

a gaping hole,
to another place,
rising up through the air

8 exercises & 15 Songs

This developed from the inside and the outside. A time of preparing notebooks became an event-making. Parts of the event and its making moved into the prepared notebook in my hands. I read the notations that gathered there. The reading became a recording. And the recording was transcribed back into these texts.

As a text document, 8 exercises & 15 Songs can be read silently or out loud.
In the accompanying audio visual document, 15 Songs can be read in correspondence with the sound of reading, or only listened to, without following the written text.

Late morning of Saturday, towards the end of July, I had the opportunity to join Noa & Snow's *Poem #4 or Breakfast Inside of a Waxing Gibbous Moon*. For this "gentle experiment between the everyday and the event" in Tanzhalle Wiesenburg Berlin, I was accompanied by:

My feet
still in the process of landing back in Berlin after some time away;
A recent memory
of sitting directly by the small river Panke across Wiesenburg with my parents and children;
A book
of indexical poems by Helen Mirra, titled *Cloud, the*, 3¹;
Thought-whispers
from reading *Power of Gentleness* by Anne Dufourmantelle²;
My notebook
with blank pages;
My pens
to be ready;
My dear partner
who I rarely have the chance go out with;
Excitement
to meet our old friends and colleagues;
Gratefulness
for the extended invitation to write;

8 exercises were prompted by the tiny question marks cut out and pasted at the bottom right corner of the back pages in my prepared notebook. I wrote a question at the bottom of each page and then reformulated it a number of times into short imperatives. The cloud of a question moves to soft arrows of encouragement; The center of subject shifts; The object becomes quality that hints at an action.

15 short songs touch lightly, catch glimpses, and attempt to echo and continue the delicate assembling and re-assembling of the Noa & Snow proposal. I like to consider them as songs, inspired by Lyn Hejinian's description of Helen Mirra's indexical poems. "Elemental and practical, like songs"³ they point to an engagement with the ontological flow of things as they exist, each thing as it appears being new and remaining key to 'an open world'.

1 Helen Mirra, *Cloud, the, 3*, Christoph Keller Editions and JRP Zürich 2007. Poems I have partially quoted from this book appear in purple.

2 Anne Dufourmantelle, *Power of Gentleness – Meditations on the Risk of Living* Trans. Katherine Payne & Vincent Sallé, Fordham University Press New York 2018

3 Lyn Hejinian, Afterword Helen Mirra, *Cloud, the, 3* Christoph Keller Editions and JRP Zürich 2007