

SCORE 2 – TREE DIALOGUE

[Take a paper bag, a notebook and a pencil with you]

Tree Habitat

Walk, wander, meander through the woods.

Notice the trees around you, their individual size, shape and presence.

- Follow their invitation to enter their habitat: move through the space between them and become aware of atmosphere and the different zones you are passing through.

Their roots spread out twice as far as their crown

- Can you sense them as you walk? How does this awareness affect your way of moving?

Far above you at 10m or even higher the branches are reaching towards the sky and light.

- What does this do to your sense of being connected to both the earth and the sky? Being rooted and suspended.
- Let this become a dance.

Cleaning Ritual

See the leaves, branches and seeds that have all been dropped by the trees and the grass, flowers, moss, mushrooms or seedlings that are growing out of the soil. Your eyes might also touch insects, frogs or other animals.

- Notice the tremendous diversity of entangled animate and inanimate life-forms that co-exist and create a vibrant ground for this tree habitat.

Are there any materials that don't belong to the habitat but have been dropped by humans?

- With your paper bag collect cigarettes, pieces of plastic, cans, carton, glass, ... and clear the habitat from materials that aren't part of the forest life cycle and can't be processed by the ecosystem.

Tree Dialogue

Follow the call of one particular tree.

Notice your immediate vibrant connection.

Take time to be and move with each other and let the field of your relationship propel your actions.

- Touch the branches with your gaze, send your breath to the crown as you move, listen with your steps to the roots in the soil, rest with your back against the trunk.....
- How does the materiality of the tree speak to your own materiality and move you?

Play with proximity, touch, far distance, movement, stillness.

- Where does the tree invite you? What do you offer in return? What unfolds between you?

Allow time.

[When working with a tree be aware that it is a highly intelligent living being with the ability to smell, taste, see, sense vibrations or stress and even perceive touch. If you want to climb on a tree ask it beforehand]

Let the end of your dialogue find you.

Writing to the tree

With your notebook find a comfortable place close to the tree or at distance.

Let experiences, images, sensations or memories of your dialogue flow from your body onto the page. When you've finished share your writing [or parts of it] with the tree either in spoken language, silence, movement or other ways.

Find a way to say good bye.