

## Invitation for a Sympoietic Experience of Darkness

*Wait for winter.*

Spend it in the city.

Sleep an hour longer every day.

Sleep as long as you can.

Keep on until you wake at sunset.

Start living during the dark hours.

Sleep behind heavy curtains while it might be bright during the day.

*Draw a map.*

Search for places of complete darkness in your surroundings.

Draw an imaginary map of these dark places.

Connect them and walk from one to another.

Spend several hours awake each night at a dark place.

*(Light a match and watch it burn out.)*

Let your eyes adjust to the darkness.

Imagine being a **night moth**.

Imitate the sound of flapping wings with your tongue.

Search for small sources of light.

Draw an imaginary map of the light sources.

Connect these places and fly the routes every night.

Whisper the sound of flapping wings as you go.

feel the exhaustion.

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Find a dark place where the stars are visible.

Choose one star to follow.

Fly in its direction until you lose sight of it.

Stay quietly and let your ears adjust to the dark.

Listen for the hum of wings.

**Whisper back to the sounds you hear.**

**Listen to the answers and write them down.**

Read them to humans.



*The project explores the significance of darkness in cities during the winter months, viewing it not merely as the absence of light but as an essential part of a larger symbiotic system. It seeks to foster an understanding of the interconnected relationship between humans, nature, and darkness while also addressing the challenges darkness poses to human well-being. The aim is to embrace darkness, recognize its necessity, and cultivate an awareness of relationships with other living beings in urban spaces.*

The **Instruction for a Sympoietic Experience of Darkness** invites you to view the world not only from a human perspective but also from the viewpoint of nocturnal insects that depend on darkness. Darkness is understood as a unifying space that enables the coexistence of all living beings.

\*“Sympoietic” means that all beings exist within a network of reciprocal relationships and collaboratively create stories that intertwine their existences.

*Marie Luhmann*