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#093: Lola Diaz Cantoni: We all have something to bury (2018)

For executing this you will need a shovel, paper and a pen.
This is an exercise to do on your own.
Find some time for yourself and leave your phone and your watch behind.

- Find a place to dig a hole,
- Start digging and try to stay as much connected to this action as possible,
- Once you are finished digging, take some time to think about what you want to bury? Is it a memory, a person, a moment in your life?
- Write everything down on a piece of paper,
- Reread the written text and then drop it in the hole,
- Shovel the soil back into the hole with your bare hands.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to **done@theconceptbank.org**. We will archive it (anonymously) and we will also forward it to the artist. Thanks and we hope you will visit us again.

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