignment was to implement mindfulness to my ritual because I chose yoga and this action already embodies mindfulness. But the assignment was in no way unnecessary. Even though doing yoga without being fully aware of it and not immersing yourself in it, would mean not performing it to the fullest, being fully mindful while doing it is not given. I try to always be fully aware of the process but I know that I could always be even more mindful. As I have been doing Yoga nearly every morning since a few years it has already become such a part of my routine that I sometimes do it just for the sake of doing it. This is why it was really beneficial for me to add a new perspective to it and to try to do it as mindfully as possible. This time I really tried not to rush through it. To get there I first took more time to prepare myself for it. I cleaned my room and lit up an incense stick. Then I put on my favorite yoga clothes. I tried to create the cosiest atmosphere possible: lit some candles and took a blanket and a pillow. Furthermore I added care oil to activate all of my senses. I did everything I love adding to the practice but what I often don't do to save time. All of this and in addition adding the intention of being as present and aware as possible helped me to fully engage in the practice. Even though my mind sometimes still wandered during the movements I could engage more deeply in the practice. It was really beautiful taking the time to do it that mindful and it motivated me to keep on going like this.



**No Performance**  
Week 7

With the awareness that I am not only consuming a lot of products but also that I always want to be active, do something meaningful and want to contribute to something, I got the idea of modifying this to its extreme: not performing all. Whithdrawing myself in order to have no impact on my surroundings.

Thinking about my social role I thought a lot about what I own, what I do, how this can be perceived in public and also about how I show this off in public. It made me think about the social role I embody of seeking to live as natural, sustainable, waste-free and eco-friendly as possible, but how I am often not able to embody this role at all. Thus I reflected upon how much I still consume. I aspire to be as eco-friendly as possible and consume only fair and social products and I also try to diffuse this awareness but I am still far away from a social role that is in it's way of consuming free of negative impact. So somehow I ended up feeling a bit hypocritical about it. I thought about all the stuff I own and how I love to dress up and to think about how I look and to reflect on how what I do is perceived in public.

This is why I decided to perform the social role of not owning and not consuming anything at all. With the awareness that I am not only still consuming a lot of products but also that I always want to be active, do something meaningful and want to contribute to something, I got the idea of modifying this to its extreme: not performing all. I not only wanted to show a version of me that is not consuming anything, I wanted to withdraw myself completely from having any impact at all. This is why I decided to take pictures with me not being on them. This enabled me to additionally connect this idea to the idea that being a performer is also somehow a part of my social role. Hence modifying this to its extreme extent too also results in me simply not performing.







**How are you?**  
Week 8

I want to bring awareness into the public about the importance of listening, talking, sharing and caring for each other and the importance of being aware of your mental and emotional state.



How are you? This is an invitation to engage in a dialogue with yourself or with someone else\*. It is the intention of activating a process of caring for yourself and your fellow humans.

\*Send this in an envelope to a friend, so that your friend can send the answer back to you

What are you afraid of?

How are you?

What is your biggest dream right now?

What do you need to get off your chest?

What holds your back from taking a step towards your dream?

Are you hurt right now? What do you need as a healing process?

What do you need right now?

What do you love about yourself?

What is your greatest skill?

What new skill do you want to learn?

What makes you happy?

What have you always wanted to do but never dared to do?

When do you feel light?

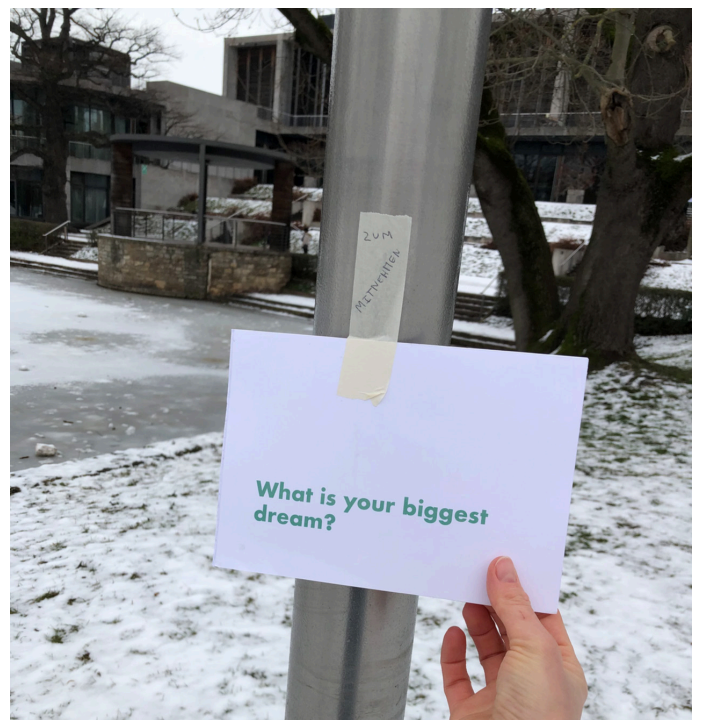
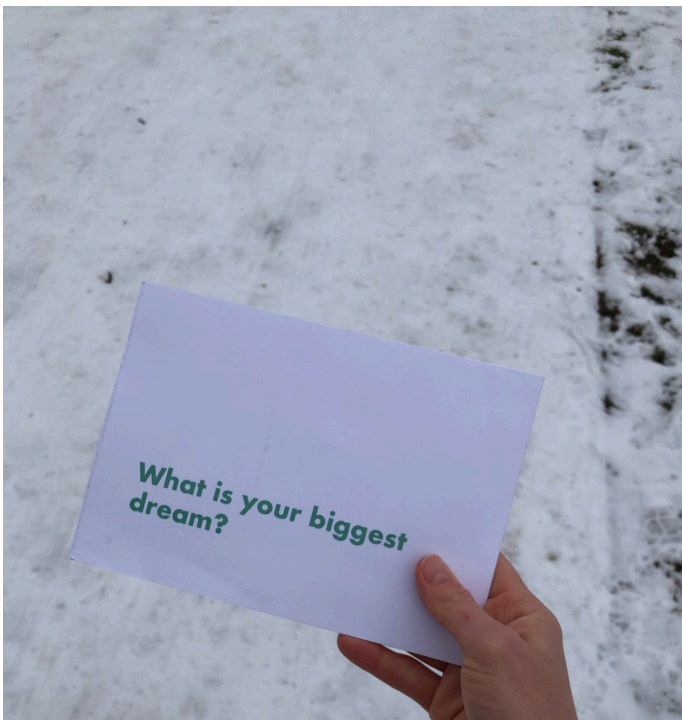
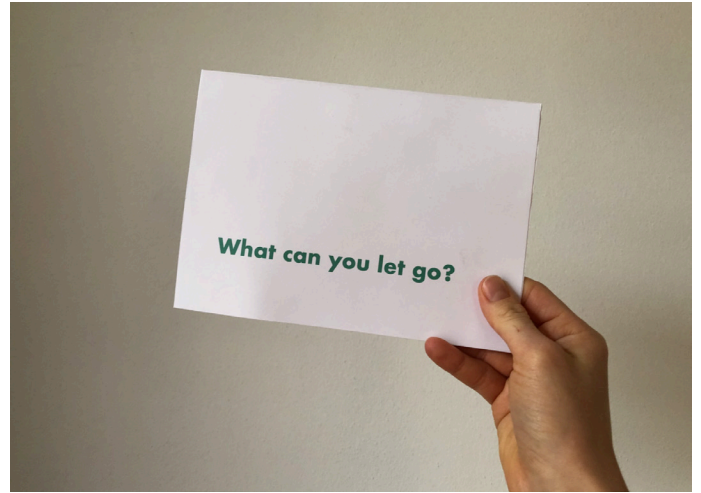
When do you feel heavy?

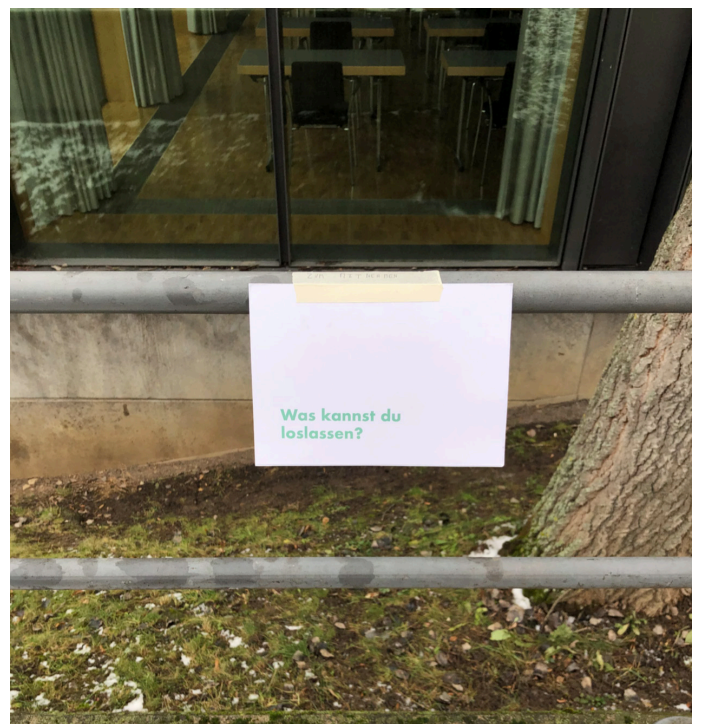
What inspires you?

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To begin with my project I first thought about how in my everyday life I try to contribute to the wellbeing of the people that surround me. This mostly consists of me showing that I am there for them and of me listening to them. I always try to ask questions that would inspire the person to for example change their perspective, reflect on their current state of mind or to just be aware of how they feel. I feel like a lot of people are often not listening to each other or even to themselves and that there is often a lack of understanding and empathy. They don't take the time to reflect on their current state of mind.

Hence I thought about how I could expand the act of me listening to my friends to a socially engaged practice. Feeling restricted by the current situation, the act of sending postcards came to my mind. Sending postcards is a really great way to stay in contact right now and to engage into exchange. Furthermore, postcards are really beautiful simple gifts and sending them is a nice way to show a person that you are thinking of them wherever you are. Consequently I decided to create cards where I would put some questions that would invite people to listen to each other and to themselves. I put these questions in the public space as a gift. By finding these cards people will get the feeling that someone cares about them and it would give them the opportunity to share this experience with someone else. The questions I put on the cards are about emotional and mental states. They ask about dreams, needs, self value and thoughts and by that invite self reflection. I want to bring awareness into the public about the importance of listening, talking, sharing and caring for each other and the importance of being aware of your mental and emotional state.





**Draft Final Work**  
Week 9

Brainstorming

## Brainstorming:

### Cards

- Put more cards in public
- send a lot of the to friends
- find a way where there would be more of an exchange:
- chain letter?

### Create an online platform for the cards

- create a space where you can share your answers
- share pictures of the cards
- offer a pdf for everybody to download and print themselves
- offer the possibility to order them for free (donation?)

### Care or worry box

- “do you want to get something of your chest?”
- put boxes in public where you can put letters with your worries in it
- “do you want to listen?”
- enabling people to take the letters to send answers
- open call for listeners?
- but how would that work???
- maybe only enable people to put their worries in there
- does there need to be an answer?

...  
Week 10

...