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completing a turn – Totnes, Times Square and Brian Goodwin

Back in April 2005 I went to New York because of a master's thesis on *direct* perception, based on the method of the German writer's and scientist's Goethe. The question was „Seen directly, what are places in cities like and how is that different from what it was like before?“ My encounter with New York's Times Square changed something inside myself and anywhere else. Just about everything. I changed my life or it changed me, I went back two years later and then there was a website about an impossible vision, more visits, the meditations and the journals. Some parts of the vision are reality, bits and pieces. However, it all started some months before April 2005: in a cozy little town in England's Southwest, at a college that was somehow different, and with a professor who was a shaman and a scientist, at home in several worlds. An extraordinary old young man, a sage with bright white hair: Brian Goodwin, the noble sorcerer, an alchemist like Merlin. He passed over into another world in July, and sometimes I am still sad. In September I started writing the Times Square story, and in September I went back to Totnes to say good bye at Brian's memorial service. And in September I went back to Totnes High Street, the first place who told me its stories and I listened. Something comes to an end and something begins – sometimes even before.

some thoughts on non-action art

The project *non-action for quietude* is an invitation to the silence, to meditation and contemplation, to slow down, to interrupt *doing* in favour of feeling your *being*. One of my favourite subjects of contemplation are places in cities as you may be well aware of. Meditation in public places, which is nothing else than watching consciously, aims at seeing places without filter, letting them speak for themselves. To places which I haven't visited before I bring less mental luggage, and less expectation, I am more free to see what *is* rather than what I expect or want to see. However, it can be adventurous to go to a long familiar place and say „well, let's play a game and pretend I have never been here before and see it for the very first time in my life.“ What is it like then? And how is this different from previous occasions when I still thought I knew it? And what has this got to do with me: what I used to see and how I perceive it now?

Sometimes places tell you a story or present you with some insight, sometimes they don't. Sometimes life presents you with an insight. It's more important, to give myself space to be silent and just enjoy watching: be it my own interior reality or the things and events around me that happen with or without my active involvement. Allowing the silence means to allow the stream of thoughts, the continuous concerns and discernments to cease for a while. If I really watch consciously, if I open my eyes and open them again (to steal a line by Terry Pratchett), and open all my senses to perception I have hardly room to simultaneously think and pass judgment. Sometimes it is just a moment that it is possible but, if I succeed once I can succeed again, and again. Watching closely and wide awake I sometimes see the glasses in front of my eyes, the glasses made of pre-conditioned pre-concepts. Interesting. If the static noise of thoughts doesn't want to cease I might as well just watch that, be aware of what it is that I think, and ask who or what is thinking. If I am not able to stop the thoughts can I still uphold the assumption that thinking is a deliberate action that I control?

There is more to watching than meets the eye - looking into the soundscape of London - a recommendation by Eva B. that I would like to forward to you:

http://www.bbc.co.uk/worldservice/documentaries/2009/07/090708_sos_docaudio1.shtml

places – review

The bustling Kastanienallee links the in-districts Berlin Prenzlauerberg and Mitte. Situated close to the former Wall area, it also represents twenty years of change of the building's and residents' structure, of conflict and consensus, and of increasing diversity in a multi-cultural place. It made me contemplate pedestrian transport and migratory patterns into and out of areas of urban renewal. You find the full entry in the TAGEBUECHER compartment of www.silkeschilling.com/non-action-art, but it's in German only, sorry.

non-action art – preview

Glienicke Bridge on Koenigsstrasse (King's Street) connects the green areas of two cities across the river Havel. In its present shape built in 1907, it experienced two World Wars, a Wall, plenty of history and some destruction, so it overarches space and time.

Meditation: Sunday, 01 Nov, 3:00 – 3:30 pm
followed by 30 minutes for sharing and feedback
meet at East end of the bridge,

If you would like to accompany me please write me an email: mail@silkeschilling.com or sign up here: www.silkeschilling.com/non-action-art/ Participation is free, donations are welcome. Please bring suitable clothes, umbrella if needed, notepad or scrapbook. How to get there: From Potsdam Central use tram 93; from S/Bf. Wannsee take bus 341.

non-action for quietude – meditations in public places

Every first Sunday afternoon of the month. Come along or tune in from wherever you are. Make time to do nothing. For time and place, please check the newsletter or the website www.silkeschilling.com/news. All meditations are subject to a journal entry. (see review)

the commercial

Please take a walk through the gallery: www.silkeschilling.com/galerie . Fine art prints of most of my visionary and healing art are available on excellent artist papers (canvas on demand). Please visit: www.silkeschilling.com/shop

p.art II - open atelier days in Berlin Pankow

I will be taking part in the open atelier day on November 21st, 2 pm – 8 pm and show visitors around the paintings. Since it is a near anniversary of my personal takeoff into the world of art – which happened 22 Nov 2008 – it is asking for a little celebration.

For *back issues* of the *messenger*, or the *German edition* please visit www.silkeschilling.com/newsletter .

All the best for you
 Silke

Ps: If you do not wish to receive further news please do not hesitate and send a short email; I will take you off the list. If, on the other hand, you would like to forward the *messenger* to your interested friends please feel free to do so.

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Times Square Contemplation Project

www.DayoftheArts.com