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#136: Anne Kolbe: Head in a hedge (I: beginner) (2021)

Although green hedges have a very widespread popularity, they are usually merely appreciated for their exterior qualities. Whereas their interior has the potential to hold your thoughts and wrap itself around your mind – whether you allow them to for a brief moment, or longer. There is always a hedge thick enough to stick your head inside, perhaps to camouflage your deepest secrets; between leaves and branches they aren't very likely to be found after all. No matter what your intentions are (and there are numerous), here's how to go about it:

- Find a hedge
- Approach it
- Bend over
- Look at it very closely
- Find a penetrable spot
- Stick your head inside
- Don't mind the rest of your body parts - think of yourself as just a head in a hedge.

Skip to II for the full transcendental experience.

What you have gained from this experience, you might want to keep to yourself, or you can document and share your experience in any way that fits you. In that case, please feel free to send it (to mail@theconceptbank.org) - a mere thought or picture can suffice - and find your anonymous contribution on www.annekolbe.com among those of others that preceded you.

When you performed this work, please don't forget to send a response (text, photo or video, whatever you choose) to [**done@theconceptbank.org**](mailto: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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