

## **Returning the Gift.**

### **Score for Thinking-Feeling with the Earth**

A score by Martine van Lubeek for the 2022 ArtEZ podcast Listening to the In-Between Part 2: Sensing Traces of Power(lessness). Inspired by Robin Wall Kimmerers "Returning the Gift" (2014) & with thanks to collaborators and co-listeners Laurens Krüger and Martine van Lubeek

#### **Day 1**

Sit or lay down and take a moment to tune in with your body. How did you express yourself today? How did you move, speak, touch, taste, smell, feel and share? What languages do you carry with you?

Write down a list of your findings.

#### **Day 2**

Choose a more-than-human being that you feel connected to (a tree, a body of water, a butterfly). Take 2 minutes each to look at, listen to, smell, touch and if possible, taste ki.

Write down how you got to know ki today.

#### **Day 3**

Return to ki.

Through being with ki, imagine the things ki has given you and your fellow humans.

Express your gratitude towards ki in a language of your choosing. Take a moment to feel the gratitude spreading throughout your body.

#### **Day 4**

Return to ki.

Take 2 minutes each to look at, listen to, smell, touch and if possible, taste ki.

After what ki has given to us, imagine what you could give to ki in return. What does ki need?

If possible, give ki what ki needs.

#### **Day 5**

Return to your body.

Sit or lay down and take a moment to tune in.

How did you express yourself today? How did you move, speak, touch, taste, smell, feel and share?

What languages do you carry with you? What can you give to the earth?

Write down a list of your languages.