

A GUIDEBOOK TO LIFE ELSEWHERE



ERRA

ON

NIMALS

ATASTROPHIC

C.A.T. CONTENT

A GUIDEBOOK TO LIFE ELSEWHERE

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THE WAY FROM SUBCONSCIOUS THOUGHTS TO CONSCIOUSNESS

Preface

In this project, I would like to review the process of 'Running' as a conscious action to alleviate stress during 'Running Time' and simultaneously the consciousness as the state of understanding and realising the state and surroundings during 'Perception Time'.

Some general questions

When a person is inside of an event or a situation, how much consciousness does he/she have about the whole event?

Or

If the person creates a distance from the event and stands outside of it, if he/she could watch the whole event from above like a bird's-eye view or an aerial shot in cinema, and then could have a general view – as a spectator, how much consciousness could he/she have?

How do we know the world?

How do we process the information from surroundings in different situations?



Statement:

Declare @Subject variable 1 // means human in daily life
Declare @Verb variable 2 // a word used to describe actions, state – in this case, Run is a verb.
Declare @Time variable 3 // defined by the action – Running Time
Declare @Place variable 4 // defined by the Subject and Verb

Function of Coping Mechanism ¹

Begin

Coping Mechanism begins when “Subject” is running in the “Space “in the period of “Time”

End

Function of Having Consciousness

Begin

If verb > 0

then

time= time+1;

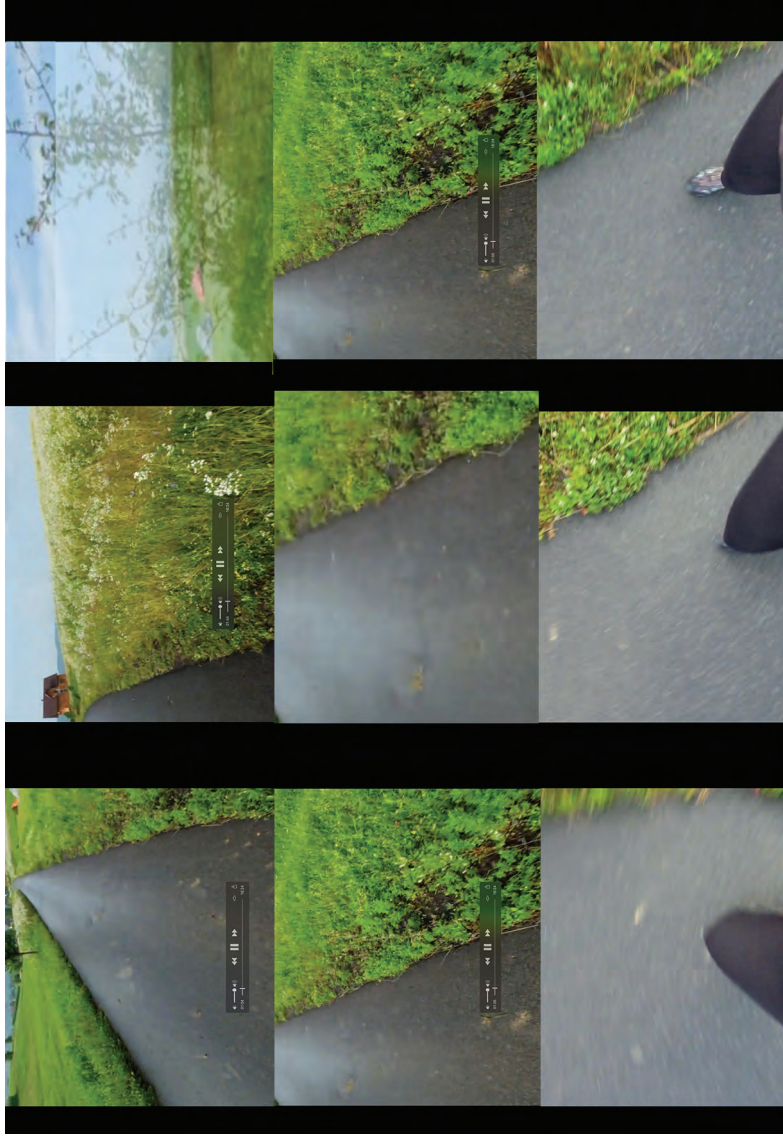
load Coping Mechanism ();

else

stop Coping Mechanism ();

End

1. Coping Mechanism/Psychology. An adaptation to environmental stress that is based on conscious or unconscious choice and that enhances control over behaviour or gives psychological comfort.



1-1 Running is a Coping Mechanism

In his/her everyday life, the human being is faced with different world news by social media or in his/her conversation with colleagues. His/her subconscious thoughts/fears about the future are growing and developing second by second.

These concerns about the social-political situation could make him/her unable to move easily. It brings physical crippling and then emotional crippling – or vice versa.

It seems that we are hovering around an axis – which is not defined – with our thoughts and concerns.

In my previous work 'Keep Pace – In Rotation of Thoughts', 'Keep Pace – In Multiplication in Time',² I tried to have an overview with regard to the action of 'Running' – lifting the foot and setting it down in a new position for increasing resilience in confronting the reality 'Social-Political News' in the current time.

The project is redefining 'Running Time' through the documentary videos and photos which were recorded during travels and the daily run and walk.

I would like to highlight the point that all the processes, like Preparation for the action of 'Running', checking the weather forecast, different experiences of runs on different sunny/rainy days, on the road or in the forest, and next to Post-Production Phase whether working on the video montages and images or Sound of Breathing Rhythms, Space_ Time analysis in videos, could bring about new consciousness about the environments.

The project was designed to investigate 'Waiting Time', 'Running Time', 'Rest Time' and 'Perception Time'.

2. This project started in 2016 with the Art & Science Master's study programme with the title of 'In the Woods'. It has developed during the lectures, seminars and workshops and continued with excursions to Transcarpathia in Ukraine.

SUBJECT Automated Runner	(verb) runs in the room (2014) runs in the forest (2016–2018) runs on the way of the forest (2017 – Transcarpathia in Ukraine) runs on roads (2017 – Transcarpathia in Ukraine) in the street (2018 – on the way to Neuwaldegg/Vienna) on a staircase (2018 – Vienna) in a desert in liquid in gelatin in a pool full of gelatin in space in snow (2019 – Semmering/Vienna)
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1.2 'If you are running, you are training your mind as well as your body' by M. Fitzgerald³

In this part, I would like to ask the question: How could different views during 'Running Time' lead to 'Observation Time' followed by 'Perception Time'?

The Thinking Process was started from the action of running in nature in 'Running Time', so the Runner was also the Observer in the whole process with the moving views. And then working on videos in 'Rest Time' was also another way of rethinking about the whole event.

I'd like to highlight some quotes which relate to the topic:

'Thinking as a purely automated process' by William James

'James was the first to describe consciousness as a stream – a continuous succession of experiences'⁴

'In fact, all of our thoughts, yesterday and everyday are recognized to be part of that same river of awareness. According to James our cognitive experiences overlap so that each experience has a "fringe" in front and behind it. In this way, our present experience is always most obvious to us, but the tail end of the last few experiences that we had are still trailing off and the leading edge of our next few experiences are already entering into our awareness.'⁵

3. Matt Fitzgerald, 'Don't Separate Mental Training From Physical Training, Competitor Running' (2014) <https://running.pocketoutdoormedia.com/don%E2%80%99t-separate-mental-training-from-physical-training_27280> [accessed 04 January 2019] (para. 1 of 9).

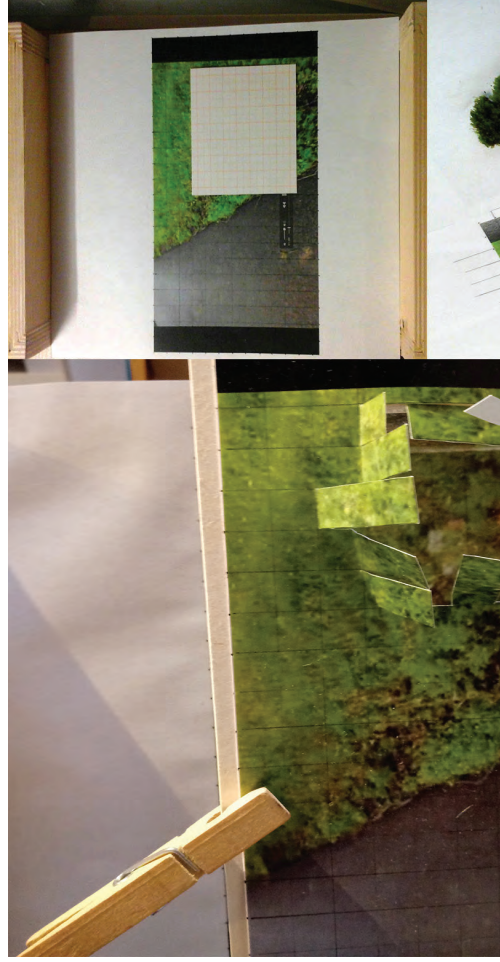
4. Jeff Carreira, 'William James: The Stream of Consciousness and Freewill', in *Philosophy Is Not a Luxury* (2013) <<https://philosophyisnotaluxury.com/2013/03/21/william-james-the-stream-of-consciousness-and-freewill/>> [accessed 29 December 2018] (para. 2 of 9).

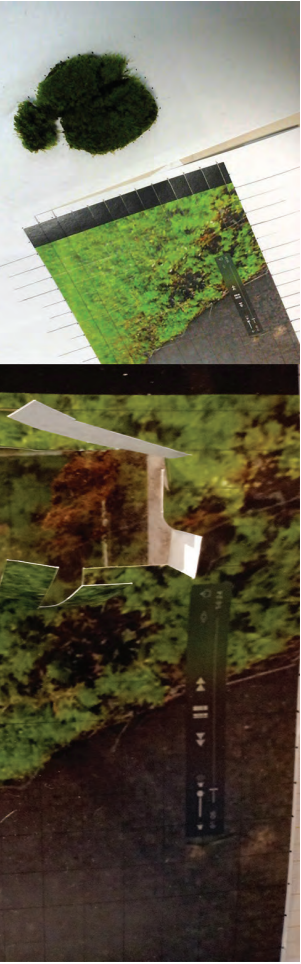
5. See note 4 above, (para. 3 of 9).

I realised that the moving scenes of nature next to the different shades of green could bring me new ways of Observing.

Thinking about different scales was a new reflection on nature and reality. In this way, the subject – human – and verb – the act of Running – could bring a new variable, which is called New-Space. And this new variable came from the consciousness and critical understanding by the mind.

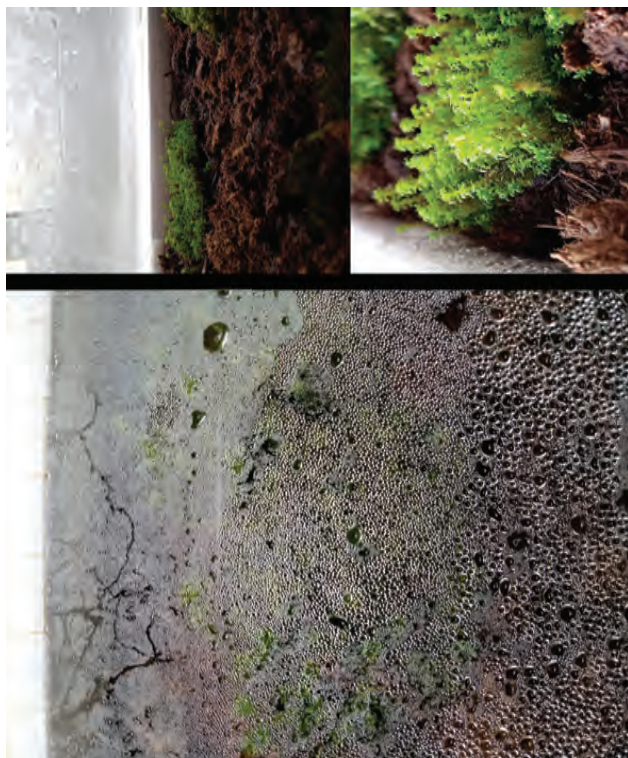
In the next phase, the project has continued with research about Moss and Moss Propagation. Moss as a 1:10 scale of forest, which means that the object is ten times smaller than in real-life scale 1:1. Running on the way of the forest, considering sunlight, collecting Moss from the shadowed parts, transporting it home, making a Laboratory for reproducing Moss, cleaning it with dechlorinated water and designing the new place with the appropriate temperature in 'Laboratory Time' could bring new knowledge about the environments, what is in our surroundings – where we are situated – and what are we surrounded by.





In conclusion, the human being is always aware of the original state and this awareness is primordial; in this way, it's the base, but when the mind comes to understand and realise or identify what is around, it brings critical understanding and duality.

It leads to the observation and Thinking Process based on consideration of and comparison between scales or colours. Therefore, the consciousness is changeful during the process of 'Running Time' and then 'Perception Time'.





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