

You are invited to take a journey through the landscapes of Cudmore Grove. Use this map to orientate yourself in the park and the prompts overlaid to guide you on a sensorial re-imagining of these landscapes.



LANDSCAPE IMAGINARY

A guide to the inner and outer landscapes of
CUDMORE GROVE, MERSEA ISLAND

Daniel & Clara

LOOK

Fix your gaze upon a point in the landscape. Don't over think it, just let your eyes fall upon something ahead of you and stand like a statue, unmoving, all of your attention directed towards this point. Don't avert your eyes. Study the detail. If your thoughts drift away, bring them back to this moment. Keep looking until you feel you have really seen what is in front of you, and then look some more. Keep looking.

LISTEN

Close your eyes. Take a deep breath and feel your body relax. Take another deep breath and relax further still. Now listen - what can you hear?

Focus your attention on sounds near to you: foliage, insects, the sea, wind, other people...

Then focus your attention onto distant sounds: the voices and cars that are far away, the birds singing beyond the trees, the distant explosions from across the water...

Move your attention back and forth between near and far sounds. Then choose one sound to focus on, try to hear only that sound, let the whole world be that sound. When you feel you've truly heard it, try to imitate it!

IMAGINE

Get as close to the ground as you can, touch it with your skin, feel the texture. Know that you are laying on a vast planet that is spinning - feel it spinning.

Let yourself sink below the surface, there is another world down here. Let the pictures of this place drift into your mind, take a journey through this subterranean landscape...

WEATHER

What glorious weather we are having today!

Observe the atmospheric conditions. Feel the air upon your skin. Observe the temperature, the dryness or moisture of the air. Breathe in, inhale the weather.

Look up at the sky - what colour is it? See how the colour varies from the horizon to directly above you. Are there clouds? Watch them moving, reach up and touch them, put one in your pocket, save it for later.

WALK

Walk slowly across the grass, become aware of every step as your feet press against the ground. Think of the gravity that holds you to the surface of the planet - feel it.

Walk even slower, see how slowly you can move. Let all your focus fall upon this moment as time freezes and you edge bit by bit through the landscape.

Take an hour to cross from the car park to the far side of the field. Now turn around and take three hours to return.

When you are ready, turn again and take a year to cross the field. Watch how the grass grows an inch with every step you take and the sun moves across the sky with each stride...

RETURN

Come back to Cudmore Grove on another day, in another season, repeat these actions and experience them anew. Each day on the island is different - the weather, light and landscape are never fixed, they are constantly changing. You too are in a state of flux - your mood, your thoughts, your bodily sensations, they too change like the weather. So return, repeat and take notice of each moment because each moment is brand new.

Launching in May 2022 on Mersea Island, LANDSCAPE IMAGINARY is a series of exhibitions and events presenting the work of artist Daniel & Clara across the East of England.

www.landscapeimaginary.art

Share your experiences on instagram

@daniel_and_clara

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