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#129: Ienke Kastelein: Touching a Window (2020)

Stand still in front of a window.

Put your hands gently on the glass.

Then bend forward and touch the window with your forehead.

Sense the window.

Be aware that the window is touching you too.

Remain like this for a while.

Then pull back your forehead, and your hands, one by one.

Focus on your forehead and hands, now untouched by the window.

Feel the aftertouch.

Emptiness.

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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