

I

Encounter of scents

To shift my awareness to smell softens my eyes.
My gaze reveals details to me.
A trade of ants creating a path on the ground
around and over grey gravels
I image these are mountains and meteorites for them.

Hot air from the wind brings different smells close to me.
Lime trees sweeten my presence sitting here.
Their scent enters my nostrils.
Little hairs to filter the air, some slime to catch invisible creepy-crawlies
then sweetness is spreading inside of my body.

And every breath unfolds a different world.
And every move engages with a different smell.
Just turn your head slightly.

If smell enters my body it connects with my immune system,
with the reflexes to identify danger in the sense of poison immediately.
Quicker than I can think.
If it enters, it transforms and exists with traces in my inner body.
It brings food to the microbial in my body.
My body hosting different existences.

II

4 scores for encounters with scents

1. Score

Hello, how are you today?
Inhale deeply and bring your awareness to the smells around you.
Move in a way so that you get in touch with your own smell.
Repeat this movement 5 times.
Vary the speed of the movement and how long you stay with your smell.
Find 3 variations.
Stay aware of your breathing.
How and in which ways does breath and smell interact?
How do you feel?

2. Score

This adventure should take max 30min.

Imagine how the people around you smell.
Create tactics to find out, if your imagination is right.
Choose at least one person, maximal three for this time.

What did you experience?

3. Score

Does this place smell everywhere the same?
Move around to encounter the different smells.

4. Score

(Take a pen and paper for this score)

The smell enters your body and existence with your breath and your taste.
It exists transformed and with traces inside of you, inside in your inner body.
What is the *inner body* for you?
Do you still carry the remains of the food you ate today?
Do you smell it? Is it mixing with the smell of your body? Of you?
Food brings the air and the surroundings of different places inside your body.
Smells are traces of things and people.

Make a list with people and things you carry with you that way.