

# Sleep IS/AS Falling

by Litia Perta

## NIGHT

9pm (20) people arrive: get drinks, greet one another, place all their sleep things by the door to the room and we can be (intermittently) moving them inside the room-- or they can and then come back outside into the foyer...then when we gather, all the sleeping things are in the room (maybe i've saged a little) and so what we sleep on and in is imbued with all our thinking and trusting before we sleep...

9:20pm (10) gather by the door...we'll take our shoes off and our drinks in...we can move the things to drink inside the room too and welcome everyone to take what they need as they need anything at all...

### say:

of this is an experiment, an exercise, in falling...we wanted to see what kind of intimacies, are conversation, what kind of language bonds, what kind of otherwise choose to fall generated when a group of people who would not together... asleep together choose to fall asleep

there are risks involved in this...

neither in falling can feel vulnerable. it's sometimes difficult to find language to describe the passages, the in between spaces...when we fall we are land, it's a the space we fell from nor in the place we will eventually movement that marks the in-between...

by one so in that there may be unexpected feelings that arise and our hope is that everyone feel comfortable to ask for what they need, to feel held able to another in the group, to allow whatever comes up to come up, to be at any hold it--in ourselves and in the humans you find yourselves next to given point in the night...

(inside, before sleeping, we're going to do a set of exercises to ready us for this falling asleep we are going to do. inside you will find little places set up for each of you-- a notebook and a pen is all you'll need...we're going to play a little together and i will say more about the order of things as soon as we move inside the room together ...)

say something about cell phones away (door is locked) for this and then asleep for the night but in about an hour you'll have a chance to properly say goodnight to your phone...

so in that spirit, i want to invite you all to find someone to walk into the room with...we'll all take off our shoes and before entering, stand with your person and place your hand on their back and they will place their hand in the middle of yours...together you will find places to sit and everyone is welcome to move their place, grab a pillow or a blanket, anything that will make you feel comfortable writing and thinking for about an hour...

9:30pm (5) enter together and find places to sit and write

9:35pm (10) as a way of beginning...we're going to enter the room now in another way...free writing...this is a way to leave everything not in this room outside, if you had a fight earlier or a bad meal or are feeling sick or are scared of what's coming, write it out, use this time to write it out...this is for you, you won't be asked to share it, you can write in any language you want but it's important that we are using words, writing in language-- the words don't at all need to make sense, if you draw a blank or find this difficult, you can write blue blue blue blue this is weird, whatever, it doesn't matter...but the commitment you make is to keep your pen moving across the page the entire time, no matter what. this may be hard for some of you and for some of you it may feel luxurious to have the time to just be with your mind in your words...notice whatever comes up and maybe begin to orient towards watching your joys and your resistances...we won't do it for long...most important...write in words and keep the pen moving across the page...

dissociating the idea that thinking precedes language or writing, beginning to push into a space where language can begin to move towards the in between spaces it doesn't always want to go towards...feeling spaces...see what happens...i will keep the time and will tell you when to stop...

9:45pm (7) describe a little how the night will go: we'll work here for about an hour, then around 10:45pm, we'll break and the four of us will set up beds...if you want to set up your own, you're totally welcome, we'll do it together...if you want to just go change, pee, brush your teeth, have a tea or take another drink, that will be fine too, we'll make sure there are plenty of spaces for everyone...

we've set up a tent in the corner so that anyone who wakes up in the night and feels like being near others who may be awake or want light somewhere to go, somewhere to explore...be as quiet as you can be if you use it, obviously...

at about 11:15pm or 11:30pm, we'll all come back into this space and lay down to fall asleep together. if you're exhausted from your day and want to do this sooner, no problem, come in and lie down whenever you're ready. we'll all do a set of sleep exercises before we go to sleep and then we'll try this experiment out...again, if you're not ready to sleep or if your bedtime is usually later, you can feel free at that point to get up and sit in the tent or read with a small light by your own bed...

tomorrow morning we'll wake up quite early, between 7-8am, slowly...and everyone...around 8am, we'll have coffee and water and some breakfast for more writing and reflecting on the we'll gather again in here and do a little bit night before we break...

if anyone needs to know anything further or wants me to know anything, you can tell me when we break...

okay...now we'll begin...

9:52pm (8) focused free write: going to do the same thing but a little more focused this time and you may share parts of this...but i always want to have you write what you want to write, you will always be given a chance to only share a small fragment, if that's what you're comfortable with...

describe a time when you fell (any kind of falling, doesn't need to be by body)

probably already you've thought of the thing you want to write through...if something...but you're not, trust the hand moving across the page to generate or second guessing, if you have and you find yourself doubting or questioning go with the first thought...it's always the most fruitful place,

you don't need  
it's best if you don't...

to know why or how when you begin...sometimes

10:00pm (5) focused free write...introductions...

but same free writing (language and keeping the pen moving across the page)  
of you're going to generate a list of images that in some way feel expressive  
analytic to you-- in the same way as before, there need not be a logic or an  
make some other this...you can think of images that come in dreams that  
dream logic and generate kind of sense, not a waking one, trust that spirit of  
chance to edit later... as many as you can, you will have the

"boots by the door, sage burning in a bowl, fire pits..."

as specific as possible...

my name is ..... and tonight i am .....

10:05pm (10) share either a part of your falling story or the image list...whatever you  
share, end with the sentence where you let us know you're name and  
where you're at tonight...

(quaker style-- when the spirit moves you...)

10:15pm (10) small groups: falling...

make groups of 6 at least...count off or just get in

take a minute to greet everyone, say hi

five people form a circle shoulder to shoulder and one person stands in the  
middle with eyes closed

everyone around the group touch the person in the middle somewhere on  
their bodies, letting them know you're there, your close...

then, person in the middle falls in any direction they like...

group will catch them with their hands, taking the weight in the elbows,  
knees, not bracing or resisting but allowing for the weight...

the group will right the person again and s/he can try falling in another  
direction...

has everyone will have about a minute...make sure that everyone in the group a chance and if someone wants to go again, that's great...

widening once everyone has gone in a tightknit circle, if you'd like to explore the circle...widen the circle...

10:25pm (5) find your notebooks again and just for a few minutes, in the same free writing way where you try to just keep your pen moving across the page, trusting yourself to think through writing, give yourself a moment to write down your first response to anything and everything you just experienced, noticed, felt, watched arise...

10:30pm (10) groups of three...read some part of what you just wrote to your group...just everyone's go in a circle and just let the person's words be in the room...when gone, you can see what came up for everyone...

then, consider as a group: where do you experience the feeling of falling, where does it land in the body (emotional, physical, spiritual)...

10:40pm let's fall back into a circle together again just for a moment and have a second to go around and say what you heard, maybe each group says something about what they discovered or found together, were there resonances or vastly different experiences, whatever...

SLEEP

Artemisia

are sacred gift of Artemis, goddess of the hunt, associated with the moon and so to dreams...she is known as the lady of the wild things and all animals to her...

have Jess say something about Kristy and then read Kristy's thing...

imbibing maybe have water or some tea for anyone not taking so we are all something

your  
your head slowly  
your neck, feeling it settle

meditation...in whatever position you're most comfortable in...begin to feel  
your breath, the small place where it comes in and out through  
nose...feeling it cool as it enters, warm as it leaves...feeling  
heavy into the floor...any holding you are doing in  
in, let go...

go down the chakras...

feeling the crown open, third eye open...

throat relax...

you  
yourself go...

bring your awareness to your heart, your solar plexus, see what holding  
might be doing there, remember your falling exercises, letting

let warmth into your belly, feel it expand, getting big and diffuse...

your lower abdomen, deepening, relaxing, blurring boundaries...

your roots...extending down...

your legs, heavy heavy into the floor...

MORNING