

EXERCISES FOR SENSING ECO-SOCIAL ENTANGLEMENTS ADAPTED FROM SARAH KANOUSE, NORTHEASTERN UNIVERSITY

Walking Meditation on Materiality (Individual)

1. **Find a location:** Find a place that allows you to walk with few obstructions over several different types of surfaces.
2. **Start walking:** Walk slowly and deliberately in the area you've selected, attending to the sensations and micro-movements of walking:
 - a. lifting one foot;
 - b. moving the foot forward;
 - c. placing the foot on the ground/surface;
 - d. shifting the weight of the body onto the forward leg;
 - e. repeating the cycle.
3. **Focus your attention:** As you walk, attend to the sensation of your foot touching the ground/surface, the interface between your body and planet. What information about the ground/surface does your foot give you? What information does it not give you? What do you wonder or imagine about the materials that went into producing that ground/surface and how and by whose labor it was produced? If these thoughts begin to crowd out the sensation of walking, pause your walk, allow the thought to conclude, and begin to slowly walk again.

Guided Sensation (Pair)

1. **Determine the guide and the guided:** the guided person and the guide mutually determine how to maintain physical contact throughout the walk.
2. **Movement exploration:** the guided person closes their eyes and the guide silently leads them around the space, at the speed of trust, pausing when encountering an object or physical phenomenon in the space that one or both wish to explore.
3. **Sensory exploration:** when the moment seems right, the pair stops to explore the tactile qualities of different materials in the space, including scent, temperature, texture, firmness—still without speaking.
4. **Discussion:** after 10 minutes of exploration, the pair discusses their different experiences of the materials and the act of attending to them.

Semi-Structured Soundwalk (Group)

1. A soundwalk is a group exploration of the sonic landscape of a particular place. Begin with stationary listening to the human or more-than-human environment in as much depth and complexity as possible. Note the density, proximity, tonality, and texture of sound as much as the named source of sound. Consider the social and material relations that the soundscape is embedded in and reflects.
2. Anyone in the group can declare a new social phenomenon to listen for and/or lead the group to a new location. Example social phenomena could include: labor, restoration, extraction, cooperation, subordination. The group listens for sounds that they associate with these phenomena.
3. After 15 minutes of soundwalking, the group discusses the most memorable pairings of sonic and social phenomena.