

Anleitungen ans Meer

Instructions

This moment should last five minutes.

Go to the sea.

*Hold this note in your hand
(you may fold or crumble it) and:*

Imagine that looking at the sea makes people age faster

Try to store the whole atlantic sea in one part of your body

Remember that the ever changing colours and
movements of the sea resemble your skin.

Throw a stone as far towards the horizon as you can

Remember that the waves are reflected by the shore, moving
back into the open sea underneath the surface

Imagine that the land you are standing on turns
liquid while the sea turns solid

Perform one movement with your eyes,
that changes how you perceive the horizon

Imagine the sea and its waves to stop moving
for a second as if they were frozen

Imagine that some million years ago
the whole world was liquid like the sea

Imagine there is a glass wall at the line
where the water meets the shore

Let a wave roll from your right ear
to the spot between your two biggest toes

Imagine undiscovered lands and how you could be the first to discover them – now, in your mind, turn the horizon by 90 degree and imagine the same again

Remember that ocean water closely
resembles human blood

Walk along the coast as if you were walking
underwater

Imagine the sea as a bird
levitating effortlessly in the wind

Think of the sea as a sleeping tv-screen

Imagine the sea as the wing of a
dragonfly quivering in the wind

Remember that there is “snow” falling continuously
underwater (as small particles get washed off from
the shore and sink to the ocean floor)

Ask yourself how the voice
of the seawould sound
(if it could speak)

Feel the solid ground
beneath your feet
(feel as far down as you can)

Imagine that the sea will slowly
very slowly eat all the mountains
sand grain by sand grain

Imagine the ocean is tickled
by rain and sun

Imagine the sea has fingers
with which it touches
the shore

Imagine that solid ropes connect
every seafarer on the ocean
and the people, living on
the land, who think of him

Examine if the sea resembles the palm of your hand

